

70. School of learning – planet Earth

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Planet Earth is a great school of learning. The ride is not always comfortable, but comfort is not the most important aspect of our lives. It is for the growth of the soul. Planet Earth is one of many learning planets in the cosmos where souls come to learn. The energy here is very dense and it is not possible to lead a perfect life. Perfection on an imperfect planet would be impossible, but we have a responsibility to do our best. We do not incarnate on different planets until such time that we are spiritually evolved enough not to need another physical life. Future incarnations may happen but only inasmuch as being in the service of others. Masters such as Jesus are examples. This and many other fascinating aspects to our existence are explained by Salumet over a number of teachings some of which are included below.

Is it sensible to consider life a battle between good and evil?

A question devised by Brent. (4/7/94)

Brent: Is it useful for us to think of life as a sort of 'battle,' or 'tension' between good and evil. And are we to work for the forces of good? Is it sensible for us to think that way?

A battle between good and evil? Always you should look towards the 'Light'. Call it 'good' if you will. Sensible to think of it as a battle? No, that is not sensible. You should strive always for good; good in your everyday lives, good for the future, good for all the peoples of your Earth. No, do not think of life as a battle. You were sent here to learn, but not to consider it a battle.

Sandra: It's not easy though is it?

Les: No—I was told that long ago when I was—in a depressed mood at one time. I said this life here is like a prison and I was very soundly taken to task for that remark. And I was told quite pointedly that it is not a prison, it is a college of learning.

Indeed, think of yourselves as pupils, to learn, *not* as prisoners in a cage.

Why do we choose a life on a planet where there is so much pain and suffering?

Salumet points the group towards thinking less with the physical thinking and more with the spiritual mind. Then the answers become more obvious. Sometimes, sadly, pain and suffering is necessary for the growth of our soul. Indeed, the spiritual aspect of us sees the much wider picture. We are not one aspect but should see ourselves as part of something on a far greater scale. Our life should be considered one of service, that can be as small as a smile. That should include doing for others even when not returned. Salumet explains all this and much more very clearly. (17/7/95)

So often I hear, ‘What is the meaning of our lives here? What are we meant to do? Why are we here upon this earthly plane?’ I have spoken briefly before and told you all, why you are here is LOVE. But too often I hear doubts, as to your abilities. You wonder if you should be involved in this *Spiritualism*, as you call it. It is one name for many ways of living. I would say to you all these few words my friends:

‘Service’ is the reason for your being here.

I hear you now say, ‘Tell me what is service?’ I feel you are a little confused upon this matter.

Les: I think I could ask for everybody, I believe we *all* are confused to a certain extent, from what we have been told previously, that we *choose* our lives when we come back. And I and I think my friends here will also have wondered why we should choose an existence on this Earth, which often is full of pain, suffering and misery. You would say no doubt that it helps with our development, but to me the two don’t always seem to coincide.

In what way my friend?

Les: Because, what is the reason for us deciding to choose a life which is uncomfortable, unhappy perhaps, and in the main full of disappointments and misery? Are we always responsible for choosing that sort of life?

Let me speak a little—let me deviate a little from what I was saying. (Thank you.)

Of course in your physical way of thinking, you would not accept discomfort, pain, unhappiness—whatever. Let me say, that is your *physical* brain thinking. When it comes to the *spiritual* aspect of yourself, it sees the *much greater picture*. So suffering, pain, discomfort, is not seen as anything to be pushed to one side, but it is seen as a way of your soul’s *growth*. So although these aspects of your living are painful, you have to see the beauty within the soul. I know this is difficult for you to understand fully, because no one on your Earth plane wants to suffer, but your **Higher Self, your *Higher Self* knows that sometimes this is necessary. Can you see?**

Les: Yes, we have to try and think more of our spiritual selves, rather than the physical self, I think this is what you are saying to us.

You have to raise that part of yourselves, to find a fuller explanation. You are not one unit my friends, I have explained this to you before. Try to see yourselves on a much wider scale. Think not only of this one lifetime, you see?

Les: Yes, I follow you. Of course, being physical, we do tend to look only at that particular part of our existence, forgetting the many facets of life, which we have had and will have. **When you return *HOME*, you can on 'hindsight,' you say, see for yourself what has been achieved through many sufferings. Do not look upon unhappiness, suffering, disappointments, as something to be sad about. That higher being knows so much more. It is difficult I know, but please accept my words as being *TRUTH*.**

Les: We will of course, we wouldn't dream of querying it, but it answers the question which has been in my mind and I'm sure has been in my colleagues' minds also, the difficulty in understanding why we should voluntarily submit ourselves to a life of unpleasantness. **Let me say also, I have been speaking about service. Can you not see that by some suffering, you have given someone else the opportunity to serve? (Yes—) You must not look upon it as an isolated thing.**

Les: No, I was talking to someone only this morning, about a similarity there. They were saying that people wish to give as well as receive—it gives them happiness to be able to give.

