

68. Personal messages to members of the Salumet Group

These messages are personal to members of the group and may not be of much interest to others. However, they do give insight into how our unseen friends work with us. All is in date order.

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Individual messages to the group

Members of the group had to go forward for their message. (3/3/97)

Our expected guest followed through Sue and there were a few adjustments to conditions, before we approached and stood before the communicator individually to receive our guidance:

Margaret: Good evening.

I know this one has been told that she is to be used and let me assure her, she is not forgotten. We are coming to you in sleep, to get your physical and spiritual countenances become aware of us, so that when the time comes for your work to begin, we can slip into your body, with the minimal effort.

Margaret: Thank you very much.

I know you have been told that you will have a helper here. Rest assured this is the case and you will be working closely with the little one (Jo) and much will be achieved. I wonder if you could do me the honour of helping to help her.

Margaret: I will do that yes.

You are aware I know that your colour spectrums are as one. (Margaret's and Jo's are both purple, as given at another meeting)

Margaret: Yes they are, yes.

Please may I ask in the quiet time you have, before you retire to your bed, you could sit with your hands as mine are now, think kindly thoughts of our dear little one and imagine both her and yourself enveloped in that regal colour. May I ask this boon of you?

Margaret: I will do that yes, I promise faithfully I will.

Place your hand upon mine my dear child. You are greatly, greatly loved and in Spirit you are growing beyond any means you might imagine.

Margaret: Thank you.

Now take your place and remember your work will begin shortly.

Margaret: Thank you very much.

Les: Sarah?

Sarah: Good evening to you.

Yes, you have started to develop in this room, in communication. We are most pleased with your progress, but I wish to say to you, that you must be a little more careful. It is not meant as a criticism my dear one, far from it. You have given yourself freely, to be used and that is most wonderful and we thank you for it. Your spirit shines forth from you and we are aware of your powers and what you can achieve and the love that comes from you for others. But please let yourself be guided by the leader of this group and let things come a little more slowly.

Sarah: Thank you.

Place your hands here, go in peace my dear one and continue to show your love for others as you do already.

Sarah: Thank you I will.

Les: Sallie?

In time this one will be able to describe to the others here, some wonderful scenes, scenes which come into her mind and which will at first surprise her, and enthrall her. They will form a pattern which will follow her through all the days remaining to her on this Earth. In time my child, you will be able to identify their purpose and be able to read into them messages, which you can relay to others. It will be of importance and these messages will help to change the thoughts and lives, of some who surround you. This may sound complex and confusing at present, but when your work begins, you will remember these words and your understanding will be complete. Please place one hand here. Take the strength I offer you and go forward with an open heart and with love.

Sallie: Thank you.

Les: Lilian?

Yes, this one as I know you are aware is a most precious soul. She has been working quietly and diligently by your side for many years. She is truly one of the spiritual beings, is greatly loved both on your side and on the side where the spirit dwells. So much power comes from this one, which enables others to fulfil their tasks. Her healing has brought comfort to so many and will continue to do so.

Lilian: Thank you very much.

Les: George?

I will say a little to you, because you have been told very recently of the work we are hoping to achieve with you.

George: Yes.

Keep the names foremost in your mind, let the channel to your creative spirit be open and as we have promised you, great things will come from your pen.

George: Thank you.

You are greatly loved and our dear scribes are anxious to become part of your daily life, if you will permit them. (Yes) Go in peace with much love and so your work will begin.

George: Thank you.

Les: Paul?

Could I please speak to the two gentlemen together?

Les: Yes Mark please?

Forgive me for making you share the one message, but you will be working together and it is not necessary for me to speak to you separately. You are bound together not just by blood, but by a great love, which surrounds you and comes from someone in spirit, who will be working with you closely over a period of time. We ask you please to give a little time to sit quietly each evening, not together, that is not necessary, but if it is possible, at the same time which is acceptable to both of you. If it is not possible, please do not be concerned, we can work around it; time as you are aware, is not the same on both sides of the realm. Sit quietly and think of the outdoors, think of the sky and the grass, the wind and the rain, and anything you personally feel connected with, we are hoping to be able to use you, to bring greater understanding of plant and animal life, into your lives. So much so, that in time, you will be able to feel the spirit coming from things which up till now have seemed inanimate to you. Again, this to your ears must sound incredible, and quite beyond comprehension, but we will come to you in rest periods, and explain to your spiritual being more fully. Go now and have much love between you and try to feel the things surrounding you. Try to imagine their spiritual power and discuss it amongst yourselves and see what you can see.

Mark + Paul: Thank you.

Les: Jack?

May I ask you, do you ever feel that there is someone with you?

Jack: I do yes.

When you are reading?

Jack: Sometimes yes.

There is one with you who needs, for reasons I cannot explain this time, to see through your eyes, the written word, whether it be a newspaper, a heading on a sheet of paper, a word of fiction, or even what you class as a dictionary. They need to read the written word. Would you permit please for this person to enter into your spirit, and read with you?

Jack: Yes most certainly.

Please I ask you also, if you sense that someone is with you, tell your dear lady, what you are feeling, whether you feel differently around your face and eyes and write down between you, what senses come. It will be most important for this person to know that they are succeeding in what they are trying to do. We will explain more fully, the reasons at another of your meetings. Thank you for allowing this experiment to take place.

Jack: Thank you.

I leave you now, so that the rest of the time can be used to slowly bring our dear friend back from whence she has been taken.

Les: Certainly.

I say to you before I leave you, that the group you have here, is most beloved and takes so much of itself from you my dearest friend. Without your guidance and love, your world would be a much poorer place. We will protect you and guide you, as the time continues. I leave you all with more love than you could possibly imagine.

Les: And our love goes with you and we thank you for all you have said.

Salumet asks each member of the group to say what they've learnt since when he first came to us

Salumet asks each member of the circle to speak in turn and then given feedback in response.

If you would allow this time, I would like to speak to every individual, because although I know what is within each soul, I think this time, it would be beneficial to each one, to hear each individual speak, of what lessons they think they have learned since my coming to you.

Les: Yes, we should be very happy to do that. Would you like them to come close to you here, one at a time?

That is not necessary. I think we should begin with the gentleman at the end of the room. What my dear friend, do you think you have gained so far?

Jack: It's difficult to say — generally more understanding around other people I think and probably more understanding of myself.

Yes, this one dear friends, is gaining the lesson of tolerance towards others and their thoughts. I think you now can listen more intently to another?

Jack: I think that's probably true yes.

Yes I can tell you, you are much more tolerant of others now. Thank you. (*Thank you.*)

Now, your lady please.

Sallie: I think, I'm still learning this lesson, but I think it's a lot to do with forgiveness more than anything. It's a question I've been asking myself recently and the answer that comes to me is to do with forgiveness and that's what I'm trying to do, I think.

You are working well, but what you have achieved dear one, is your awareness of self and the knowledge that you have become a stronger person. In gaining this insight, this awareness, you now move forward onto other lessons; but the understanding of yourself, has been your main achievement.

Sallie: Thank you for always somehow answering the question —

I of course know much which is within your hearts and your minds, but sometimes it is good for you all to voice what you feel amongst yourselves, because in expressing yourself with words, you are opening your heart to others. Do you all understand this? (*General agreement*) Thank you. Now the gentleman please.

Paul: I think I'm growing in trust — there are less doubts now. It's something I'm still working with, but trusting in life, and in people and in the future.

Yes my son, also trusting in your own thoughts — that is the most important lesson for you. But yes, you are right, *trust* is a big issue with you in this lifetime. So I say only this to you: Continue and you will grow.

Paul: Thank you, yes I suppose it's something I've got to learn with experience?

It is within your heart, express it well and with experience, always you have more knowledge, of course. But all that you need to know, lies within your heart, thank you.

Paul: Thank you. (*Yes.*)

Les: Mark?

Mark: I'm starting to understand that I've got a pathway, but I don't really feel I've integrated it, I don't feel I've really integrated my pathway with my everyday awareness yet. Yes, is there any more?

Mark: I'm sure I've learned lots of things, but it's been very gradual, your teaching's been very gradual and it's difficult to remember how you were exactly.

Yes, this one here, has the lesson of hope, to which he is still struggling, but let me say this to you: It will come to you, before your lifetime *here* has ended. You have struggled with many doubts and thoughts, on all aspects of living, but you will attain the lesson of hope, it is within your grasp. So continue with your journey and you will achieve your goal. Thank you.

Mark: Thank you.

Les: Sarah?

Sarah: I thoroughly enjoy learning all that you have to teach us and I find it very easy now to go out amongst people and try and feel my way and get others to respond to what I have to say, in a very gentle way. I also find it very easy now to be with people and make people happy. So I think where I've improved, is I'm beginning to understand people much better and I'm less critical, trying to see the good in them, and not the bad.

Yes, this one dear friends, what you are speaking of is the lesson of modesty, when it comes to association with many peoples. I hope you take the word modesty, in the way that I give it to you. You need my dear friend, to calm your thoughts, at times. But yes, you do move forward and you bring with you enthusiasm. That lesson of modesty, which prevents you from forcing yourself upon others, you understand?

Sarah: Yes, thank you.

That is the lesson that you are learning. Thank you.

Margaret: I don't know what to say, because I'm so happy when I come here and I've learned a lot about happiness and making people happy. (Yes.) And I'm more contented in my life now, than I've ever been.

Yes, and your lesson my friend, this time around has been one of patience, *patience*. And I think you will agree with me, when I say that you find it more increasingly easier to tolerate others and to show more patience with them.

Margaret: Yes that's true, thank you.

Thank you.

Les: Lilian?

Lilian: I've found great strength from the teachings that you've given to us. I do fall a bit short, when times are not quite so easy, when I find it hard to remember, but I do find great strength from them. (Yes.) I hope I've grown spiritually as well.

Yes, my dear friends, there can be no doubt that you *all* have grown so much since first we met — please do not doubt this. There is no question that each one of you has grown. I wish you could see how bright you shine, since first I came to you. But as you cannot, then please accept my words, when I tell you that you are beacons of individual light, when you leave this room. Before your lights were dimmer, but now I say to you, each one grows brighter and brighter, as our association continues. Now let me return to the lady. This one has needed much strength in her lifetime and she has suffered from many doubts. So her lesson for herself, has been strength in her own convictions and she also still struggles, she brings these doubts to herself and always questions what she knows to be right. I think she would agree with me please? She gives much upliftment to others, but fails to do so for herself, thank you.

Lilian: Yes I understand that thank you.

Les: Dawn?

Dawn: I just feel that I'm going with the flow, following my intuition.

Yes, but you my dear friend, have struggled throughout this lifetime with *fear*, fear of many things — fear of yourself also, would you not agree? (Yes.) Yes, but as life continues for you, you have developed a sense of strength within yourself, although it does not subside the fears within you. Your lesson this time around, is *fear*. And you must, my dear friend, learn to let go of all fear. It is negative energy, which you can do without. Fear not, you are protected well. (Thank you.) This is a lady, who also can teach others to fear not, but does not teach herself the same lessons. I think she would understand this.

Dawn: Yes. Thank you.

Yes. Thank you

Les: That just leaves me then. Well I have been and am conscious of, the only way I can put it is, great vistas of opportunity ahead and great happiness, as somebody else has mentioned and a tremendous companionship all the time; it is something I never used to experience and I find it difficult to fully realise the amount of companionship, I do get now and I know it does exist and I think you'll understand when I say I am learning the secret of spiritual growth, and giving to others, in spite of myself.

Yes, I think your words clarify what is going on in your life at this time. In this lifetime dear friend, you have learned to encapsulate the love given by many; you have given much and you have received much. But you needed to learn in this lifetime, that what you give, you must receive tenfold and as you reach your mature years, you have reached the understanding, you have reached that '*vista*', as you put it, the vista of love, which surrounds you *always*. Your lessons this time, have been lessons of *loss*, which you have

coped with well and I would say that for the main part, you have achieved, but sometimes creeps in a little sadness at that loss, when you should be rejoicing, instead of allowing sadness to creep in, you understand?

Les: Yes I do, it doesn't often happen, it's just very occasionally.

No, but let me say dear friend, that in this lifetime, you have learned well. (*Thank you.*)

I would say to each one of you, that it makes me so happy to be associated with each one, with your own individual patterns of existence. To see you come together, as one force of light, to bring with you the love and the strength of the whole. Now I will say about the lady who cannot speak at this time. (*Sue*)

That she has much also to learn from this lifetime. Her pathway at times has been quite rocky I would say. So, I would say also, that this one has come to learn the lesson of forgiveness and patience. Each important in its own way, and again I would say she struggles with both, but ultimately will gain, as life continues for her.

