

# 45. Karma

## Contents

Karma can be worked though by working in the service of others .....	1
Karmic debt .....	2
Do all fears stem from previous lifetimes? .....	3
Salumet discusses aspects of Karmic debt and credit .....	4
Karma is simply ‘unfinished business’ .....	7
Compassion, karma and judgement .....	9
Using spiritual knowledge in ways that are not good or healthy can create even more karmic debt. 14	
We can free ourselves from karmic debt.....	15

## Karma can be worked though by working in the service of others

Cheryl asks why she feels a strong attraction towards the disabled. (6/9/02)

Cheryl: I have an attraction to disabled people and I wonder why?

**May I put a question to you my dear young friend? Why not?**

Cheryl: What I am trying to ask you is why I am attracted to them?

**Because that is part of the pathway of life which you chose before you came to this lifetime. You know a little of this work, you do not yet fully understand the implications of living, but I would say to you that it is the spiritual self which is attracted to helping those most in need. That is part of your life’s journey. I would say it is not the full picture of your life, but there is a part of your living which must be devoted to helping others. It is also partly a karmic debt which you owe. Your understanding will grow, and I am sure our dear lady friend will explain a little more to you. (Thank you.)**

Jan: Regarding Cheryl, it’s strange that she should have joined the group—no it’s not strange, that’s ridiculous, there’s no such thing as strange, it is meant to be—but at the time that you were talking about truth and seeking truth, Cheryl answered that so profoundly for me, because she was doing a work, employed in something that made her very unhappy, but everybody else around her thought it would be a marvellous opportunity, but she realized that was not the pathway she was meant to be on and the pathway she felt she should have been on was the one she left. Now she’s on track on again with looking after people and I felt that was an overwhelming sense that that was given to me as an example of *truth*. Cheryl found the *truth* in one respect. I may be romanticising, but it just seemed very appropriate at the time.

**I think it would be most apt for me to say to you all at this stage, that every human being comes to this lifetime—we will speak of this lifetime, because all of you are here, endowed with that freewill, that *self-will*, to go through this situation in life here as best that you can. All of you take faltering steps at times, you become confused, you do not**

always listen to that inner voice, so sometimes you deviate from the pathway ahead, but it matters not, it is an experience of living, which after all, if you stop and think carefully, if you then go back onto the true pathway, what have you achieved? You have achieved the power of your own thinking. Do you see? (*Affirmations*) If you think of it as a *positive* experience, then there is nothing wrong with going a little wayward from your path. There are very few people in life, who follow a true pathway.

Jan: But if they *learn* from that, then ...

**Yes, that is what is important. So, it becomes a positive experience rather than a negative. Only when 'the thinking' thinks of these things as negative are you beginning to have a little problem. But that is why I have taught you that the power of your thinking is so important, that you have the power to do whatever you need to do, and each one of you knows, whether you have the awareness of it or not, what is right and true for you. Is that helpful?**

Jan: Yes, it is indeed, thank you.

## Karmic debt

Sometimes, we carry a karmic debt from a previous lifetime. Graham undergoes several past life regressions to try and understand why he is suffering from 'dystonia' which is a poorly understood movement disorder. One regression takes him back to the second world war where he discovers that his last lifetime was cut short after being shot out of the sky then crashing into a field. (16/9/02)

**I give a warm greeting to our gentleman friend who, I have to say, is still struggling at the moment. (*Graham*) I will speak a little with him. Do we have some questions then this time?**

Graham: Something you said some weeks ago Salumet about negative thinking, and it's important to control our thinking, and I have been thinking about that and it's amazing how often you do think negatively about things. I keep catching myself doing it and try to correct myself. I was wondering what's the best way to approach this negative thinking?

**Yes, before I comment for you, you are perfectly correct, when you say the human thinking has so many doubts, so many fears, so much negativity. What I wish to say to you my dear friend is this: I have told you I cannot live life for you, I cannot take from you problems that you may have, because that is for you to find and to erase from your living, because as you well know, it is for your own spiritual growth. You know and you understand this. (Yes.) When we speak of negative thinking, what I wish to say may help you in your endeavours. You have approached many avenues in an attempt to be well. What I will say is this: that illness within the physical being always is cause and effect, that eventually '*thinking wrongly*', shall we say, to use simple words, must have an effect upon the physical being. You my friend have brought from another lifetime karmic debts—this I believe you are aware of also—but what you don't understand is that it is the thinking which is, to use one of your words, '*jailed*'. (Yes!) You cannot set free the thinking from past time. You have been trying to be positive, but subconsciously your mind is locked in what has happened previously. I will say this to you my dear friend that in this lifetime**

**with the problems you have with your legs, it is a fear of going forward. Because your lifetime last time curtailed your living, that way of thinking has become stuck within your physical thinking this time. You need to unlock your mind to allow the physical being to go forward. Do you not see my dear friend that you are expecting a shortened lifetime this time and that is why you cannot go forward? Does this make sense to you?**

Graham: Yes, you've given me something to think about.