Yes, you must look so much further than just the one person. You are not single units. When you come to this life, you have chosen that pathway that is best for your growth. It may include suffering, it may not, it depends on what you have returned for.

Les: So when we choose our lifetime on this Earth, it is our spiritual self which is choosing it? **(Of course.)** Yes thank you. That does clarify for me, which leads me to another item: We often read of people in the East, wise men, gurus and so on, who do peculiar things in our estimation, such as keeping an arm raised aloft, until it withers. I could never understand it and this, I imagine would be the spiritual awareness in them, taking suffering further in the physical body, for the benefit of their spiritual development?

They are exercising that *spiritual* part, which feels no suffering. They have become so attuned, that these things can be done, without discomfort. You *all* could achieve it, it is not unknown. These are the things you have lost down many ages of your earthly existences.

Les: I see, so you say it doesn't give them the discomfort we would imagine them to have? **Exactly. If they feel discomfort, that is the human part of them. What they are doing, is exercising that spiritual knowledge.**

Mark: Could I ask a question? You said we've lost something through the ages. Some people talk of us clearing our 'Karmic Debt' at the moment and that the suffering has to be gone through, in order to clear that and that later there will be a much better time. I don't know if you can clarify that at all?

I am not happy with the phraseology, 'Karmic Debt.' What is karma, but the result of 'cause and effect,' something you all have. As we have said, you go through many stages of knowledge, of wisdom; you return many times, if necessary, to learn those lessons which help with the soul's growth. So in respect of karmic debts, I would rather you do not look upon it that way, but rather that you 'return,' to gain more knowledge. To say 'karmic Debt,' rather implies a hell upon your Earth and that is not what your lives are about, do you understand?

Mark: Yes thank you.

Les: Yes, that's a very clear explanation, thank you. I've always been suspicious of the phrase, because it seemed contradictory to other learning and teaching. **It is the growth of your spiritual being—that is the most important thing.**

Les: So presumably when we come over to you from this life, we enter a spiritual world, as we know and we are more aware of our spiritual ancestry and future. Do we then wait until such time, as conditions on the Earth, some hundreds of years hence perhaps, are suitable for our return for the spiritual development of our spiritual self?

It—you can manifest yourself upon this Earth, within hours, days, years, centuries. Let me say this to you: The decision on these matters lies solely with your Higher Selves—that part of you which knows *all*, when you return 'home'. You yourself, with council, will decide the most opportune moment to return, when conditions are right for you, when the people you have chosen to return with, when all are ready. It is again, not an individual thing. Always you look upon yourselves as one item.

Les: Yes, it's difficult not to.

I know and this is what you must move away from. All of you are intertwined, in some way. Those loved ones that you have spent some time upon this earthly plane with, so many before so many to come. It is not a decision made solely for yourself, it is much more complex.

Les: Yes, it must be a matter of absolute interdependence, from what you say.

Yes, yes if you can imagine the twine of rope intermingled together. Each one is strong, but together they are stronger, you see? Each one depends upon the other.

Les: I see, you mentioned a council a few moments ago. Does that mean we would discuss with this council the advisability of returning at a particular time?

There is wise council yes, but the *decision* rests with you.

Les: But we would have the benefit of their spiritual knowledge presumably, which would be much greater than ours.

Of course, there has to be that wisdom, otherwise you would flounder—

Les: We could make a lot of mistakes—

Yes, unfortunately and sometimes you make wrong decisions, but of course that is your option. That is why sometimes so many return again and again and still they do not learn those lessons, which were intended for them.

Les: Is that so, it's our own free will coming into play again then.

Do not underestimate your free will.

Les: No, so our return to the Earth, could be a comparatively short time, or it may be many, many years, according to the requirements of our spiritual selves?

Of course, sometimes the spirit sees within hours, that which has been left undone and seeks to rectify those problems. Or the soul may consider after council, that it would be best to wait. It is a matter for *many*.

Les: Thank you, one other thing which has puzzled me, accepting as I do and I imagine my friends do also, what you have told us, would we always return to this particular planet?

I would say you do. I know there are disparages of opinion, but yes you do return, you are earthlings, you do not learn from other planets. Until your time on Earth has been finished properly, then you cannot go elsewhere.

Les: So from that then, I would imagine that we are in some way part and parcel, of the very Earth upon which we live?

Yes, you are its very structure.

Les: Yes, thank you. That certainly clears several queries I've had.

Mark: Could I ask a question? **(Yes)** It just occurred to me, I wondered how the Earth learning differed from other kinds of learning?

I have to say and I have said previously, you beings on this earthly plane, are so young in the stepladder of knowledge, and I would reiterate it for you: **Although you think your knowledge has expanded, you do not see the much wider growth. Like a ladder, you are aware of what is below, what is on top, but you can see no further. It is never-ending.**

Les: So would I be right in presuming that part of our destiny, is to remain on this Earth, time and again, until we reach a certain spiritual development, which will free us from the confines of this planet?