Fear can stop somebody who is ready to pass from moving forward

Salumet counsels Lilian about her mother and how to help her. (8/3/99)

This is the second of two meetings involving only Salumet, Les, Lilian and Eileen:

Les: Good evening to you.

I wish to say to you this time, thank you for allowing me to join you once more.

Les: It's a great pleasure to have you on these occasions.

We are making adjustments, which are necessary this time. (*Thank you.*) **I promised to speak with the lady (*Lilian*) and say some words to her. All around is change, not only for the people within this room, but also coming to you. Many thoughts have been going through your mind, especially of late, I think you would say. Let me say this to you that the one who concerns you most, although this one has expressed many wishes to join our side of life. Her fear keeps her on this earthly plane. I think that you do not fully understand and I include you too, my dear friend, that when the time comes for each one of you to come to our side of life, so often we hear that when your time is here, then nothing can prevent it. (*Yes*) Can I say to you my friends this: As there can be adjustments in the time of the birth of each soul upon the many planets, so too can there be an area, a timing to come to us—not one single moment. You are guided as always by your thoughts and your freewill, which can keep you here longer than you need be. Do you understand?**

Lilian: Yes I do.

So you see, the desire is not quite true within her—her fear holds her back. We understand that you speak a little with her, but her understanding still is vague.

Lilian: Yes, it's difficult sometimes—I want to say so much, but I realise it's pointless in some cases.

No, that is why I come to speak with you this time. Nothing is ever useless. You will be given the time when your words will be helpful, even if they are—how shall I say, unacceptable at that time. Her fear is holding her back from joining us. So I want to say to you this my dear friend: You must not take aboard yourself, of all of her fears and worries. What we need and would desire of you is that you continue to place those loving thoughts

with her and give to her the knowledge you have attained over these past times. There is not one second of time that is given to your passing; remember what I have told you, that your thoughts are all-powerful; they are the most powerful thing you will ever possess.

Lilian: So if I continue to ask for help for her that will help—

Yes, it will help to dispel those innermost fears that she is feeling. It will help her transition to this life, to be made more easily.

Lilian: Thank you for those words.

But we say once more to you, you must not take aboard yourself her fears.

Lilian: I'll try.

We know it is difficult when human beings are close, but always you must remain true—always to yourself and to your own thinking.

Lilian: I think the most difficult thing is seeing the body wearing out and seeing the things she can no longer do.

Yes, this disturbing to most human beings. We see so often the desire to remain whole, but after all, again we must return to accepting what you have yourselves created and what you have taken aboard in this lifetime. Again I know these words seem harsh to you human beings, but you must always accept that you are responsible for your lives while on this planet; not only the life you have lived, but what have brought with you. Do you understand my friends?

Lilian: Yes, I do.

It is difficult we know, but if you will look at all of these things on a spiritual aspect, then you should see that there comes to you some understanding of life. I know I repeat these words so often, but it is necessary you remind you. And I do not say this unkindly, but it would seem that you human beings need to be reminded so often of what is innate within you. Do you know and understand. (Affirmed) You each have the knowledge within you, but sometimes it is easier for the positive self to deny what you know, because not only is it the positive self, but the negative side of yourselves, which you must acknowledge. Do you understand? (Affirmed) And you see, the negative part of your being is the part of you that has to be worked upon, whilst on this planet. That is why have always said to you, you must never judge another, because in judging, you are failing to acknowledge that the fault lies within yourselves.

Lilian: Yes, I can see that quite a bit.

Les: And what we forget too, is that if we concentrate too much on the negative, the negative paradoxically becomes the positive.

Of course, always you are positive and negative, that is the make-up of the human being and you have to fully acknowledge that these two aspects of the soul exist in this one living time. I know it is difficult, that is why it is so necessary for us to repeat the same words to you, over and over again.

Les: I've become very conscious of that the last 10 days or so with this move that's going on. If I've begun to have doubts and I've just pushed them aside—but no—if it's true it can work—it may not be quite, but it is going to happen. I still keep thinking positively about it. **That is what you must do and that is what the lady with respect must do with her dealings with her loved one. You are the one with the strength to survive these conditions. She is fearful and must be given your support.**

Les: I would suggest that perhaps when she next says 'I wish I could go,' you could say to her, well why do you worry so much about going? (Yes) Or why are you fearful of it, if you want to go? (Yes) Bring the subject up.

Lilian: Yes, I do actually try talking to her about what we've learned here quite a bit.

Les: Yes but you've got to overcome that little doubt as to whether you *should* talk to her. She's got to do in positively I think Salumet, hasn't she?

Yes, she must exude the positive attitude—the all-knowing that she has, because she can tell if you too have reservations. She is quite astute in her perceptions that one. (Oh Yes.) So when you speak, you must speak with a firmness of knowledge. Don't worry she will take aboard much that is being said to her.

Lilian: Anything that will ease her into spirit world when her time comes.

Her time can be now if she so desires—that is what I am trying to tell you, that her fears hold her from joining us. That is why I say to you, there is time given to the passing of each soul, as there is time given to the birth process. Do you see? (Yes) I am sure you have experienced in your time on this planet, when people have been told they have died and return. Why do you think this happens? It is the power of their will which returns them. Can you understand and accept this? (Yes—) There is a time-span of course and your lives are mapped as you know, but there is not one definite moment for all people. Do you understand?

Lilian: Yes I do understand—you've certainly given me food for thought.

That is why people with spiritual knowledge, who truly, truly understand the ways of spirit, know that when the desire to leave this planet—when that time is here, they can go by their own freewill.

Les: There was a case recently in North Delhi. He lived to be 100, died about 10 days after it and it came out that he was very desirous of having the queen's 100th birthday telegram. (Yes) Now, until that happened you see, he was hanging on.

And in the same way people can do the same, when the soul desires to be born into a human being. The time must be right and it is the desire and the knowledge of the soul, which creates this situation. I believe we have experience of it within this group recently, when we had a new soul join with one of the group and they were disappointed to know that the sex of the child was not what was given. But you see, the soul decided that the time was not right for that birth to take place. You cannot have situations so set—this is the difficulty that I feel you human beings have, that you want everything to be as you say, in *black or white*. (Agreed)

Les: Yes, I know I've been having similar thoughts myself, with this problem of health. **(Yes)** And I thought well, I can't go until I've finished this move, because of the children; it would be too much of a traumatic business for them to take over, if I die—so I must hang on—I don't say I'm going to die when I get there, but I don't expect to go over until this is all settled.

And you will not come to us my dear friend, until the rest of your work is completed. (Thank you.) So you although have given time to these thoughts, you know deep within your heart that the time is not now.

Les: That's right, you're absolutely right, I do know—I still have more to do.

Yes, therefore you have been 'encouraged' if I may use that word my dear friend, from our side of life that you must continue, however disagreeable your physical conditions may be. (Yes) You deep within your heart know that there is more to do.

Les: Yes I'm quite happy to carry on until I know it's time to come to you. *(Pause)*

Lilian: I was just thinking, how did we cope before Salumet started coming to talk to us?

Les: We had a fair old lot to learn, didn't we? *(Chuckles)*

Lilian: Yes!

Les: I shall be eternally grateful to him.

Lilian: There are no words, are there?

I am the one who must be grateful to all of you, in allowing me your time, your listening and your understanding. But as I have said to you, there must be much repetition of words, for understanding to grow within you, (Yes—) because I know and understand that much that I have brought to you in new to your thinking, but I also know that each one of you has grown much and this brings us great joy, because the more the philosophy of life is given and accepted, then the more we can bring to you.

Les: Of course, yes.

And the more that you can give to others.

Les: It's constantly a two-way thing, isn't it?

I when I first came to you said that this time, truth would be known, that it would never be denied again and still I will stay with those words. Much within your world is growing, the spiritual aspect of life is taking hold, slowly, but it is happening and that is why for those of us who decided that the time had come to join you in this world, who were prepared to spread the word—we took much time in deciding who to join and again I say to you my dear friends, many, many thanks for that. But still there is much for you to learn.

Les: Good, there is plenty to learn, yes.

And although there will be parting of the waves for you, the contact will never be broken spiritually.

Les: That's very, very nice to know, it's merely a physical parting, not a spiritual one.

Yes, if you can keep this in mind, then there can be created a bond between you, although there is distance in your earthly lives.

Les: Yes, we must certainly keep that in mind.

Lilian: Just a speck in time.

I wish now to say to the lady that there is much help coming to her for the work ahead. You may be surprised in time to come, how much more expansive your own knowledge seems, you may even be surprised that you can find words, when indeed you thought that they were absent. I say to you my dear friend that the time has now come, for your own spiritual unfoldment.

Lilian: Thank you.

Les: Remember what was said to you recently, to have confidence in your ability that you can do it. (Yes)

There will continue to be much coming of myself and from others in my world.

Les: That's very nice to hear!

It will not stop, it must continue even if there have to be changes made.

Les: I'm very, very happy to hear that Salumet.

You my dear friend, will be kept informed of what is happening, when you depart from this house of Love.

Les: Good, I'll look forward to hearing that.

It is important that our work continues, that knowledge continues to be gathered, and when I told you earlier that this coming year *will* be filled with more philosophy of life, I again repeat to you that this must be so.

Les: Good, it's very, very encouraging for the future for us. I certainly look forward to speaking to you again, sometime some place.

I am never far from you, my dear friend. (No) Remember, keep the positive thoughts in control, (Yes) acknowledge those negative points, because they also are part of you. Never feel ashamed to have those thoughts or feelings, because in acknowledging them you also dispel them. Do you understand?

Les: Yes.

Do you my dear friend?

Lilian: Yes.

Always there is light and there is darkness, but one does not exist on this earth plane without the other.

Les: Of course not.

That is why you are human beings. But your task is not to deny the negativity within you, but to acknowledge —

Les: And to overcome —

And to overcome and therefore to dispel it, you understand. I say to you then my dear friends that is all I wish to say this time. (*Thanks expressed*)

May you both remain with light, with love and with hope. Know always that you are never alone, you are surrounded by many, who desire to bring to you both, the love and the lightness of spirit, that you both need at this time.

Les: Yes I do try to keep that constantly in mind.

Lilian: Yes—quite difficult times—

But, never be ashamed of those negative events—they are part of you to work upon and to change and to grow with each passing day. I leave you now my friends, with those words. (*Thanks + farewells*)

A visitor counsels Les about a decision

A moving conversation with much reassurance that really the best is to come. We must lose our fears and extraneous thinking. What we think and say today shapes our future.
(22/3/99)

Again, just Lilian, Les and Eileen met. No Salumet this time, but 2 other communications spoke through Eileen:

Are you happy with winding machine? (Referring to Leslie's old reel-to-reel recorder)

Les: Yes thank you, it is working properly now.

I will try to speak quietly. I did not expect to be joining with you this time. I was warned that this voice might be troublesome this time, but I come to you my dear one to say 'how are you'?

Les: Oh, not too bad. I don't feel too well—I get a lot of trouble of course with breathing and sleeping, but I look forward to going to my family and in that part of the country I may begin to find the benefit of different air and the sea atmosphere.

Yes, it is something that many of you lack, is good air. This was never a problem in my time. I have come to you both this time to say are there questions you need to have answered.

Les: No, I don't have, but the lady (*Lilian*) but I'm sure the work is going to continue—in other places, in different ways perhaps, but I think the lady would like reassurance that that is going to happen.

I am told that this reassurance has already been given to you.

Les: Yes it has but I think the lady would like it implemented.

Ah ha, I see.

Les: We don't doubt what has been told us, but being human there are always doubts as to whether it will.

It will continue. Much good work must continue. All learning cannot be denied. You may dismiss it, you may place it to one side, but it cannot be forgotten. It is up to you and your choices whether you continue or whether you leave it be.

Les: That's where our free will comes in, isn't it?

Yes, I do not wish to tell you what you already know but for the sake of the lady I am happy to say that once again you can be at peace and know that all learning will continue.

Les: Good, very nice, because I know that everyone in the two groups is very anxious to continue the work in the best possible way. I've had some lovely letters and comments from them all as to how it has changed their lives what they have learned here and they wish to continue to learn more.