**I cannot give you more, because I cannot take it from you, therefore what I would like you to do is what I have been trying to teach the rest of this group, that you must go within the heart-mind. Read my words and perhaps you will understand it more fully. All I can say about your negative thoughts is that you must constantly take control and transmute those negative thoughts into positive ones; but give love to yourself from the heart-mind. You can achieve it, but I will not say the road is easy, but the opportunities are there.**

Graham: Thank you, that's given me a lot to think about, thank you very much.

Over the next few years, Graham slowly recovers and was able to return to teaching, this time in a secondary Special School during November 2005. In 2019 he remains fully recovered. Currently dystonia is considered progressive and incurable, so this was indeed a momentous occasion. There are stories of others who have recovered from this condition which has often involved some form of spiritual awakening. Julie Sheldon was a ballet dancer whose career at the Royal Ballet was cut short by the onset of dystonia. The condition nearly took her life but through a remarkable journey, she was able to recover completely. Through this, she experienced the worst and best of healthcare. Eventually she wrote a book called 'Dancer Off Her Feet' which has given a global message of hope to many who have been afflicted by supposedly incurable conditions, not just dystonia. A very worthwhile read.....

Julie Sheldon trained for 15 years to fulfil her longing to be a ballerina. Chosen for a coveted place at the Royal Ballet School, she realised a dream by dancing at the Royal Opera House, Covent Garden with Margot Fonteyn and Rudolf Nureyev. Then things began to go wrong - a fall during rehearsal, a skiing accident, meningitis and finally the diagnosis of Dystonia, a rare neurological disease. Julie's Christian faith was tested to her limit. This book tells her story and the story of her dramatic healing.

### [Do all fears stem from previous lifetimes?](#)

Sometimes we can be a little quick to blame past lifetimes! Usually our many fears are created during our current lifetime. (16/9/02)

Lilian: If I could just ask a question about the instrument you are using. She has a fear of thunderstorms. Would that be something to do with a past life? I hope she doesn't mind me asking, I'm sure she doesn't, but she really is quite frightened of thunderstorms.

**Yes. Because I have spoken personally to others, I will say this time that this fear originates from *this* lifetime.**

## Salumet discusses aspects of Karmic debt and credit

Salumet covers many areas of this confusing subject. (8/9/03)

**Might I speak with you briefly about what you call 'karma'. There are so many different viewpoints in your world, as there are on so many of your topics about spirituality. So much is written, so much has been spoken, that I feel that you for you my dear friends we need to discuss it but briefly. Would anyone wish to say how they feel karma presents itself to you?**

Lilian: An understanding of things that we should've done and haven't or gone wrong, then we suddenly understand where we've gone wrong. Would that be right?

**I feel that you know and understand that the laws of all existence are *fair*. Therefore, what you term karma is but the result of your thoughts, your words or actions.**

Sara: Is it like a consequence of wrong thinking?

**It is the result of wrong thinking.**

Lilian: It could be either good or bad—it is everything.

**This is something we will discuss. I believe that few of you would understand if the Spirit comes to this planet, this world of education, with karmic credit. Not much is spoken about that, because it does not happen so often, but it exists. I am sure that some of you will be aware of people in this world, and oftentimes you hear the words: 'they are too good for this world'. You understand where I am taking you? (*affirmations*) There are very few individuals on this planet who have karmic credit, but it has been their choice to reincarnate into physical life, in order that they continue to bring love and grace to many more people.**

Sarah: So those people who have come back with karmic credit have come maybe not to help themselves but just to help others.

**Yes, their journey to this planet is unselfish. There would be no need for them to return to have another lifetime here, but it is their choice.**

Lilian: Would that apply to children as well if they go early, you know if they don't get to be adults?

**It can do, but I would say mainly the choice would be to have some degree of living on this planet.**

Lilian: It's just that I'd heard someone who had a child who died at 3½ years of age and they said that she was almost too good to stay—this was coming from the parents.

**Yes, we hear this earthly expression so often, but remember it is clouded by the emotions of those around and may not necessarily be the case. Let us speak a little about karma as you probably know and understand it to be. Do you assume that karmic debt always follows a previous lifetime? What is your understanding of that?**

Sara: I think we can accumulate karma in this lifetime as well.

Sarah: If we had a karmic debt from a previous life, we're living a different life now, so I would think we could pay it back in a different way.