Until such time as those lessons you need to know, then you will remain upon this earthly planet. Yes you are correct, there comes a stage when you throw *off* those bonds and move forward; then and only then would you be permitted to travel to other places—but we are speaking many aeons of your time.

Les: Yes, of course, yes I do appreciate that and that's of course something we cannot imagine, we have no conception of the time factors involved.

My mission coming here is to teach you what you must know.

Les: Yes, well we're very happy to be learning from you and that of course raises another question: We don't know how long the Earth is going to remain as a habitable planet. Is there any likelihood of the earthly planet finishing its specified time in the universe, before we have finished our learning?

Of course this Earth planet *has* to have a time of learning. Let me say, your planet is a very tiny spec within one universe. Of course there is a time limit, it is a natural progression of law. But that will not happen while there are people who need to learn. There *will* come a time when it will be a natural progression of the planet, to disintegrate, but we are talking of *many* complex matters here.

Les: Yes of course we are, but it had occurred to me, that if we are effectively confined to this planet, until we had finished our required learning and that planet had its own destiny mapped out for it—

Yes, which it has—

—were the two going to conflict? And if the planet disintegrated say, or finished its allotted span within the universe and became a cold lifeless hulk, would there have been any people who had not finished their learning before that happened?

I understand your question. Let me reassure you: All life is '*energy*', whether it is in the form of human flesh or whatever, all life exists and will remain so—please do not concern yourself. You my friend are thinking again in human terms. Try to see it as an advancement, as a growth of energy and then perhaps it will become acceptable to you.

Les: Yes, it is confusing to us with our limited human minds.

Always limited knowledge makes this concourse difficult.

Les: Though over-riding all that, I do accept the necessary growth of the spiritual being and that over-rides everything else, even if I can't understand the other. It is a peculiar feeling in myself.

Of course, because you have become so used to that human aspect. But remember it is not really you, remember it is a covering for that spiritual being, which will always exist. It matters not whether upon this earthly plane, another planet, wherever—it will continue and go forward.

Les: So it would be wise for us if possible then and this may sound very childish, but when we do a good deed for another person and find a physical pleasure in doing that however

small the aspect of it, we all experience that happiness at having done something for another person; we should try and recognise that as a spiritual doing rather than a physical. **We come back again to what I was speaking of, 'Service.' What is service? And so many times I hear you say, 'I must do healing, perhaps I should develop this, develop that.'** Let me say to you, my friends: ***Service is a smile, it is creating happiness where there is unhappiness, turning sorrow to joy for another—so many small things; that is what your very existence is about.***

Les: Yes, a lot of small physical things, isn't it?

That, that my friend, is service.

Les: Yes, so basically then we could come back to the quote in the Bible, when it is said, 'Do unto others as you would have others do unto you.'

I say to you, 'Do unto others even when they *do not do* unto you.'

Les: Yes, that takes it one step further, I agree.

That is true service. Where you require (*no*) thanks, where you require no joy no happiness for yourself, but you offer thanks to that Great Creator, who *gives* you life.

Les: Yes I follow you.

I wish so that I could enrich your knowledge but of course being human, you will never attain perfection, whilst upon this imperfect Earth. I hope you can accept that and do not be *too hard* upon yourselves when you fail. But I say to you, *recognise it* and so it will *dispel*. You understand?

Les: Yes, this is certainly a very interesting discussion with you Salumet, we appreciate it enormously. Does anybody else have questions? Don't forget what our friend said before? He smiles when all your questions come out when you come out of the meeting.

Margaret: Well I would say that it's given me new hope, what has been said this evening.

Les: Yes, anything you'd like to ask?

George: I would say that we have an expression, 'Service with a smile.' And it seems to me that service *is* a smile.

Yes, it is the many small everyday happenings in your lives.

Les: I have tried to explain to people who want knowledge of our work, that there is nothing euphoric about being a medium or an instrument, it is merely a channel for good intentions and good work. And even if you take the trouble to take a person across a busy thoroughfare, you are in effect a medium, you are a channel for service.

Yes, let me say there should be no false gratification in the work that you do for spirit. You are only endeavouring to do that which is normal, or *should* be to you.

Les: Quite. We have always tried to keep this in mind in healing and in our group meetings.

There are many people upon your Earth, who have no knowledge of what you call spiritual matters, but are in themselves the most *spiritual* of people. The people you speak of who are ready to offer a hand, a smile, even just to be there to listen, all of these things are spiritual *growth*.

Les: Yes, we are very pleased when we hear our patients and others say, we love going into that room, there is something different about it and I feel much better for having been there. That makes us feel that we are doing our work in the right way.

What is happening then, is not *physical* healing, but what healing should be, is that it *touches their very soul*. That is the *true* meaning of healing, that recognition of themselves, that *wonderment* of that *feeling* within. You see?

Les: Yes, we are very pleased when we hear it, because we feel we have done something worthwhile over the years.

Let me say something to you:

If only you touch *ONE* soul, *ONE* soul, whilst upon this Earth, then you can say: 'I have tried.'