Learning is a never-ending process and to think it is, leaves you well mistaken in your thinking.

Les: I agree—learning is a constant on-going thing, isn't it?

We in our world continue to learn—each moment shows us new teachings. No one should assume that they know too much.

Les: We were told a long time ago that if we ever thought that you would stop coming to us! ***If you were to so believe that your knowledge was such that you needed no more, then why should we come? We would leave you to your own ego.***

Les: And our own ignorance.

Yes.

Les: Yes, I agree. No we shall never fall into that trap.

I know this—I know.

Les: In all the years that I have been learning, what it has taught me more than anything else is that there is so much more to learn.

Yes, I can assure you because I too am still learning and I have never fallen into the trap of believing that I know too much.

Les: No, it is such a fascinating subject, and it has been going on since Creation, so of course there is so much to learn and we have lovely teachers who come to us and we greatly appreciate what we have been told in the course of our years here.

Yes. It can only get greater the knowledge that you will be given. Many desire to come to help each one who has been given the opportunity by such as yourselves, who have created many groups around your world.

Les: Yes, there are many people like us who wish to teach others and I am hoping—and this is not a question for you to answer, this is merely a statement, that when I do get into my new house, I shall still in some way be able to be of service.

Yes, I am told once more, yes you have been given this answer.

Les: Yes. As I say, I did not want you to think that this was a leading question but I am pleased to know that I shall be able to continue in some way.

(Eileen coughed) ***Excuse this voice. It is troublesome, is it not?***

Les: Would some water help the instrument?

No, no, we will deal with it, thank you.

Les: Thank you. Yes, it's nice to know that I shall be of use again.

Again? Why do you make that statement, 'again'?

Les: I'll continue to be of use—my apologies, wrong statement.

Yes, that is better, yes—you have never ceased.

Les: Just a temporary break and then I can continue.

Break? You have no break—you continue to work on our side.

Les: Good! Yes, that's very pleasing to know also that I am with you at night.

You will be aware when you join us friend, of how much each one of you contribute to your spiritual lives although mainly unaware of it.

Yes, I feel the wind in your hair, I see great light in your eyes, I see great joy in your heart.

Les: Yes I know I've made the right decision this time—to go.

Why do you friends have such difficulties in making these life decisions?

Les: Yes it is a problem. Last year, when my children were broaching the subject and wanting me to go, I didn't realize that my health would deteriorate and I thought I could carry on.

Always struggle, struggle, struggle—we see so many of you struggle, when you should be inwardly knowing, inwardly know.

Les: Yes, I knew this time that it was the right thing to do.

Yes. I am saddened sometimes that my own race of people upon this planet have lost so much in the way of going inward and finding correct answers to these many difficulties which beset you at times.

Les: They have become materialistic have they?

Some—it has been difficult for many to sustain the knowledge which had been gained over many, many lengths of time. Circumstances have changed and I have to say they did not adapt well to these changes.

Les: It must be disappointing for you to know that and to see it happening.

Of course, but we cannot allow disappointment in our world, otherwise it would be served badly upon those whom we think upon. But yes, it saddens me at times.

Les: It must do, when you realise that so much could be gained.

So many of the people in your world are now beginning to realize how they must return to the thinking of older civilizations. It is coming.

Les: It is happening isn't it—it is coming more and more so.

Yes, yes. May I speak to the lady now?

Les: Yes, please do.

Yes. I would wish to say this to you—and let me say I am more prone to speaking with the gentlemen. It is something that still remains with me when I return to this physical condition that women never were spoken to for advice. So, if I speak abruptly to you, I ask your forgiveness.

Lilian: That's fine.

It is not the lack of knowledge, but the conditions, which bring my speech a little harshly to you. Yes, I see a future for you also bright, not perhaps what you have anticipated, but nevertheless a future full of love and brightness and a new understanding of spiritual matters.

Lilian: That's the important thing.

Yes. There have at times been along your pathway some little doubts as to the authenticity of some things given, but I can say to you now, you have reached a turning when many matters will be clarified for you. Go, go forward with renewed hope and understanding and love for all your fellow man.

Lilian: I'll remember what you've said—I'll keep it in mind.

Yes, you have the opportunity now to take great strides forward and as always the choice is yours. Thank you for listening to my words, friend.

Lilian: Thank you for the encouragement, it's a great help.

I am always, if I may say so, still bemused by women in your world today. I do not say this with disrespect to women, but in my time men were the great speakers and great doers, but of course women did have their place of importance if a little known.

Les: In many respects I think the women were much more important than the men.

Yes, I now agree, but of course when I lived upon your earth I would have disputed those words, although I have to say I could see great spirituality in our women.

Les: It always puzzled me why men should think about women like that, because if it hadn't been for the woman as the mother, man with all his knowledge would not have existed. So he was dependent upon the women anyway.

In the physical sense yes, but man, especially men on the planet at the time when I was here, believed that women were only given these great opportunities because of men and the Great Spirit. We denied them in a sense their true identities. Although we offered much to the Great Spirit, we did wrong at times by our own women folk.

Les: Never mind that's all past now and of course, in the present circumstances in which you live, equality is recognized, isn't it?

Equality does not exist, because we all are male and female, so there is no such thing.

Les: No, no—it was the wrong word to use, it's a physical word.

No, no I understood your meaning, but I wanted to make it clear to you. I will leave you now. I have been warmly welcomed by you both. I hope my words have brought some comfort to you.

Lilian: Yes they have.

Les: They have, indeed and we are very, very grateful to you for having visited us and of course your words, as you well know, are being recorded and they will be passed on to other people and to your instrument.

Yes, I have to say winding machine is still a puzzlement to me. Breath in the air I understand, but winding machine is most puzzling.

Les: It's very useful, because many have been able to learn of your words by hearing the recordings that have been made.

Yes, I know and when I say puzzling, it is puzzling whilst I am in this condition, you understand? (Affirmed) I do know and understand of course, but when we return to earthly conditions, much becomes clouded—most strange.

Les: Yes, it must be like a fog to you.

Yes, but as I leave you now I have to say to you that Great Elk asks of you.

Les: That's very nice, he is a great friend of mine.

Yes, and I will leave you with those words.

Les: And I look forward to meeting him one day.

You have many to meet. Yes—and thank you lady. (Thanks expressed)

Another followed through Eileen:

I've been most interested listening about what you want in your tomorrows and I felt I had to come and say just a few words to you both. That it takes some time to realize that tomorrow is the result of your desire today.

Les: Of course.

So I want to remind both of you that each moment is being created and making your future. It would seem to me that there have been many discussions about what your future holds. That is why I decided to come to you both this time. May I just say to you: Do not keep your thoughts too much for the future. May I suggest to you both that your thinking remain in the NOW.

Les: Yes, I understand what you mean—I think you do Lilian too, don't you? (Yes) Now is the future.

Yes, what we have spoken of already is the past and that cannot be changed, but the result of the past, the desire, the thought, is created for the future. Therefore it is most important that you do not allow this moment in time to be wasted with fruitless thoughts of the future. Do you follow what I am telling you? (Affirmed) It is distressing to see so much distress in your world, because people are unaware of their own wasted thoughts. So I just wished I could come to you to tell you this, to live for this moment—

Les: Yes we do understand.

*—and I don't mean live in the moment selfishly. I know you understand what I am telling you. Therefore, please remember when you are distressed, when there is stress in your lives, bring yourselves back to the thinking of the moment. Please, please take these words seriously, because we see so many from your world who have regrets—regrets because of it. You cannot capture what is passed, therefore to make a brighter future for yourselves, may I also suggest **before** you allow extraneous thoughts and words, to think carefully and allow only those thoughts of **good** to come to fruition to create your future.*

Les: Yes, that certainly is very good advice, because one day we shall have to face that future.

Yes. I would perhaps add, because there is a lot spoken about Karma in your world and what is Karma if it is not the result of your desire and thought. It is your tomorrow—that is all. I would like dispel some of the thinking about what you call Karma, but that is not my task this time.

Les: I see. Well, we do appreciate what you have told us.

I will leave you now. Know that I am surrounding you with beautiful thinking of each of your futures. It has been a great pleasure to me to join you. It is not often I am allowed to join such a small group and I have to tell you I feel most comfortable with it. Now I bid you good night. (Thanks + farewells)

Sarah Duncalfe's son Ben

Salumet welcomes Ben. (25/7/05)

As I join with you this time, I feel there is some depletion of your energies, therefore we will try to uplift you before the end of this meeting. (Thanks expressed) I also wish to extend our greetings to the young man who we have waited sometime to say welcome to.

Ben: Thank you. (*Sarah's son Ben, visiting from Australia*)

I will give you the opportunity to ask any questions that you have, but firstly let me say this to you: you are almost a contradiction in yourself. You are reserved and yet you are outgoing. You find that people are attracted to you in many ways, but there is with you a trend of impulsiveness, which would benefit you to temper a little. I am sure you understand what I say. It is always difficult to gauge one's personality, but within this young man there lies a pathway, which would open to him should he so desire. But as with all people, the desire needs to be there; the freewill has to be respected. But I say to you my dear friend that gifts of the Spirit are waiting for you if you so *desire*. Now, as always when we have visitors, I will take questions from you. Does anyone wish to ask any questions?

Lilian: Have you got any questions Ben?

Ben: Not at this stage, thank you.

Richard

Growing awareness with nature spirits. (19/6/06)

Jan: Richard, my son, as you know who comes here sometimes, **(Yes.)** at the weekend he described his experience that he had at home as being with the nature spirits. **(Yes.)** I'm sure that he'd like it and we all would like it confirmed that he was correct, although we believe him 100%, that the nature spirits were with him.

When next he comes, I will speak with him and I will tell him what is happening at this particular time, but I will speak to him when *he* is here.

Jan: Okay, thank you. I will tell him, but he is digging his heels in a bit, but obviously he's on his way...

Yes, his awareness is becoming much greater. He *has* resisted to an extent, but contact has been made and it can only go forward provided he remains open to it.

Jan: And he's perfectly safe on his own, isn't he? **(Yes.)** He is protected at all times? **(Yes.)** He doesn't need us to be there with him?

You can reassure him, once contact is established, then we do not fail you unless the mind so wishes and blocks us from them and of course then there can be *some* problems. But, no, he is okay, I think you would say.

Jan: Thank you very much. I'll tell him.

Salumet's follow up with Richard. (26/6/06)

Richard: Yes, Salumet, you said when I wasn't here last time, that there was something you would be able to explain to me?

Yes. We have been told of your latest experiences and we are pleased to hear of this, but what I wish to say to you my dear friend is this: that from an early age you have been bombasted by thoughts and actions from our world, because always your life-plan has been that you may follow the spiritual pathway. No matter what your *physical* life enfolds

before you, always you must follow the spiritual pathway. We have spoken and I have told you that the time is right for you to grow and this you have agreed with. (Yes.) Yes.

Richard: I'm still very confused as to what to do about that.

Yes, you must first of all have my dear friend, acceptance that indeed what is happening is from our world, and although you are happy to have these happenings, there is a degree of non-acceptance deep within. (Yes.) So firstly you must find within yourself that acceptance and that you can bring forth the words of spirit, because you see, my dear friend, you can be used in *many* ways spiritually. But as always, again your freewill will always come into play, and the danger is that you will place your *physical* lifestyle before the spiritual, but it is possible with our help that the two can go hand-in-hand.

Richard: Should it mean a great change in my physical lifestyle?

No, not necessarily. As I say, it is possible to lead your physical life and still allow the spirituality to come forward. We will only make the opportunities when you are ready. We cannot interfere in your life. We can try to guide you, encourage you, but we cannot interfere. But what you experienced before was in fact an aspect of your own self with the help of the elementals and the angels which surround you.

Richard: More experiences like that would be helpful.

Once you accept, then we can give you more; it does not work the other way. After all, why should we give you these experiences if you are not prepared to accept?

Richard: I agree.

You agree, but you still find difficulty in acceptance, but we will help you every step of your way. But of course, as you know and which you will, we feel, find difficulty with, is in giving of your *time*.

Richard: Yes, I definitely see a difficulty.

Yes, but there is a way and there is a pathway for you to follow.

Richard: I will try my hardest to find it.

We will help you, we will. (Thank you.) All we ask is for you to be open to all that we say, to all that you hear, to all that you feel—and the more that you accept, the more that we can give to you. (Thank you.) Was there any question that you wish to ask of me?