But let me say to you, the person without the knowledge which you within this room have, can do the very same deed. Then indeed they have done more than tried, because then it has come from that innate spirit being, without the knowledge. That is indeed a great deed, can you see? (*Agreed*)

Too often I see people put down, as having no religions, no faith, so many things they are put down about, when in fact they *shine forth*, as *great Spirits*.

Les: Yes because you of course would be able to see that, wouldn't you?

Let me say my friends, the knowledge, this knowledge that you have, which you accept as truth, we are pleased to see you, to see that light grow. But upon you, it places an even greater burden, because in having that knowledge, you cannot turn around and say, 'I did not know.' So when you do a misdeed, or an unkindness to another, then your very heart should pull in shame. Can you see?

Les: Yes, the effect of that wrong-doing, is more so than it would be if done by a person without knowledge. (***Yes indeed.***) And of course with the law of cause and effect, it would rebound on us, to a greater degree.

You would have the rebound effect upon yourselves, of course. So you see, your responsibilities are great.

Les: Yes, we accept that.

What has brought this group of people together?

The evening starts with this question. Salumet describes it as the *unity of the spirit*, both this time and in previous lifetimes. The evening then moves onto personal opinions about the changes that have happened within us over the last few years, until Les starts channelling yet further wisdom for us to ponder! (18/5/98)

Good evening. (*General welcomes*)

Let us first begin this time, by giving welcome to this new one who is amongst you. (*Mary*) I have to tell you my dear friends, there is a little apprehension with this one, but it will disappear.

Les: I'm sure it will. We have had a couple of talks together, but of course your appearing like this, is quite strange to the lady.

And for that reason, we will keep our conversation this time, more simplified. I would say to this one, that she is a little reticent with what has been brought before her in this lifetime, but that is not unusual, amongst you human beings, in any case. But although there have been many discussions and she is quite loathe to discuss deep feelings upon these matters, her thoughts until now, have always followed what you call the '*normal*' pattern. But I will say this to her: Thank the one who has brought you to us, (*Sallie*)

because at last, you will realise and will find what *Truth* is. That is all I wish to say to her this time.

Les: Thank you for that, it will give her confidence I'm sure.

Let us say for the benefit of this lady, how it is that so many of us from different stations in life, have come together in this *union of thinking* — how such different peoples have a commonality of purpose. I would say to you all my dear friends, it is not what you *are* in this lifetime, but it is the *unity of the spirit*, which has brought you together, not only in this time, but as you know, in times gone by.

Les: Yes our new lady is not aware of all that has been said about our pasts yet.

No, but the thought patterns would suggest that wondering why different peoples come together and what it is that brings you here.

Les: Yes to confirm that what you have said, when I was talking with the lady a couple of evenings ago and she asked whether she might join our group here, I was confident that the time had come for her to begin the work.

Yes, many words have been spoken by our dear lady known to us as Sallie, and for this she must be grateful, because now she will begin to grow spiritually, in the correct fashion. She is a spiritual being, who has rather lost her way until now — not that she is not a spiritual being — I do not mean that; you understand? (*General agreement*) I play with words, but she has not fully understood the purpose of life.

Les: Well with your tuition, now she will begin to learn as we have learned.

I think for this time, I will take questions before I begin to work with this one.

Les: At our last meeting you said that on this occasion, you were going to discuss our last instruction that we should think and look within ourselves. (**Yes.**) And you were going to ask — I believe you said it would be a little light relief — you were going to ask what we had found.

Yes, that is the purpose of the questions.

Les: Thank you. So would you like us to begin self-revelations?

I will leave the organisation my dear friend, to you.

Les: I was afraid you might. (*Chuckles*) Right well let us start then individually, if that's agreeable to you, is it? (**Of course.**) Right Sue, are you with us? (*Sue as usual was in deep trance*)

No, please leave this one.

Les: Right, Margaret, what did you find in your self-examination?

Margaret: Well as you know, I felt very happy about life — it has changed my life completely. I don't think I could go on, without coming here on a Monday. It has relieved me of lots of agonising questions and things like that. I would be unhappy —

I would like to interrupt briefly to say, of course your life would continue, but we know and understand fully what you mean, because in the unison of all spirits here, the upliftment is much greater. Continue to know and to understand that that upliftment can only grow. (*Thank you.*)

Les: George?

George: During the session, I found myself going back in time and thinking about my earlier life and things I did as a child and later. I would not wish to do certain things now, but in those times past, I had a different awareness and I was influenced by others of different awareness — quite reasonably and I accept that those things were perhaps right at that time. But now I feel there's a different awareness and I would do things in a different way. Perhaps if I take one little example, when I was at secondary school, I had the choice of

going into the cadets and learning some military tactics, or learning some Latin. I think now I'd choose Latin, but I chose the cadet force at that time —

Les: Never mind, we still won the war! (*Laughter*)

Of course you understand that throughout life, that your consciousness is raised, but do not be dissatisfied with life's, how you would say, 'deeds' you are not satisfied with, because all experiences contribute to what you become.

George: Yes I think I accept all that. (*Yes.*) Yes I'm not unhappy about the past.

That is because your understanding now is greater. Good.

Les: Mark?

Mark: Yes like Margaret, I can't begin to describe the value that I get out of coming here. There's a balance here that I don't have in my day-to-day life. And I'm becoming more aware of when I'm *not* on the right path; I don't feel at all uplifted, when I'm on the wrong path — **Yes, but we do not want you to be dismayed. After all, you are human my dear friend, no one has said that you can be the *perfect* human being. But what is good, is that you have found *balance*. But that does not mean that you should be wholly satisfied, but that you should continue to search and to grow. Yes.**

Les: Sarah?

Sarah: Yes I feel that this has been tremendous help to me, being in this group and it's helped me with my attitude towards other people; I think I've become more tolerant of other people and perhaps understanding people a little better than I did before. Perhaps I'm trying to be less judgemental than I was.

Yes, have I not tried to teach you, that you should judge no man, because you do not fully see the whole picture of their lives. (*Yes, absolutely.*) But you my dear friend, have I would say in all of the peoples within this group, the one who has grown most. (*Thank you very much.*)

Les: Any contribution you'd like to make Mary? Anything you'd wish to ask? Don't be nervous—

Mary: I can't think of anything to ask right now.

Les: Right. Sallie?

Sallie: I think I heard it slightly differently last week. I thought I heard Salumet say about characteristics that we wanted to rid ourselves of, or to change — maybe that's just something I need to concentrate on myself — I imagined I'd heard that. But during last week's meeting, I was thinking about a particular personality trait that I have, where I become *resentful* and I've been trying to work upon that for ages. But after last week's meeting, I drove to work and I thought various resentful thoughts about a particular person, and just told myself, '*you don't need this anymore,*' and I got that really lovely feeling of warmth and light and support, which is very encouraging. I don't think I've done terribly well at it this week, actually, so it's something I've got to keep going at. But that's how I took it, that it was about something we wanted to work on.

My dear friend, you are much too harsh upon yourself. No one expects you to be rid of all disagreements in your life. You cannot suddenly become what you upon this Earth, call *Angels*; none of you will ever become that in this lifetime. But in saying this, we have to tell you, continue to work, continue to know yourself, work upon that inner knowing and all other aspects of your life, will begin to fall into place. Do not be too harsh, but *know* that you have the ability, to be the best that you can and to know and to work towards that goal. Look within more often; do not dwell upon what you call your thoughts.

Les: All right Sallie? (*Thank you.*) Lilian?

Lilian: Like Sallie, I've got resentments, which I do try to overcome and I do find the words that you have given over the last few years, a really great help and thank you for that.

My dear friend, I ask no thanks, I thank you all for allowing me to come into your lives. All of you have grown much — all of you *spiritually* have grown. That is the difficult part for you that you have not yet fully grasped that inner spiritual knowledge, which is *there* to uplift you, to uphold you in times of trouble. Once each one of you can fully grasp that inner sense of knowing, all would be well.

Les: Thank you. Now it comes to me. It's interesting that Salumet should speak just as he has spoken, because in my examination obviously I found many bits and pieces that I'd have preferred not to have raked up again. But accepting that each of those incidents was a method of growth, if I can say this without conceit, I forgave myself for the past. And I have concentrated more fully on what we have been told, about the responsibility for the *spiritual* self, being on the shoulders of the physical self, whilst we are here. You'll remember that talk we had and I have found that in this last week, to be exceedingly helpful, in making me understand more of the reasons, for which these so-called 'peccadilloes' are visited upon us, during our physical being. They are not misdeeds, they are not necessarily wrong— (*Breathing changes as Leslie begins to channel*) —**they are all part of the preordained pattern, visited upon you as spiritual beings, when you returned for a further spell upon this physical life's plane. Has it ever occurred to you that growth would never be achieved, in the way in which it should be desired spiritually, if you did not have the setbacks, the disappointments, the regrets — the many things in your physical make-up, which go to make you what you are now at this moment? A diet of honey, however sweet the honey may be, would become very appalling to you, would it not, if you have nothing to off-set that sweetness? Do you understand?** (General agreement)

George: Yes, we are learning the value of setbacks.