Richard: No I don't think so. Actually, there was one: The aspect of myself which you mentioned, **(Yes.)** would that be one called, Simon, my twin?

It is the aspect of you spiritually. Physically that was your connection, spiritually there is that connection also, but it is more than that. Is that helpful to you? (Yes.)

Message for Jim

Jim asks for reassurance and advice over several issues. (5/2/07)

Jim: During six months of 2006 last year, I received medical treatment for cancer. I also asked for and received spiritual healing here at Kingsclere. My doctor has just told me how very well I have responded to the chemotherapy and that I'm much improved. I had a strong feeling that I was being helped, which I can only describe as a spiritual experience—something I really felt inside me and I'm very grateful for this. My first question is: Am I spiritually on the right track to continue not only in healing, but also in making the progress

you have told us is the prime purpose for our earthly life? And next, I'm faced with having to make a decision about the possibility of hip surgery, nothing to do with the cancer. What is your advice?

Thank you, I understand your questions. Firstly, let me say this to you my dear friend: you would never have entered this room had you not placed one foot on the spiritual pathway. That is my first reply to you. And of course as now you are beginning to realize when contact is made with our world, we do not let you go so easily. Therefore, our words at this time in your life are most important to you and, in accepting our love and in trying to understand truth, you are indeed my dear friend walking the pathway of spirit. Always remember that with your freewill, you can deviate from that pathway, but by holding strong to that truth, to that knowledge, you cannot go wrong in your healing. I place the responsibility back onto your shoulders, because, as the others fully understand, we cannot live life for you; we can only uplift you, guide you, enfold you in our love, but you must take some responsibility for your actions. As to your second question, I would say that the doctors in your world are there for a very good purpose in helping mankind and although there are many doubts and fears, they are there to help their fellow man. Therefore my dear friend, I say this to you: if you go forward with this operation, you may rest assured that by making contact with those of us in spirit, you will be helped, things will be made much easier for you and your recovery time will be so much quicker. This already you are having proof of, so I would say to you, go forward, be clear in your endeavours and do not allow any fear to enter that part of your consciousness that would make you afraid. Keep it from your mind and all will be well. Does that answer your question for you?

Jim: I feel I couldn't have asked for a better message from you than you have given me and I understand it.

That is important.

Jim: Thank you very much.

Yes—our love is with you, do not be fearful.

[Message to Rod about answers to prayers and repetition of prayers](#)

(12/11/07)

We were instructed by one through Sarah, to think about any queries we had and that these would be answered, by other communicators. Salumet spoke towards the end of the session, to answer the last query. The other communicators spoke through Sarah. We were finally taken on a guided meditation/journey by Sue.

Good evening and welcome to you all. I have come because there is one who has a problem with health and I would be happy to discuss this with the gentleman concerned. If you are happy, we can start now.

Rod: Thank you very much yes.

Can you tell me your question please?

Rod spoke about his diabetes and his prayers for himself and others and his concern that they were a little repetitive. He also wondered about the friend in spirit responsible for the flashes he often experienced when starting a car journey, after asking for protection.

Let me tell you, you are being helped by many and each time you ask for help not only for yourself but for the many others, you are attracting more and more from those in spirit and you are surrounded by a throng of helpers. Each one of these helpers is listening to you and I can tell you that your prayers are being answered. You may not feel that what you are doing is sufficient or maybe a little repetitive, but I say to you, continue the way you are going and if you feel that something is not quite right, this is where you must change. If you feel you are repeating yourself, without enough feeling, then perhaps you should pick out the, what you might call, the most important to you names and ask specifically for these people. I also wish say to you, you ARE helping yourself and you need only focus a little more on the prime areas. Do not just ask for help, but focus yourself on the areas that are most affecting you. This concentration of thought will together with those who are surrounding you, produce what is needed for healing power. And finally I would like to say to you, that the light you are seeing does not come from one, but from many. And now I have answered those questions, is there anything else you'd like to ask before I leave?

Rod: I think you've covered the two things that concern me most—the healing for myself and those around me. I know my prayers go out to the Universes—I suppose a bit of that's a selfish thing but thank you, I do appreciate that.

I can only repeat words that have been given to you by one other and that is, you must look after yourself first, before you can help others. And I will take my leave now and hope that my words have been of help to you.

Rod: Very much so.

Richard receives advice about a spirit helper 'Arnia'

(19/11/07)

Richard: If there was any part played in the weather at our wedding, we both give our extreme thanks for that. But my question would be: I had a voice wake me up the other night after we came back, with a girl introducing herself as 'Arnia' or something like that. I believe she's come through to play about with the levels so that I can actually hear who's trying to come through to me. She comes through sometimes quietly, sometimes loud and it's difficult to judge. I think she's there to help. I just wondered if you were aware of that? **She is indeed a helper for you. Let me reassure you, as I did last time we met, that you are now beginning to accept what can be achieved. If you are open enough, we can come close, but because of the human spirit and the doubts which creep into the consciousness of the human being, very often these occurrences are denied or put down to be 'in your mind', as you might well say. Only when you allow the awareness to take over and you can fully accept that these things happen, then we can give you so much more. Not only will you be aware of this female as you say, there is with you close by a gentleman who is waiting for you to accept that you cannot only feel but see and hear. In fact my dear**

friend, you have the gifts of spirit at your very finger tips, but until now you have had too many doubts. Now is the time to fully open, to allow that spiritual being to come to the fore. You must not listen to the voices of others who are not sure of spiritual happenings, because then your sensitivity becomes such that you then begin to doubt also. Is that not true?

Richard: Yes, there are quite a lot of people around like that.

Yes. You must rise above all of that and be true to yourself. You can do it and you will achieve it.

Richard: Thank you, Salumet.

Lilian: Will this gentleman who is waiting from spirit, will he eventually give his name?

Yes, in time—only when the time is right. All happenings of this kind must be done slowly but surely; it is a two-way communication, as you all now understand within this room. But our dear gentleman friend is quite young in this knowledge. Although he has always had these abilities, it is only now that he is beginning to truly understand; but it takes time. I hope that is helpful to you.

Richard: Very helpful, 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 influencing his own pathway. Whatever choices are made, that is the responsibility of the one treading the 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.

Do we have more questions?

Lilian: Do you have another one, Ann?

Ann: No, thank you.

Messages and guidance to members of the group

Salumet starts with the question, 'What is your purpose in this lifetime?' (22/6/09)

Some time ago, we spoke about: did you know who or what you are? Do you remember?

Lilian: Yes, vaguely!

My question to you this time is: what is your purpose in this lifetime? What do you recognise within yourselves that you can strive toward? Each one of you, my dear friends, walks a separate pathway from anyone else within this room. Each one of you is involved in daily living on this Earth plane. And each one of you has expectations known only to yourselves, and of course, known to us in spirit, because we have the wider picture of life. So I am going to speak with you this time and ask each one of you if you have considered who or what you are, and what you wish to aspire to in this lifetime; and do you now recognise, my dear friends, the energy which pulls you all together in this one evening of your Earthly week? Do you feel and understand that energy now?

Sarah: I think we all feel very comfortable with one another in this room, and I think that must be put down to that bonding energy that we have.

George: I feel the energy has been with us before in our previous incarnations together, and there is the current energy now, and it seems to go along with the dedication to, not just to go forward, but—perhaps I'm bringing a personal feeling into this as well—it's going forward, endeavouring to understand that wider picture, which you name, so far as it is possible to understand, and to pass that understanding onto many, many others.

Yes, and do you *feel* the change of energy from what it used to be when first you came together?

Lilian: Much closer!

Yes, you feel it and understand it just a little more.

George: Yes, it seems more positive now (**yes**) and it seems to have more direction now (**yes**) and a clearer understanding of that direction.

Yes, you feel more positive *about* that understanding—yes.

Lilian: Yes, nothing emotional about it, but more of an understanding, I suppose.

Yes, yes.

Sarah: I do get various times when I suddenly think I really understand what this is all about now—little glimpses, like that and then another time, you can say, I've had that feeling and you try to explain it and I don't think I can actually, but I do get moments of really feeling I understand.

Yes, it is the opening up that you receive. That is when the understanding comes to you. Each one of you will experience this in different ways, because you are diverse in your everyday lives. Your experiences will not always be the same, but ultimately you all walk the pathway which leads you to the truth. That is what is important.

Lilian: Seeking the truth?

Yes, when you work as one, rather than as individuals, you understand?

George: Yes, and a detail which brings us together is the book, which is in its final stage now before going to publishers. We have all contributed and again, this is in our individual ways we have contributed to this, and I wanted to ask you, Salumet, if you would care to give an endorsement that could be printed in the front of the book, as to the truth that it contains. As I see it, you would be the one, who could best give endorsement for that!

Yes, I feel most grateful for those words, my dear friends. And, of course, I would be happy to put *my name* to anything which is part of the overall truth of life. Yes, Truth is all encompassing, Truth is not denial, Truth is everlasting; that is truth.

George: Yes, indeed!

But, if you wish me to say some words to endorse the authenticity of this book, of course, I will.

George: That would be wonderful, and I'll add that our dear friend, William, has written a 'Foreword' to it.

Yes, I am happy with that.

George: That is very nice to have, but if we could add a few words of your own by way of endorsement, that would be absolutely marvellous.

Yes. I would do that for you next time, when I have looked at all of your words. I am, of course, aware of what is happening, but I would like just this time to fully go through the work that you have created.

George: Yes, I understand. That would be very, very nice. Thank you!

No, my friend, thank you! We are always grateful for those who are willing to go forward with the truth, because, so often in your world, those words which are different to what is called 'normal', are so often slated by man as being 'untruths'. That is always the problem that lies before any truth. So we in spirit say to you: continue, continue to know yourselves, continue to speak the truth as you find it, and we are happy always to stand with you. But I will give you some words next time.

George: Thank you so much!

Now I would like you each to speak and say what you aspire to in this life—what is your goal in life—and I speak to you spiritually.

Ann: I think my goal is soul improvement, and to grow nearer to spirit, which I've been uncomfortable with for far too long, and through that, to make contact with the Great Creative Force—I'm not wording this very well...

Yes, you already have a gentle soul, but it is not unusual in an Earthly life, at times to feel a little lost, but we found you, did we not?

Ann: Yes! I just made it!

(General Amusement!)

Yes.

Lilian: I think perhaps we all get a little lost along the way—fearful and frightened.

George: There's been a considerable period of, could I say, parallel pathways (**yes**), which seem to produce the same truths, as we learn here.

There are many pathways, but only one truth. It really matters not, and I have told you this on many occasions. It matters not which pathway you take, whether it is straightforward or it meanders; it ultimately reaches the same place. But the recognition of going forward in the name of truth—that is what is important, that is what you should seek—understanding and knowledge. Anyone else, please?

Paul: I was thinking for me, one of them is simply *being myself* and expressing my thoughts and feelings completely, without any interference or anything. So, being completely connected with the being, the inner being—becoming the outer being.

Yes, that is good summarisation of what you should be aiming for. None of you in this lifetime will be perfect, but it is in the understanding of what you strive for that is good.

Paul: Yes, as you go forward, I find things that I try to process, things that seem to be holding me back. I try to unravel them. I think it's going into the past sometimes and sorting it out some muddles.

I would just say to you, my dear friend, do not try to analyse too much, just 'be' and all things will turn for the better. Just be! Does that help you?

Paul: Yes, I think there's still that slight issue of trust (**yes**) and having the confidence to go with those inner feelings.

Yes, getting to recognise them and to allow those feelings to be 'you'.

Paul: Yes, sometimes they are unrecognised—that's right—I don't always know how I feel about some things.

But you are getting there. Yes, good!

Paul: Thank you!

Sarah: I think what you said to Paul about 'just being', actually, also applies to me. There are certain things, for example, not being judgemental, trying to enjoy being with all types of people, having a more generous outlook on everything is the way forward for me, and in acting in that way, I feel happier with myself—I don't do it *to be* happier with myself, but just that way of living makes me more content. You say 'don't judge', and, as I said earlier, you have those little moments when I suddenly think: I understand what this is all about, and it's encouraging.

Yes, of course, cause and effect is most powerful in your lives and that is what you are creating, each time you open to a new experience, and because cause and effect are taking place, you have good results from it, and therefore you can begin to move forward in your understanding in beginning to know who and what you are. Yes, good!

Sarah: Thank you.

Lilian: Yes, I think for me, on a similar note, at the end of each day, I know where I've gone wrong—definitely. I realise I've maybe said something, thought something, judged someone and I realise where I'm wrong, many times.

Don't be too harsh on yourself. The recognition is good, but, sometimes, you chastise yourself a little too harshly. Life is a learning experience, of course, but you must recognise with yourself that always, it is not just your own fault, that life on this planet can be most difficult—but what you recognise, are those 'faults' as you call them—what you recognise in that, is that you should be above these things, and again, my dear friend, you are travelling the correct pathway.

Lilian: Well, that's nice to know. Thank you!

You are generous of spirit, not only with your spirit, but with your Earthly time—good. And now I feel for this time, I will take my leave of you and give you a little time to consider your words, to look inward and to know and understand, my dear friends, that, although life as you know it can at times be troublesome, you are never alone; you have your friends and helpers always around you, whenever they are needed. Those of us in spirit who use you, for whatever reason, stay close by you; and with those words, my dear friends, I will look forward to our next meetings together.

Lilian: Thank you. It's been great to have you back.

And I will come with those words for your book, my dear friend.

George: Wonderful!

Sarah: Lovely to have you back again, Salumet. It does give others a chance to come through, but it is so nice when *you* come through.

Yes. There are many close to you now, so let us see what can be achieved

All: Thank you!

Message to Daphne

A message to Rod's wife about absorbing too much of other peoples' energy. (21/9/09)

I wish to say to our dear friend—the one known to you as 'Rod'—I wish to say just a few words: Your lady-wife is so open to all emotions, that sometimes she absorbs too much of other's energies. She needs, my dear friend, to learn to strengthen her core, and in that way, she will have better physical health. Do you understand?

Rod: I don't think I really do—

Do not be concerned—I will try to get help for her. (Thank you.) She is just too open to all of other's problems.

Rod: Oh I see, I see.

You understand (yes) you would agree—

Rod: Yes, I do.

Yes.

Lilian: I think that's a problem with a lot of mothers.

Yes, it is a human condition, unfortunately for some; but we will try to do what we can.

Rod: Thank you very much for those words Salumet, thank you.

Message to Emily

Message to Sarah's daughter. (13/6/11)

Sarah: I would like to ask, Salumet—you told Emily, my daughter, that she knew the answer to her question—to her problems; and she feels that she has got the answer. Her father, on the other hand is telling me quite the opposite, and I wondered if you would be able to—or

wish to—just confirm that Emily is believing the reason she had had so many problems, is the right reason—

Your daughter has found her answers. That is why I gave those words to her.

Sarah: Thank you, yes, she believes she had got the right answer.

Yes—now I will address you, my dear friend, because within your heart, you also know the truth.

Sarah: Yes, I thought I did—I should go along with what I knew (**yes**), but when you're being told something very different, it's sometimes, it's—

You know the truth—

Sarah: Yes.

Lilian: Sometimes it's very difficult.

Sarah: It's difficult when somebody tells you something and you think they *should* be telling you the truth.

But that is why it is essential when there are troubled times, no matter what those Earthly troubles may be, you must 'go within' (yes), and that spirit will always guide you.

Sarah: Yes, that is true. Yes, thank you very much for those words, Salumet.

I hope it has helped you.

Sarah: It certainly has helped me and your words have helped Emily too, because she didn't know what the reason was—when you told her those words at the beginning, but, when she found out, she understood what you'd said to her then.

Yes, she will go from strength to strength, but you must allow her that *thinking time*.

Human beings are always in a hurry, you do not see the benefits of quiet times, and you do not see that by slowing down and 'going within', all the answers of life are there—you understand?

Sarah: I do understand—yes, thank you! I think Emily, actually, has been dealing with it very well, and she is taking her time and she is making headway, so thank you for that—and she's already got some petals opened from her bud.

Yes—and there will be acquaintances that come into her life at the right time in order to help her go forward.

Sarah: Acquaintances— yes—they have already, actually begun. My cousin, who is over there, has been absolutely fantastic to her (**yes**). He's been so helpful and kind.

Yes, but not only people that she knows, but what you might call 'strangers' (yes). It is an onward journey. (Right, thank you!) But tell her to be patient.

Sarah: I will tell her, thank you!

Lilian: It's been a tough journey.

Why do you say so? It has only been a tough journey in the physical sense. In the spiritual sense, it has been a great '*learning*' journey.

Sarah: Yes, that is true!

Yes. That can only benefit the spirit.

Sarah: Yes, thank you! She's already had—she feels very much that people are coming into her life, and they all seem to be there helping her—even medical people seem to be very understanding—helping her on her way; and Paul, here was, I think, the first to help her on this particular journey, so you think, well, he started off on another little journey of his own which was all meant to happen—all meant to be.

Yes—there are no coincidences in life. Each step forward you take has always been for a reason, and again to repeat myself, which I know sometimes you must think 'no not

again’—but I say: you all have helped other people at some stage, just by the knowledge that you have passed to them. So you are all emissaries of spirit—you understand?

Sarah: Sometimes, maybe we’ve passed on things—we’ve helped them, but we don’t realise we have, and maybe they don’t realise it either.

Yes, yes, that is true.

Rod: Sowing the seed—

Yes, that is one way of describing it, sir, yes.

Sarah: That’s been very helpful, Salumet. Thank you! I know Emily will be very pleased to hear that too, especially the bit about the physical and the spiritual.

Yes, she is making progress.

Follow up message. (25/7/11)

Sarah: On the subject of daughters, I would like to say: ‘thank you’ for the help that Emily’s been getting, and you said that people from, not just family, would be helping her, and she’s already finding this. People are coming into her life and helping her on her way. I’m sure she’s said ‘thank you’ to you herself, but I know she is very grateful for your words, Salumet.

Yes, she will be fine. I know with this young lady there have been problems, but, because she has made the contact with spirit, we will not leave her on her own. So I say to you: Continue to encourage her and, as I have said many times in the past: nothing comes by accident. She will be well.

Sarah: Thank you very much for all that.

Lilian: It’s interesting that—some things seem so horrific—but they are meant to be.

Yes, let go of all fear. That is my parting words to you all, my dear friends.

Lilian + Sarah: Yes, thank you.

I know it is not an easy task, especially in everyday life, when there appears to be so many problems, but it is possible.

Sarah: I always remember your words, you saying: negative attracts negative.

Yes, if you can remember that, you are on the right road, not only to good health, but to spiritual growth.

Sarah: Thank you very much.

And now, I will take my leave of you, and allow whatever is going to happen here tonight to happen; and I can tell you, there are many waiting to speak with you.

Message to Jan

Salumet asks to speak with Jan. (12/3/12)

I wish to say something to our dear lady called Jan.

Jan: Yes Salumet?

We feel your worries and I wish to say to you: do not allow them to weigh you down, because, my dear friend, you have come so far. Spirit comes close to you at all times in your daily existence, so we wish you to know that always there is someone by your side,

someone who will listen, someone who will uplift, someone who will surround you with much love. We feel it is time to tell you this, in order that you may grow stronger as each day passes. Sometimes, my dear friend, you worry unnecessarily, and we are aware of this. So take this advice as part of knowing that we love you, and we will always help you, and that is all I have to say this time.

Jan: Okay, thank you. I'll try.

We know, we know.

Jan: I am aware of the presence all the time (**good**), but, (**yes?**), it's that big 'but'... **Always a 'but'—do not worry—you have grown much in these past years (I know). Yes, you know, and we know, but still doubts creep in, yes.**

Jan: When you say doubts creep in, you mean my own fears (**yes**)—okay, get in the way. **Yes, you do not doubt us (no)—no, we understand, but sometimes you doubt yourself, you understand?**

Jan: Yes, I think it's because I'm not quite sure (**yes**), whether I'm doing the right thing or not.

Yes, it is part of the human condition, but you are getting there with our help—yes.

When some elderly get close to end of life, fears can confuse their minds

This was discussed when Diana asked about her mother who was suffering in old age. We need to be calm around those with fears as they can subconsciously feed on our fear. (12/3/12)

Sarah: Have you any questions, Diana?

Diana: Well my main concern is my mother (**yes I know**). She's suffering and wants to die (**yes**); so that's my main concern really. Is there anything you can enlighten me with or show me a way of helping her more than I am doing?

Yes, that is why we begun this evening with a little restlessness. I hoped you would speak out, because, not only does your mother need some upliftment, but also those who are around her on a daily basis (yes), but we are aware and because you have now voiced words for help, we can begin to help her (Thank you). So often, people wish to, as you say, 'die', and I prefer to say 'come home'. It is their fear and we have spoken much within this group about fear. There are two aspects of life—*love* and *fear*; and what happens when people wish to 'die'—we will use that word for convenience; it is their fear that overcomes them and the mind becomes muddled and all kinds of things happen within that thinking. Your mother is indeed disturbed at this time, but I will, my dear friend, try to help in any way that we can (Thank you). At least to try to calm those fears, would indeed be a big step for her. You, too, must learn just to stay calm when you are with her, because, she is able, unconsciously, to feed from *your* own fear. You understand? (I do). Yes, so what I would suggest for you, my dear friend, is that you remain calm at all times when you are with your mother (okay). Yes—you have been aware of blue light at some time (yes)—yes, that is spirit with your mother, yes. Feed into that beautiful blue light and

you will feel the peace and the calm descend upon you both (Thank you). Are you happy with that answer?

Diana: I'm very happy. Thank you so much!

A message about Cyril on the same evening.

(12/3/12)

Sara: Salumet, could I ask a question?

I will take one more, yes.

Sara: Graham's father passed to spirit not long ago, and I just wondered if you can say he has adjusted well—Cyril Martin—if he passed over easily?

(Pause)

Yes, he was met by a gentleman—by his grandfather (ah, good). This gentleman is fine (good) and again, the opportunity will come at some point where he will wish to communicate with you. Yes, this gentleman is okay.

Sara: Oh good, that's nice to know. Thank you!

Message to Graham about deep seated fears

(10/6/13)

I would just like to say to our dear gentleman friend who sits across from me, what is it that worries you so?

Graham: Mm I'm not sure what you mean.

There is a deep-seated fear within you. If you are not aware then do not be too concerned, for we will help you in whatever problems it brings to you.

Graham: Okay, thank you—I can't think what that could be.

(Said with a chuckle)

Sometimes you are not always aware of what—and I am speaking mainly of the spirit body rather than the physical (yes). But don't be concerned if you are not aware at this present time (right). You, as all the others, are well loved and protected.

Graham: Yes, yes we do feel that.

Yes but sometimes physical life can pull you in directions that you do not wish to go to (yes). But I felt that it needed to be said this time.

Graham: Thank you Salumet, I shall think about that.

Yes, but do not think too deeply—you will be fine.

Graham: Okay, thank you.

Struggling with rejection by others

Last week it was an evening of self-development, conducted from spirit, and so was not reported. It involved those in spirit coming close to impress—and we were required to individually report what was sensed.

And at the start of this evening there had been some discussion of delicate family matters: I am aware of the help that you all received last time, from those who came close to you. And I have to say that it helps you all to know that we in our world can come so close, as to impress you all. Until now, it has only been a few who have received that knowledge and help, but I can tell you my dear friends, that all of you have now reached the situation of being closer to spirit.

(General thanks)

George: Thank you, it's so nice to have your confirmation of that.

Yes, but what I wish to say is that you must now, all of you, continue on that pathway, in order that we can come even closer. You as individuals should be able to make that contact with those who are close by you. It is our purpose always to help and to uplift you. And although I do not like to speak on personal subjects, I would just say to the lady, because I was aware of what was being spoken of—I would say to the lady and her, what you call *daughter-in-law*, that you are right to stand back and to allow things to progress in a natural way. Each of you is in the *learning curve* if you like, that there are life's lessons still to be learned, although the lady in question is not really aware of this. I have told you that you are attracted to people of the same light, of the same colours, and that you will avoid those people that do not connect to you. In your situation, you are in an area of shall we say *greyness*, because of this young woman.

A: She is very fearful isn't she **(yes)** of what **B** and I believe, **(yes)** which makes her very suspicious of us I think.

But she also needs your understanding. Do not, my dear friend, take these things to mean that she is not a good person.

A: You're right she's an extremely good person, but it's very difficult sometimes not to take these things personally.

Yes, but that is the lesson that you have to learn and I know you understand this (mm).