These 'disadvantages' as you call them, the 'mistakes' as you refer to them — the things you would rather not have done of which you have spoken, have all been designed in the great pattern of life, so that you may more fully appreciate and understand the sweetness that is there, to be yours for all time, when you learn how to enfold it within your spiritual selves. You have heard remarks this time, on the happiness that one of your friends wishes to retain. You have heard from another of your friends, the result she felt after discarding her previous thoughts. These are but minute things in what awaits you, when you have learned that the physical part of you is of no importance at all. The only purpose the physical body has, is to give you those disappointments, sorrows, mistakes, regrets — things which you would not obviously choose for yourself. Regarding them as part of an important physical life, they are important only in as much as they lead you, gradually perhaps, but lead you nevertheless, to an understanding of the need to concentrate always upon the advancement and the growth of your spiritual selves. Does this perhaps make your physical disappointments, mistakes, regrets, adversities, a little clearer to you, accepting as you should, that they are part of the pattern, which you must have in order to grow? (General agreement) **Is this clear to you?** (General affirmations and thanks) **There is not one in this room, who would choose to lose a loved one; still you mourn, still you regret the passing of that one, instead of being grateful that the lessons of the physical life, have been learned and that one whom you consider to be lost, has in fact reaped a rich reward of spiritual upliftment, joy, blessing — all suffered in this physical life, will have been paid for in that one moment of truth. Is this clear to**

you? (General affirmations and thanks) It is unfortunate indeed, that so much emphasis is placed — understandably so I agree — is placed upon the physical characteristics and attributes. And yet the purpose of that suggestion for self-examination was based upon the need for you to recognise now, that the physical problems are but a method of ensuring that you spiritually grow. Knowing that, would you willingly sacrifice all the problems inherent in the physical living, or would you accept those problems, secure in the knowledge that the spiritual reward far outweighs the difficulties, the disappointments of the physical living? Is it not worthwhile? Would you rather it be any other way? (General agreement) You would accept each of you, that the pattern designed for you, upon this physical plane, is not as unfortunate as perhaps would appear, at a casual glance. But having as I believe you have, understood the reason for the physical problems, you would not I presume have life in any other way, but to prepare you for the beauty, the unimaginable beauty, of a pure spiritual existence.

George: That was very clearly put, thank you very much for that.

We choose the conditions of our incarnation to experience the best conditions for growth

This comes right down to the date and time of our birth, and even our name. Lots of wisdom to ponder here, including why we choose our parents and the conditions of our life. It is for growth. (18/3/02)

You know, my dear friends, that each one of you came to this lifetime by your choice, by choosing your parents of this earth plane. You understand? (Affirmations) Are you aware that not only did you choose the parents that you came to, but also the date and the time that you would be born? Not only that, not only did you choose parents that would give you the opportunity for your life's paths, but also that you influenced those people in calling you your birth names. Does this surprise you, because it is not widely understood or known?

George: I was just thinking about our previous days in the monastery in the previous life, and it would seem then that our dear friend Leslie who presided here for so many years, would have chosen to come here a little earlier than the rest of us and pave the way, so to speak?

Not necessarily so. He would have a life path to follow as each of you do. There would have been knowledge beforehand that these meetings would take place, but not necessarily that he should come before you.

Margaret: I can only say that I chose very wisely, because both my parents were wonderful. **Yes, but let me just say to you my dear friends why you would try to influence a name? After all I suppose you would feel that to be quite insignificant, but it is not.**

Sara: The name has a vibration (Yes.) and a meaning.

The names that you choose have indeed a vibration, very much so, which is in keeping with your task in this life, but so often you will say: but I do not like my name.

Lilian: Yes, very often.

Yes. Let me tell you my dear friends, the reason that people dislike the name that *they* have chosen, is because they do not like the life tasks that they have chosen. People also, I hear you say, change their names at will, and of course this is so, but you will find my dear friends that this will occur when their life pattern is changing also. So, what I would like to say to you is this: think about each of your parents; look to see what you have gained from them. Let me say that their shortcomings would be a focus for your own knowledge. Do you understand? *(some affirmations)* Are you sure?

Lilian: So when we become aware of their shortcomings...

It is a life lesson that you would work upon. It may be that you need to learn *tolerance*, if one parent is quite un-giving in their attitude. There are many, many things you would learn from your parents—that is why you chose them, not because they were people perhaps that you liked, but because they would give you the opportunity to grow spiritually.

Lilian: Would the parents themselves have known of the connection with the child that they were going to have?

Yes, before, yes. Obviously unless their knowledge remained with them, they would be unaware. After all a child is a physical being as far as parents go. Very few parents bring a child to this world in a spiritual manner. Would you agree?

Lilian: Yes I would.

So I would like you my dear friends, because this is a year of individual growth, I would like you to look deeply within, I would like you to understand why you are in this place at this time and what reason brought you here.

Sara: I think it also explains why souls in families can be so different. I have often wondered about that because in my family the characters are very different. We have the spiritual quest for knowledge in common—this bond, but our characters are quite different—likes and dislikes.

Because you have different life lessons to learn—that is why. (Yes.) Although you have agreed to join together, it also explains why in physical terms families do not always enjoy each other. *(Chuckles)* It is a learning process for each one of them. So I say to you, whatever problems you encounter my dear friends, thank that almighty Source of all knowledge in giving you the opportunity to grow. Do not look upon your life pathway with *struggle*, with *regret*, but with *happiness* and *light*. In that way your feet will go forward and not be static in one place. Do you understand where I am going with this my dear friends? *(Affirmations)*

Sara: Yes, it explains a lot what you have just said. So many things I can appreciate more easily.