Yes, and it would be helpful to just for a little time still, to stand back and to try to find the wider picture.

A: Right, I will.

Always I am telling all of you this. But it is something that can help all of you in any life situation. You will not perhaps always grasp or understand why these things happen.

Sara: Well I had a similar experience last year. About a year ago in the space of one week I had two lots of people judge me for my beliefs. I felt very upset at the time, but I think strangely both are quite—well one of them has come back to me, trying to befriend me again, wanting to talk to me about experiences she's had **(yes)**, because I didn't overreact, I just pulled away, but I didn't make a big drama **(yes)**, and I think she's now seeking me out. And the other two, well I think we've sown seeds with them **(yes)** by also trying not to overreact. So I don't think that it's finished or the topic is over necessarily.

Yes, you must remember that even although they disagree with your beliefs as you call it, they are still attracted by your light (yes), whether they are aware of this or not and this is what happens in Earth life (yes). You will always be attracted to those like-minded and

you will always step away from those who you sense to be of the wrong connections. But there is, as in our dear lady friend's case, a slightly grey area and there is always the opportunity for it to improve or to worsen. But that is up to you as individuals, to seek the right pathways.

Lilian: It's good to know that it's a learning curve—all the way through, isn't it?

Your Earth life is completely learning curves for all of you—yes.

Lilian: If we can remember that —

Yes, even the most favoured of lives have their own problems.

Lilian: Oh yes I'm sure, **(yes)** you can see it.

A: The lesson that I feel I've learned since I've known **C**, and I do have a deep-seated love for her **(yes)** and she knows that—she just can't get past her fear.

But she is afraid of love.

A: I know she is, I know.

And that is a lesson that you have gained from her, so in that respect, you should give thanks for that opportunity.

A: I've given her thanks for lots of things actually **(yes)**. I believe that she saved my son's life **(yes)** and she knows that I'm grateful for that. Without **C** coming into **B's** life when she did, I do believe he might have done something that we would have all absolutely—to lose him would have been horrendous.

Yes, but you have gained wisdom from knowing this young person.

A: I have. The other lesson I've learned knowing **C**, is that I think I've gone through my life knowing that not everybody gets on with everybody else, but the feeling that somebody actually felt that way about me, it's made me aware that that's possible. I've never really come across anybody before who I felt, not repelled, but like a magnet, two different sides of a magnet, where she just bounced off me, she won't come close to me and that's been a real lesson, to know that like you say, we are not always attracted to other people.

That is the lesson where you wish no one harm, but you do not need to have contact. But in your situation there *is* contact, because there *is* deep love, but there are also the lessons to be learned from difficult relationships. I am here to tell you my dear friend, that it is one of your lessons in this lifetime, in how to deal with other people whom you love but who are not always returning that love.

A: No, I've always received an abundance of love back from most people that I —

Yes, so it is difficult now, yes, but it is a very good lesson.

A: Yeah, well I shall embrace the lesson **(yes)**, and I shall do exactly what you've said, now I know that by stepping back and allowing them their space and their time, and **C** to —

And always remember when you feel that she has in some way *wronged* you, to send out that love and that light, not only to her, but to all who surround her.

Sara: And it won't always be like this—I don't think.

It will improve yes. But it will not improve without your input.

A: No, I'll be the 'grown up' as they say, the spiritual grown up, and I will do my utmost, and you've made me feel so much better. I can't tell you how low I felt **(I know)** as we sat in this room.

Yes, as I say, it is not my task to tell and speak of personal issues, but you do know that over time, I have tried to help in some *small* way, without interfering with your own journeys.

A: Yes, and we are very, very grateful.

Lilian: Yes, I was going to say yes, it helps us a lot as you obviously know.

George: Wonderful, yes.

But each of you has now reached a point, where you should be able to look at situations and recognise what you should do.

George: Yes, maybe there's a parallel in politics. Sometimes we can be very upset by the way politics are heading, but perhaps it is better sometimes if we just step back from that. **Yes, I would wish to say only this, my dear friends, that no matter how *dark* a situation, by providing love and light to that situation, you then begin to see a change. It is as simple as that (yes). I don't wish to make you feel inadequate in any way, but a simple thought of love and light to these dark situations, is all that is necessary. And again I would like to just reiterate that life on Earth and your thoughts should be of the purest and simplest kind—and *all* will fall into place.**

Paul: Yeah I guess that is more important than understanding. We always try to understand the whys and the reasons, but maybe we waste a bit of energy trying to understand it (yes), instead of just focusing on loving it *better*.

You will never whilst upon this Earth plane fully understand any situation. It will only be when you enter the light realms that your understanding will be there. And sometimes I have to say, your considerations of what is good and bad, are not always correct. So I say, you must always strive to do your best—this you know, I have said it on many occasions and know that love can be the greatest *gift* and it is a gift that you have all been endowed with. How you use that gift is entirely there for your freewill to use. And as I speak to you my dear friends, there are many who join with me in helping to lighten all that is within you.

(General thanks)

Do we have any questions about what we have discussed?

Graham: The fear of love sounds odd. Surely that can only be temporary, because love is all-powerful.

Yes, of course.

Graham: I was just wondering what could cause a fear of love.

You must look at love in a different light. You I believe my dear friend, are thinking of the physical type of love. Where you say to a child or a brother or a friend, your perception of love is slightly different from the spiritual love of which I speak (yes). It is a more encompassing type of love.

A: C is very fearful of what we class as spiritual love and matters.

Yes, it is not physical love, or she would not have love for her husband or children and those who she does love—it is a different form of love. The love of which I speak is spiritual *Light*.

Graham: Ah yes.

Again, you have to look at the wider scheme of life.

A: One of B's tasks I think in this lifetime is to help C overcome that spiritual fear. I know they speak often—that's not my position whatsoever, that's his isn't it, but I know she's very fearful when B speaks of people passing, and she's recently lost an uncle and she's really, really frightened that she'll lose B in the same way. It's an almost illogical fear to us, but it's real for C.

Yes, that is why she needs the help to give her the awareness and the understanding. As you know there are many in your world who will never fully understand what there is. Unfortunately some of your religions do not help in these matters.

A: No, that's how C's been brought up, in very —

Yes and it has made many people fearful, rather than given them the security of knowledge, you understand?

A: Yes absolutely, I know she's quite fearful—From C's point of view, it's only pure love for my grand children, but I can understand really I think that she is fearful of how we are going to impress the children (**yes**) in spiritual matters. Like you say, it's a grey area. All I can do is just love her and carry on.

Yes, you must do that, but she can be helped and after all it is fear that drives her and you know that fear is—we have spoken about it often—it is not good.

Jan: I have a question from somebody else, from my father actually. I haven't got all the facts, but the DNA from 3 people being used to make a baby and dad's question was, would spirit look upon that ethically or unethically? And my reply to him was: If that baby comes to fruition and lives, then it was *meant to be*. He thought that was a good answer but I'm just wondering how spirit would view it. Is it engineering or is that acceptable in preventing such a dreadful disease from reoccurring?

Again it is interference with knowledge given, but what you have to know and accept is why it is being done. Is it being done for good and if it is, then that is acceptable also in our world.

Jan: That was my exact answer.

Yes, so I think the simple answer must remain that, that if it is done with love and with good intent, then yes we would not put scorn onto that situation.

[Personal messages to each member of the group](#)

Some wonderful guidance and reassurance given. (7/4/14)

It is always good to see so many together (10)—to come together in love, in joy, in expectation; and so my dear friends, we will begin this time by asking what I asked you to do last time we met. I don't wish you to alarm yourselves if you have been unable to discover what it is you have come for. If you have not discovered by now, it will soon come to you. So, what we would like you to do is for each individual to speak and for the others to listen carefully and see whether they agree or not. It should be most interesting for you, and in a way it is helping you to know yourselves—because the more you know yourselves, the more in tune you are to spirit. Therefore I will leave it to our dear lady friend to conduct the speaking.

Lilian: So you will be listening with us?

I will listen to you.

Lilian: Thank you. Do you want to start Mark?—and we'll just go round?

Mark: Okay—I didn't get anything very clear, just vague things. But I was thinking about my parents who gave a lot of unconditional love, and my upbringing was pretty unstructured and not very directed—there weren't too many strings attached. It was pretty free and we lived on the edge of a village and in the woods—on the edge of mainstream of things I felt. And I found through a lot of my life I didn't really *get* the mainstream thinking. And all the materialism—I didn't really feel I fitted in with it all. I studied the social sciences to sort of make a bit of sense. Sociology made a bit of sense of it all. Studying that gave a great hope

for a change I felt, but that didn't really materialise—that was back in the 1980s. I felt that the way of life was far too complicated and out of balance really—for me personally. At this stage I feel like I'd like to return to a simpler, natural way of life really—more like the one that I grew up with. But I haven't got the answer of what I am supposed to do—maybe some writing. But I know I'm not part of the mainstream and I am quite happy with that, where I am now. And that's about as far as I've got with my thinking. But I feel I want to devote much more to allowing spirit to manifest *through* me in whatever way.

I am not here, my dear friends, to tell you what life lessons you should discover. But for you, my dear friend, I will say that you have used the one word which is important in this lifetime—that you reject 'materialism,' because in time gone you were a money-lender—a greedy man—

(Some chuckles)

I see you are amused, but that is why you have chosen this pathway this time. It may help you to understand yourself a little more. *(Thank you.)*

Lilian: Sara?

Sara: Well, I feel when I think about my life here, I feel a lot of similarity with Mark on I think unconditional love. It was a very rare sort of upbringing I think, because—you don't know as a child, but when you go out into the world you understand you've been given something a bit different—I needed to understand the world and how it worked as well, but my feeling is that I need to 'heal' and use my voice probably in a number of different ways to do that. And one of the problems I sometimes have is that I can't think—There are many things I feel I can do, but I'm not sure which path to pursue the most, but I usually end up doing a few things, and I think healing is very important. From the upbringing I've had I feel that to continue to try to be compassionate to people in as many ways as I can—I feel I would be continuing the legacy I've been given, but I think also, mentally, we received a lot from our upbringing, because there was a lot of humour, and we learnt to think a little differently. And because we had peace and freedom, I think we had time to think perhaps a little more for ourselves. We've had busy times in our lives too, since growing away from those years, but I think the *peace* and the *freedom* possibly has never completely left me, and I'm finding that possibly can be used in more ways now, when I find ways to express that.

Yes. I would say only to you that you are still seeking, and I would say to you only that rather than search for different things, that you just let go a little and *be* that true self.

Sara: Just let go—

Let go a little more.

Lilian: Paul?

Paul: Yes, well—same upbringing, so had the same start, being on the edge of the village, growing up with a lot of nature—and not so much of the monetary stuff. So there was a lot of opportunity for creativity and developing that side, and some independence. So developing thinking for yourself and dealing with things a little bit more independently. Then, when you get into the mainstream, there was—the challenge seemed to be to fit in, there was (*issues of*) confidence and communication and learning to—our upbringing with the four children and things—fairness came up quite a lot; fairness when looking at the world, and seeing a lot of unfairness and wanting to bring more harmony into that—learning to communicate, and the issue of trust has been talked about before—not trusting myself, but gradually the feeling is wanting to communicate more—a more fair and truthful world, but it's really just by being myself and loving myself—which for some reason I

couldn't do when I was (*younger*). That's something that's been a bit difficult—feeling a bit unwanted, and things like that, but I feel that's all in the past now.

Yes—the qualities that you have gained from childhood to adulthood, have stood you in good stead, for the wish to better this world. And that is one of your aims in this lifetime—that you should be able, to help with thought, to help others, for this to become a much better world. And that is what indeed you are striving towards.

Paul: Yes, I feel that is the thing that really does get me excited, yes—wanting to be a part of this change. Yes, so hopefully, that will—I'm not quite sure how of course—how that will take shape, but I feel it is taking shape anyway.

By developing your thought patterns—that is the way forward for you.

Paul: Right, yes, I can understand that I think, yes (**yes**). So just by working on myself then, that's the best we can do to—that helps the world.

It is part of making a better world for all. I have said it to you all many times: that firstly you must know yourselves (Mm)—not easy, I know. As human beings you have many doubts, but it is in the striving that you achieve the most.

Paul: Thank you, yes.

Lilian: Sarah?

Sarah: I too had a very happy childhood, but unlike the Mosses, mine was much more organised for me, and I was quite happy to go along with that. And I think I was quite influenced by what my parents said to me—in fact, for a long time I was very influenced by what they said, and led my life the way they would have led theirs. Then there came a turning point when I started to think some of the things that they believe they think is right, and what they think about people or whatever, I don't quite agree. So there has been a change, and in fact I feel that partly through your teaching and partly through what I've done in my life, I was able actually to help my parents—but to tell them what *I* thought, and in some way I think I made them see perhaps, where *their* thought patterns were not quite right—not that I'm saying that mine were perfect; but it's been an exchange of ideas, and whereas my parents influenced me very much in the beginning, I think I've influenced them towards the end of their lives. I've also found that I do get on very well with older people. I find it easy to understand why they *are*, and very quickly help them if I can, because I understand quite quickly their way of thinking, which I don't find quite so easy in younger people or even perhaps my generation. So I think at this time of my life it's perhaps the time when I'm learning the most and perhaps gaining the most from life.

Yes, the equilibrium of thought has always been a struggle for you, but as you progress through this life you are beginning to realise: no matter what other's thoughts are—no matter what *you* feel, there can always be a balance of thinking, and that is one of your *aims*, if you like, in this time—in this lifetime (thank you). I will also tell you that in one lifetime you were a senator who spoke powerfully, and expected people to take your word and your word alone (oh). So that will give you something to think about.

Sarah: Yes, thank you. Yes, I think actually in the past I may have been a little outspoken in some cases and perhaps haven't taken in other people's thoughts, so I can understand now that I perhaps want to change all that—so thank you!

Lilian: Yes—for myself—lovely parents. They were my friends as well as being parents, I feel. They were poor, and I often think as I grew older, it puzzled me, why there were such people better-off—rich people and poor people—that was a puzzle. I also realise, partly because you've said, Salumet: learning tolerance from my mother—so I'm grateful for that. They gave me freedom in the religious way—spiritual way, whichever; which I'm grateful for

that. And yes, like Sarah, I think maybe and hopefully I helped them a little the way I thought, once we'd come into Leslie's group—and with your words especially—so I hope I helped them there. Yes, so 'tolerance' and 'judgement' I feel are two lessons I needed to learn, and certainly they would have helped me there.

Yes, you have travelled well, through this lifetime. There were advantages and disadvantages, but in general your life has moved in the right direction this time. That is not to say you can stop striving, because you can never do that until the day comes when you rejoin us here in spirit (I see).

Lilian: George?

George: In a previous lifetime—perhaps it was my last, I was a gardener-monk in a small monastery. In this lifetime I found myself on a small mixed-farm in the country with loving parents. And I was able to have my own little garden and grow a few things; and this was all nicely comfortable and appreciated. BUT, the really important thing—I wanted freedom and I wanted to develop mind, which required education. The simple life on the small farm was wonderful and comfortable. A local grammar school where I could study was available and my parents were able to afford to send me there. A developing mind I realised required much learning. This became my great desire in life. I wanted to develop mind, have the freedom to do this, to think, and at the same time gather information. And I think this will help in making a small contribution to making the world a better place. So I feel that the start in life was wonderful and it took time to get good direction; but I feel, now that I'm in my 80s I'm on the way to achieving what I wished to achieve—and that has become bringing all the thinking—scientific, political and spiritual—together, to help make the world a better place.

—And also to make you a much better person. But I will contradict only one thing that you have said: you have not completed your mission

(Titters)

—That mission of the gift of telling, will continue well beyond this life.

George: Oh! Yes indeed. Yes, I realised at several points in my life that I have much, much more to do. And it's been a lengthy journey, and as you say, it still is.

Lilian: Can I say: the channel that you are using—Eileen; she thought one of her learning curves was 'forgiveness'.

Thank you. Yes, I will impress her as to her thoughts.

Lilian: Thank you. Okay, next one?

Natalie: My childhood was quite varied and mixed, but generally it was a good one; especially as I was lucky enough to share the same family as Mark, Sara and Paul, and my grandmother was more like a mum to me than my actual mother. So I was quite blessed to have her in my life and I was at my happiest with her, and being with George obviously on the farm and my aunts and uncles; that was very important to me, and still is in a way. I find being—especially in the mountains—when snowboarding, I'm happiest just being free with nature—with the trees and snow where it's really peaceful and quiet. I think parent-wise, it's very challenging and there's a lot of lessons there, but I think generally it's *forgiveness*, *tolerance* especially, *open-mindedness*, and for me personally *acceptance*, especially within myself—acceptance more so this year especially. And I think also in a way, I'm supposed to be working with children, helping children—and work also towards helping women's rights and things I feel strongly about. These kinds of areas I feel passionately about. Yes—acceptance mainly, that's all I can think of.

Yes, you have become wise beyond your years. Your spirit, my dear friend is reaching a point where it will begin to soar. The difficulties that you have experienced, have led you to what you are today, and that is moving you forward in the spiritual sense. Your life ahead will be good, provided you keep focussed and look towards spirit to guide you.

Lilian: Graham?

Graham: Yes I feel, like many in this room, that I came from a charmed childhood. I don't know why, but when I was younger I was very, very insecure and very under-confident, so I think I chose the conditions of two very loving parents to help overcome that and project me forward. They were very quick to rejoice in anything I ever achieved or made or drew or whatever, and I'm very grateful to them for that. They allowed me to move forward onto things that when I was younger I wouldn't have been able to have done, because I would have been too shy and insecure. Then I felt an attraction towards the teaching profession, which I'm glad I did. I did have a look at another career in accountancy, which just didn't feel right at all. I felt so much more comfortable going in the direction of teaching, and I've learned a lot through that, and continue to do so. And the teaching profession itself does create challenges, some of which I'm not always so keen to take on, but I think in hindsight everything that's happened has been for my good. So yes, that's it really.

Yes, the early insecurities *are* what you needed to change (yes) to be loving and successful within your life, and by choosing teaching, which I can tell you, my dear friend, is what you should have done—has indeed set many challenges (yes), but those challenges are what will make you stronger, and in being stronger, insecurity disappears (yes). But there is still much work for you to do in this lifetime.

Graham: Well I'm glad about that, because I do enjoy these things (**yes**). Yes, I've enjoyed starting another type of teaching, which you must know of course, because it's teaching adults through a meditation group (**yes**), and I was very nervous about starting that, but once it had started, like so many things, it's just the *starting*—once you get going with it, it all seems to work.

Yes, because if you listen to spirit you will be guided along the right pathway.

Graham: Yes, yes thank you.

Lilian: Serena?

Serena: I can't remember much about my childhood—I don't remember ever being a child actually.

(Laughs)

I always feel that I've been an adult. That sounds a bit strange I know, but I just feel like I've always been grown-up. I think probably my lesson with my mum would be—not lesson, but the thing that she would have given me as a real, real gift was not really parenting very well—well she wasn't very strict, put it that way, and I think that suited my personality. I don't remember her really ever being very disappointed in me, although I think she must have been from time to time. She was always very positive about everything anybody did, including people that weren't in the family. She was accepting of people that other people wouldn't have been accepting of. She wasn't really very sociable, although she wasn't unsociable. So I think I've sort of from her, can really understand why everybody doesn't want to just go down the pub and it can make you a bit of an outsider if you don't do what everybody else is doing, but that's life.

Lilian: I think we've all kind of done that.

Serena: That's just the way it is. My interest in spirituality came through healing I suppose, but really I don't necessarily think it's spirituality only, because my interest in the Earth and

nature—mother nature and things like that—it's really sort of collided and the two extremes have come together and made quite a big picture with lots of pieces missing, that I know I'm gonna have fun trying to find and put together. I sort of feel in the right place at the right time lots of times—like meeting Eileen was I was in the right place to be coming here. So I'm quite accepting of life and the way things happen. I won't say I'm not as impatient as I used to be, because I don't think I was really impatient, but I can just see now that you don't always see into the future, you just see a few days ahead, because you never really know what's ahead, and mostly it's just a nice surprise.

Yes—of course, firstly I would say ALL of you have been carefully guided towards this knowledge—the love of the Earth—the love of people. Note how often that word is mentioned—'Love'. You, my dear child, came not only to learn from your youngest days, but also to give and to support your own mother. That is a big lesson for you—that you have brought that forward into this lifetime.

Serena: Can you explain a little bit more about that?

—In what way?

Serena: Am I to continuing to support her, or was it something—

It was something that needed to happen in your childhood not now (ah okay), yes.

Serena: I do remember once doing something I shouldn't have done, but it saved her live. Was it something like that?

Yes, that is why you were there, yes. So you started off as a living loving human being. So in your search for goodness, knowledge and light, always remember you are a giver—a giver of knowledge, a giver of light; and I would say as I have said to the others: to continue to know yourselves—and each one of you *will* move forward.

I hope, my dear friends, that you have found something on which again you can think and ponder.

George: Yes, I'm moved to say Salumet: thank you so much for this exercise, and I'm sure we've all learnt much from it (**yes**). Thank you for your input and guidance.

As you know, I am not always happy to give information to you, but this, my dear friends, is just a little 'thank you' to each and every one of you, for the love and the work that you all give.

George: It's much appreciated.

And I feel, for this time, I will leave you. And think upon the words said by each other. Can you see what each one sees of themselves, or do you feel there is something missing?

George: One other thing I wish to say: my dear wife Ann who was a member of this group—she has influenced a number of us as a family, and I personally thank Ann as well for her input.

Yes, she was indeed a beacon of light to many.

(Acknowledgements)

Lilian: Yes, I'd like to thank you also—I said about rich and poor people, but when you said how we choose our parents and how we choose lives that we come to for lessons to learn and so on, then it didn't puzzle me anymore, why there's rich and poor—it's the situation that matters. So thank you for that. It was an answer for me.

And you see how you came upon that answer, without any prompting. It shows how much you have grown (yes, thank you—with help from you). Now my dear friends, I will take my leave this time.

Sarah: Just before you go Salumet, did you say: '*Could we see what was missing?*'

—In each other; I will leave you to discuss that between yourselves. But for now, I take my leave. I leave you with my love and much upliftment this time.

(General thanks)

In conclusion, Eileen having returned said, 'I look forward to reading all your secrets!'

[A heart-warming message for Jan](#)

A message from Maria spoke to Jan. (19/5/14)

Hello—you wish me to speak?

Lilian: Yes, you're welcome to speak.

My name is Maria.

Lilian: Have you visited this group before?

No. I am—I am come to give the lady upliftment—

Lilian: Yes—which lady do you mean?

—The one who has been unwell.

Jan: Thank you!

I heard her speak. When you feel a little low, call my name—Maria.

Jan: I will—thank you—it's a lovely name.

You are receiving more help than you know.

Jan: I'm sure I am. I think that's why I'm so calm.

Yes. You like to cuddle your son.

Jan: I do—he's very cuddly! **(Yes)** He helps me enormously when I *do* see him.

His energy is good for you.

Jan: I know—I sense that. It's just a shame I don't see him very often.

But don't squeeze him so hard!

(Chuckles)

Jan: Right. For what reason must I not squeeze him very hard? Can I ask you?

You might hurt him.

Jan: *Laughing*—He's such a large guy—but yes.

He has a son who is very much like him.

Jan: He does indeed, yes.

Yes. If he was older you would say: peas in a pod. Is that right?

Jan: It is indeed—we can see it already.

Yes, anyway, call on Maria to help you.

Jan: Thank you Maria, I will.

Lilian: Would you be cheeky to say how do you help from spirit—you yourself?

We are given tasks sometimes—to focus on different people (I see) and my task is to help this lady, because she is one, like all of you, who gives themselves to spirit. You understand that?

(Affirmed)

George: Well I think we are all delighted that you are helping, Maria—thank you.

Yes—I think you do not fully understand the workings of spirit quite.

(Acknowledged)

No. I can help many people—all at once.

Lilian: I was just going to say: can you do it *en masse*?

Yes, with a little help (yes). Yes, but I just wanted to make myself known to this lady.

Jan: Ah! I'm so pleased to meet you Maria! Are you a guide or a healer for us?

I am both. Your little boy—grandchild, attracts children to him.

Jan: He does! He really does. He's got quite a little following of people. He's just so quiet and being himself, and we notice that children follow him.

Yes, he could be a healer in years to come.

Jan: Oh that's wonderful.

So I would suggest, if I may, to cuddle him also.

(Laughter)

—Not too tightly.