In your understanding, then your awareness is clarified. Yes. I would like you also on the days of your birth to sit quietly and see what you feel, what experience you gain from it, because there is always something to be gained. What I am trying to tell you my dear friends is that each moment of your existence is for a reason and although it is not necessary to know exactly what your life plan is, it helps in your awareness if you can go inward and see each step clearly. If within your Spirit you feel that life is moving in the right direction spiritually, then let me say assuredly you *are* on the right pathway.

Lilian: Can I ask a question about my mother? **(Yes.)** You once said to me that she was frightened of dying—and yes, I could see that—but have I in any way helped her to overcome this fear?

My dear friend, the help that you have provided will not be known to you whilst you are clothed in this body. Indeed you have helped, but she will not recognize this help until she returns home. She speaks to you and yet still she is afraid, but I can tell you that there are many who are there to help. So I would say to you, you have done what you can, your words do sink into her thinking, even if she denies that. (Yes.) But be assured that that knowledge is going within and the help will be with her when she comes to our world. You may be surprised that when the time comes there will be words of gratitude for you. Do not be surprised. Is there anyone else who would like to speak?

Margaret: Yes, I would. I have a sister who walked out of home about 30 years ago and changed her name. I often wonder whether she is still alive. I don't know how I am going to get in touch with her.

There are ways of finding out and may I say to you, it has long been coming this seeking. Yes. I would say only this to you my dear friend that there are ways; if you wish to seek, you will find. I would say to you it *is* something that you have time to do and I suggest to you that it would be a healing of your own Spirit. But we will help you when we can.

(Thank you very much.)

Lilian: Sarah, you are very quiet.

Sarah: I was only just thinking of Emily with her troubles, but I am very aware that the troubles she has got are not only perhaps helping her, but are there maybe to teach me a lesson too.

You are being taught my dear friend that in this lifetime you cannot live another's life for them. You have to allow this one to become strong in her own way. I know that as human beings with all the problems of emotional ties which you find so difficult to overcome—do you not remember my dear friends when I have said to you that the emotions must be quietened? (Yes.)—this is a life lesson for you at this particular time. You cannot help another in the physical sense. They must go through their own life's pattern. And remember also that sometimes the more problems there are, the stronger the Spirit at the end of them. Remember also that it could be a pattern that she herself has chosen.

Sarah: Yes, would it be helpful for her to hear your words or not?

I do not feel that she would accept these words at this time. She of course can listen to them if you desire, but do not be surprised if she rejects them.

Sarah: No—she doesn't listen to anybody's words actually.

Do not be too harsh on her. When you are young in earthly years, many things seem to overcome you. What you call problems become rather huge in the eyes of young people. What they need is support, and may I say to you all, because it applies not only to young people but to people of all ages, that healing begins with the ears. Does that make sense to you? (Mm.) To be able to listen is in itself a healing aid. I will say this to you my dear friend that as time continues she will turn to you for support, more so than she does at this present time. She has turned inwards has she not?

Sarah: She has, yes.

But it is something that only she and those who guide her can overcome. Continue to give your thoughts to those who surround her and it is not beyond you to seek help from her own higher self. Do you understand? (Um.) No.

Sarah: Not quite—the last bit you said: seek help from her own higher self?

Do not speak to the child as a physical being, but speak to her *higher* being. You are capable of it and it would be an exercise for you. (Thank you very much.)

Sara: Does the same apply to me with my little boy? Could I speak to his higher being?

All of you have the capabilities to speak too. After all the higher self is only the Spirit part of the being, and you of course understand what that means. What, and I will say this with caution, what you must refrain from with any other individual, is that you do not try to interfere. Send out love, offer help, ask for help from their own higher self, but tread carefully. Again, it is an emotional trait which draws you to those close to you, but remember that you come together, whether it be husband, wife, parents, children, grandparents, whoever—all of you incarnated in this lifetime, **not to be a group so much as to grow individually and to meet and pass each other on life's way.** Try to keep this in mind and your understanding of each other will be greater.

Sara: We can give each other more space to grow.

More understanding, more love. Always thoughts of love will overpower any negativity that exists between. I am not saying that this is easy, my dear friends, it is not, but it is a life lesson. I believe I can say that each individual who takes a physical garb, suffers from these emotions at some time or another. I hope my words have helped a little this time, (affirmations and thanks) but I do ask and impeach you that you do look more closely at the reason why you chose to be here.

George: Could I just go back to your suggestion of sitting quietly on the birthday. Is that because that particular day is special in relation to cosmic connection?

Of course it has to be, does it not? You are not a single item. You are not just a being: you are Spirit, you are soul, you are all things; and yes to sit on the day that you incarnated into the body should give you a special feeling of being part of the whole. I do not wish to say more, because I would like you to experience for yourselves what that feeling is. There is a deep significance to it.

Sara: Can I ask a question about birthdays? If you have the same birth date as someone else, does it imply a similarity or parallel in terms of life pattern?