Jan: Rather a wriggler, but I will try.

You will have good energies from him.

Jan: Yes, I looked after him from a baby. Yes, I do understand what you mean. The bond between us is exceptionally strong.

Yes, it is a bond not to be broken.

Jan: That's nice.

But remember—Maria.

Jan: I will—thank you—you will be in my prayers—thank you.

George: Might I ask, Maria, when you say you help people with a little help; that little bit of help, does that refer to the 'energy' or does that refer to 'others in spirit'?

—To both (ah). We use energy but it is also people who wish to help others—who wish to heal. Yes, complicated isn't it?

Jan: Yes, we *try* to understand, but there's no way that we can understand everything while we are here.

Not fully, no. You have to place your trust in Spirit (yes). That is important. And with all of people in these kinds of groups, we are only willing to come and to help you all when necessary.

George: Then we are truly blessed—thank you.

Now I have to go.

Jan: Thank you Maria, I'll talk to you every day.

Jan's leg is more painful during meditation

Salumet is able to give a reason. (11/4/16)

Jan: Salumet, I know you don't like to talk too much on a personal level, but while I've been sat here and previous weeks while I sit here, the pain that I experience becomes worse when I meditate (**yes**). And that's because—is that my soul dealing with the pain?

It is your spirit pulling it from the body (ah). You understand? (I do, I do.)

It is drawing it deep from within (yes). Does that help you?

Jan: It does. And I suppose I *did* know the answer, but it's very nice to have it confirmed, because it does get worse as soon as I sit in this room.

Yes—if you can only view it as a cleansing.

Jan: Yes, it does feel as if it's being pulled.

Yes, and although it may be uncomfortable—eventually you would find that rather than be uncomfortable it will begin to ease.

Jan: Yes, it will lessen in time.

Yes, is that helpful to you?

Jan: Yes, that's lovely—thank you.

But if it is too uncomfortable, please ask for hands-on-healing whilst you are here.

Jan: I will—thank you.

[A very special journey for Eileen](#)

Salumet was able to explain the odd feelings that Eileen experienced during a journey into spirit. (11/4/16)

Lilian: Last week, Eileen went on a journey into spirit—she was carrying something heavy. That's about as much as she could recollect—she was carrying something heavy. She wondered why that was, and also when she came back, she had a slight headache, for which I gave her some healing, and I felt I was maybe pulling something out—I don't know if that's just imagination. Could you explain that a little please—where she was going, or why?

Thank you—yes—yes, I believe that you had been taken on journeys as individuals (yes), where you were given someone to recognise or something—as is my understanding.

Because she is a little more experienced in the communication side of life, *her* journey was not a meeting here upon the Earth. Her journey took her a little further than she has been before—different from when I use the instrument, because she is placed to one side when I speak. This journey she was aware of, as you mentioned; and it was I should say—the word you would use on Earth would be 'honour' that she was allowed to take this journey whilst still in the physical body. The heaviness she felt was the heaviness of the Earth whilst her spirit soared. Yes, that is the reason why she felt that she travelled backwards. It is a great joy in spirit that this is easily done by those who allow themselves to leave their bodies; after all my dear friends, each and every one of you leave your bodies when you are asleep; whether you realise it or not, the spirit leaves the body and the spirit is free for a certain amount of time. I am sure some of you may recall feeling lightness at times. That is when the spirit is released; and the reason why she would come back with a headache—you said— (yes) yes, was: the experience ended a little too quickly, because it was the first time for this kind of experience. Although we were completely in charge of her spirit, we allowed the return to the physical to be a little too quick—that is all. It was not dangerous as some people seem to think. We often have thoughts on: should these things take place? I say to you always: if you are in that condition, you are well looked after by us here in spirit. It was a journey she will probably not ever forget, because it is given to only a handful of people. So you may tell her my words (thank you).

Sarah: So she should be able to remember what happened, should she?

Yes, she was able to remember.

George: And what a wonderful clear explanation. Thank you for that Salumet.

Yes, she remembers what happens, but she did not know the exact reasons why. I hope that is helpful.

Sarah: Yes, so what was Lillian doing when she thought she was pulling something out of her?

She was dealing with energy. There was a lot of energy still to be removed.

Sarah: Ah, okay.

Message for Lillian's daughter

Lillian asked after her daughter. (9/10/17)

Lilian: Can I ask a question about my daughter? **(yes)** I've pondered on why she's in the situation she's in at the moment, with people around her. Did she come to help?

She came as a carer of other people. (Did she?! ...of those 3 ...) She has a strength within her which is not usual with too many people. She may not feel this at this particular time, but she agreed to come, and let's say her life has not been the easiest; that is all I will say about that, but she has an inner strength which others are attracted to obviously.

Lilian: Yes, certainly we've talked about learning lessons **(yes)** and both her and I have said yes, we've learnt some lessons from the people in our life.

There will be moments of happiness as she becomes older, but when she first came, she accepted that it would be quite a difficult life—but she is a special being.

Lilian: I agree with that—she'll be interested to hear that.

Yes, but she needs more time before she feels a kind of freedom from difficulties.

Lilian: Right, well I'm sure that will help **(yes)** a lot, thank you.

I will try to see if we can help her more.

Lilian: Thank you, thank you very much.

Now my dear friends, I feel I have spoken enough this time. I am so pleased to join with you and the bond become stronger each time we meet. So I say to you, continue my dear friends, be aware of everything around you, be sure of the love that comes to you from Spirit, because indeed you *ARE*, as I have said, great ambassadors for Spirit.

General thanks

Lovely messages for Jan's family

Clairvoyance through Eileen. (15/1/18)

After healing prayers, Eileen clairvoyantly received the name Maemi, who was now in Spirit. Jan knew this lady who simply wanted to say that she wouldn't have changed a thing—even her illness was an essential experience. Jan's late father was also with Eileen. Jan's family had been discussing a holiday in New Zealand. Her dad (via Eileen) was saying: "Go, go, go!" He said he couldn't tell her where to go, but New Zealand was a good choice. He also said he was with Cheryl quite a lot, (Jan's daughter) who he said couldn't do much wrong in his eyes

and said bless her / give her a big hug and there was a kiss for Jan as he left. Eileen said that Jan's dad seemed to be blooming / very happy now. (It can take time in spirit realm to get your sparkle back after death, especially if a long illness has occurred).

Messages given clairvoyantly via Eileen to members of the group

Clairvoyance via Eileen. (5/2/18)

Started with a message for Amy, who was a friend of Mark's. Her mother had recently passed to spirit and she wanted to assure Amy that all was fine now and her head was fine also. The mother, via Eileen, also conveyed that whether you go quickly or slowly, doesn't matter really; it's the ones left behind who struggle, the ones who've crossed to spirit are, of course, fine.

Note: In fact, Mark was able to pass these words onto Amy a few days later, which made perfect sense, with Amy explaining that her mother had a brain tumour (The head) and they were told by doctors towards end, that she only had 72 hours left, (which turned out to be 10 days) and they decided it was better not to tell her. So getting the message that passing quickly or slowly really didn't matter, because once you're there, in spirit realm, all is fine anyway, was a great comfort to Amy. Eileen also mentioned the name Gwendolyn, which Amy didn't know, but would enquire about with the family.

Next, Eileen had a message for Emily, Sarah's daughter in Australia. This was coming from her grandmother in spirit, saying that there was something that Emily needs to make up her mind about and that she was dragging her heels. Then the dad was saying to Sarah, "You won't be able to bring them, you know." This referred to all the boxes in Sarah's house at the moment, resulting from the house move.

*Next, Eileen was seeing a '**Special Date**', which was a message about Diane's forthcoming wedding. Eileen said there was someone cheeky saying: "She really didn't twist his arm!" This was Monty, who Di said was a real joker when on Earth and this was just the sort of thing he'd say. Then Eileen was mentioning a miscarriage again, as she did last week and it was felt that maybe it was something to come rather than in the past.*

Jan was then seeing white flowers in the centre of the room and was given the name Barbara. This was a lady who Sarah had helped and who passed away last year. It was Barbara who brought the white flowers and she wanted to thank Sarah, saying: "She went above and beyond the call of any friendship." She said her legs looked shapely and young again. (Her legs had bad ulcers and gangrene when she passed)

Next Jan was saying there was someone (possibly a tutor) in Emily's life being rather judgemental towards her—like she was giving 100% but this person always wanted 110%. Spirit will help, but Emily needs to let this wash over her—this person is quite jealous of Emily.

Di was then getting the name 'Harry' and Eileen was seeing a little Terrier dog, which she said had passed to spirit some time ago and seemed to belong to someone here, though none of us could recall this particular dog. Other dogs were also around, including a black Labrador, and this seemed to connect to Jan, who knew a black Labrador named Harry. The dogs seemed to bring happiness into the room. Jan then got more clairvoyance regarding a

Belinda—middle-aged and with health issues. This one was known to Eileen. Jan picked up that there was a health issue which she was keeping to herself as she sometimes feels people think she's a hypochondriac and that people won't want to hear about another problem.

Message to Serena

Visitor spoke via Eileen. (26/3/18)

Sarah: *Good evening and welcome to you.*

Good evening.

All: *Good evening.*

Firstly, I'm here to tell you that the one who comes to you will be here next time.

(Referring to Salumet)

Thanks

I also have with me someone named Joseph, who had a very deep-seated depressive nature. I feel that the lady, the one you call Serena, should be aware of this name. It feels like he would have been around grandfatherly age.

Serena: *I can't place that. Was he known as Joseph?*

That is his proper name, but I believe that some people would have known him as something like 'Joe'; but it is around in your grandfather's time.

Serena: *Ah, I didn't know my grandfather—either of them.*

So, that is difficult. Will you please accept the name, (Yes) and give out some love to them?

Serena: *Yes, definitely, thank you. Could that have been my grandfather? I don't know his name.*

If not your grandfather, then someone very close, like a brother or someone that close to him. But I do feel it probably is your grandfather.

Serena: *OK, thank you.*

Yes, your family very split. (Yes) Yes. There are many people around you, who give you love.

Serena: *That's nice to know, thank you.*

Even although you may not be completely aware of them. Yes, your light shines bright. (Thank you) You have the most inquisitive of minds.

Serena: *Very true!*

Yes, from a small child, yes. We feel some slight regret with you that something you have not achieved in this lifetime yet. You can focus your mind on whatever you wish to do.

(OK) Yes, you would make a very good teacher.

Serena: *Mm, that's something I have avoided.*

But you would be very good. Please accept what they give you.

Serena: *I will and I know there's more ways to teach (Yes) than standing in front of a classroom, so...*

Yes—thank you.

Serena: *Thank you.*

Paul asks for advice on the writing of a book

Salumet gives both advice and encouragement for this new venture. (18/11/19)

Paul: I've been pondering/brewing up a—I feel there might be a book inside me at some point; I've thought about all the wonderful messages we've had about dying and death and the Spirit realm. It's such a wonderful place and yet there's so much fear in the world about it. **(Yes)** I've thought about a book about dying, which isn't dying at all, it's going Home, of course. Do you think that could be something I should tackle?

If you have the feeling and you feel inspired by someone to write, then of course I would encourage it. All I would say is that the simpler the explanation, the more readable it becomes. (Yes) For examples of people who have gone and perhaps even returned to give their Love and some messages; sometimes these books are more complicated and...but if you feel inspired, then I suggest you take that up.

Paul: Mm, thank you that's good advice, yes.

And obviously to ask if there is anyone there who wishes to help you with this project; you can never have too much knowledge.

Paul: No, that's right, there's so much help available.

Yes, there are many books, but fresh thinking always brings a little more.

Paul: Yes, I think that's an area that could be—could be a fun book to tackle, in a different sort of light.

Yes, and your own experiences are useful for other people, but you will always still have those people who are not ready to listen; it is something we try to help with all of the time.

Di: I think it's better in that case, if we just pray and someone from Spirit maybe helps the people we're trying to help.

Yes, you should be able to use your own decisions, whether that person is ready for the knowledge or not.

Di: Thank you yes, that's really helpful.

Now, as always, my dear friends, it gladdens us to see how much good work you do, and I know that sometimes it must *feel* as if you want a lot more information, but your world is complex and in the same way the human being is complex, and that's why your freewill is often questioned. Sometimes there is no *one* straight answer to your question. So, I say to you, look inwards, continue to meditate and I look forward, as always, to see you next time and see what has happened between now and then.