Yes, much has been spoken about this in what you term Astrology. It is but a small part of the whole of existence, but I would say this to you, that people who share the same birth date usually come to this Earth for particular purposes and therefore there would be a connection, even if their life pattern is different. For example, let me say that perhaps some come to this lifetime to be spiritual teachers or healers, then you would find that a great many of them would share a birth date or a birth time within a few weeks. Yes, that does happen, it does happen.

Sara: I was reading about birth dates in a book by Diana Cooper (Yes.) and she mentioned that the vowels in the name are important and have significance. I wonder, could you confirm if that's true?

It is only that letters and words that you use. After all I am sure that each one of you knows people who use what you call *chants* and *noises* to raise their own awareness. That is because each letter has a sound that is unique to that letter. And you will find in names that these vibrations, because after all that is what it is, it is a different level of vibration which relates to the Spirit being—and that is why you impress parents to choose the name that you wish to ride upon. Is that helpful to you? (Yes—) If you take your own name and try to say those letters with love, you should find that you vibrate with love in saying those letters. Do you understand? (Yes.) It is all to do with vibration and energy. After all, you know full well that each one of you is an energy pattern, but it is time my

dear friends that you understand yourselves a little more fully. I will leave you now this time and I will leave it with you my dear friend (*Lilian*) to continue in whichever way you so wish, either by speaking quietly in discussion or meditation. I will leave it with you. As always, I encompass you all in my love.

Our planet is going through turbulent times but there is immense light at the end of the tunnel

This reassuring message has been given to the group many times, not least by Salumet.
(12/11/07)

Another followed also through Sarah:

I want to say that there is one who is concerned about the effects of the Earth on other planets. I am trying to FEEL what this one is meaning exactly. Could that one please express a little more, what his thoughts and worries are?

(Lilian asked about this, but nobody seemed to have been thinking along these lines)

I feel that there is still one who is very concerned about this, but maybe I am picking up a thought from another. I only wish to say to that one, if any of you encounter this query that this Earth planet is going through a slightly turbulent time, but it is with much light at the other end of the tunnel. The other planets are working together with you and you have no worries. So I—excuse me for coming in at this time, but I was aware of this query and maybe it was not appropriate at this time.

George: I have had thoughts about this in the past and I'm never quite sure exactly what thoughts are buzzing around in my head at any one time. But yes, I have read about Earth's connection to other parts of the Universe and yes indeed, we are going through turbulent times, but I think I understand that Earth is currently into a very considerable progression and that progression connects with other parts of the Universe and it is therefore a rather important progression that we are going through. Does that make sense?

That is what I am trying to tell you. I am trying to say that although we have seen much trouble and strife, it is but part of evolution and without these problems you will not go forward. So I know you have much concern for other countries and their populations, but allow me to tell you that it is as I said, with much light at the end. So please do not be too concerned, but it is wonderful that your thoughts for others are going out to them and it is of significant help to those who are living at this time and through this conflict.

George: Yes, those thoughts are a personal prayer—a daily prayer at the present time, that we hope to have a small influence by putting out thoughts of love and increasing the light of awareness and the thoughts of peace. Yes I know these thoughts go out daily.

Yes they are of much help. But I can tell you that the conflict is needed for the progression of your planet and it will be for the better in the future.

George: Yes, thank you for that.

I am much relieved that I have found the source of the query, because I was beginning to think that maybe I had come to the wrong place.

George: I'm probably also a source of confusion, because I've attempted to put out several different thoughts. Thank you for your words.

I am very happy that you are able to give out so many queries. But I'm afraid that I can only answer this one. Now I will take my leave and make way perhaps for another to come to you.

(Thanks expressed)

Our planet is a learning planet but also a very beautiful planet

These comforting words were given by Salumet. (9/10/17)

All: Good evening.

As always I thank you my dear friends, for all the love and healing thoughts. I hope that if not all of you, that the great majority of you feel the complete peacefulness which is surrounding each one of you at this time.

Agreed

I wish to say to you this time that you will become even more successful as ambassadors of Spirit. All of you at some point have been surprised to know that people are drawn towards you; this is because of the increase in your lights, your beautiful colours, especially when you are giving healing vibes. Each one of you has your own way of placing these thoughts into another's thinking and this my dear friends you could never have done without the help of Spirit. There are so many people today who are seeking and searching for the Truth, and as you know, I have always been an advocate for the Truth. So again I say to you my dear friends, thank you for all the work that you do. I feel the energy this evening is pure but simple and to each one of you I give a note of love and upliftment.

Thanks

I would also like to say this time how beautiful your earth planet is. You may not always fully appreciate this, but I can tell you it is a beautiful planet, (yes) and I would like you to think of this planet not only as a learning planet, but one that has great sustenance for you, great upliftment, and a great love for all beings. I would like you just to focus my dear friends, on those words, to focus your energy on the whole of the planet; this I know you do with healing to help all of those people who are a little lost in their lives, but I say to you my dear friends, continue to grow yourselves, and in this way you are helping so many others.