**Yes, let me say this to you my dear friends. The life that you lead on this Earth shows no indication of any karmic debt that you may have accrued. Someone who would seem to have a perfect life, could indeed owe karmic debt, but it is not always the case that those debts need to be repaid in this lifetime. Therefore, I say to you, and this is one of the**

**misconceptions that you human beings have: karmic debt must be balanced, but it does not necessarily follow that it is in the next reincarnation. As long as the debt, as you call it, is repaid—and I use these words because they are words of understanding for you all—I would prefer to say ‘rebalance the Spirit’, that is a much kinder way to describe it, but we will use the word debt for the purpose of understanding.**

Graham: Is it possible to not need a future lifetime?

**That is what we have just spoken of.**

Graham: To not need a future lifetime, you must be balanced?

**Yes, yes. What I would say to you my dear friends is this: That karmic debt which is created in the life that you lead now, can also be repaid if you like in this lifetime. But that is not always the way, because those people who attract karma to them, immediately attract that debt and they must repay almost immediately, are Spirit who have evolved over many lifetime.**

Sara: Is that the term ‘instant karma’.

**Yes, yes it is attracted to you, but the more you are evolved, the more and the sooner the karmic debt must be repaid. It is something for you to think about. We have not thought deeply enough about this imbalance. It is possible that karmic debt is repaid early in the life and it is possible that you are then able to continue on your life’s pathway and to go forward without karmic debt that has to be rebalanced at another time. Do you understand my friends that that is why it is difficult to call it a debt? It is not really.**

Sara: How can we know if we are up-to-date or not with our balance?

**You can by knowing yourself. When life begins to go forward, when life—I will not say becomes easy, that is not the purpose of your learning—but when your thinking is balanced, when your words are kind and your actions are good, then you walk the pathway that is free from karma. You cannot generalize, because some people that come to their lifetime with karmic debt and they will leave with that same debt. Others will free themselves from that karmic debt easily at the beginning of a lifetime, while others will partly lose that karmic debt, but will evolve at the same time. There is not one generalization about karmic debt. Are you clear in your thinking about this? (*affirmations*)**

Sarah: You did say Salumet about the September 11<sup>th</sup> happening, that that was karmic debt. Now was that a collective debt?

**Yes. That is also something that you must take into account. Not only is there individual karmic debt, but there is collective karmic debt, such as in your continents of, say, India and Africa where many people have suffered. All over your planet there is suffering which is owed to karmic debt. This is when karma becomes difficult to understand in terms of individual wrongdoing. You understand? (*affirmations*) I know it is not always easy to discuss these issues, but as we approach them slowly then I know your understanding becomes greater.**

Paul: So, when the spiritual imbalance is rectified, presumably you don’t have your karmic debt any more, but do you always need to *do* something to release the karma, or can it be achieved internally?

**That is the way to dispel your karmic debt by knowing, by letting go of all that has been wrong. Your negative thought can be replaced by one of purity and love, which would balance out the negative thinking. You understand? (*affirmations*) The word that has been given in anger can be changed, can be transmuted by the word of forgiveness and love. The action must be replaced by one of goodness, it must be replaced by being sorry for that action and understanding within oneself what the soul or the Spirit has done.**

Therefore, karma can be released in many ways. Let us give you an example, let us take a karmic debt through illness. That person will be attracted to groups like this, or a healer, or many people who will listen and understand. Those people who offer love and support are giving out to that person in need. In that way they help the person understand whatever fear or negativity that they are holding. Therefore, that love begins to transmute those karmic debts, because the person recognizes within himself what is wrong. Do you begin to understand? (*affirmations*) When you think about it, it makes sense, does it not? (*affirmations*)

Sara: They see their own imbalance.

**Yes, and once that is recognized then there is redressing the imbalance within themselves, because all karma has been created by the Spirit itself. No one creates your karma, only you can do that; so always we return to self-responsibility.**

Sarah: So, with the collective karma, everybody has to work at releasing that debt. Is that right?

**Not everyone. It can be a debt of a country, which in some way will involve all of the Spirit involved, but it is slightly different. It would as a whole have to rebalance the karmic debt in a different way that an individual would. That is another subject which we will touch upon at a later date.**

Sarah: I was thinking it would very difficult for the people...

**Yes, it would not be sensible in that way. It would be hard to understand for you I feel, if it was individual in that sense. I hope that it has thrown a little light onto the subject. (Yes.)**

Sara: Can I ask a question about karma?

**Yes, my dear friend.**

Sara: Once I read in a book many years ago that certain birth dates carried a heavier karma with them, so presumably that would not necessarily be true, or would it?

**Only inasmuch as the soul chooses to reincarnate, the soul chooses the parents as you know, so therefore they would choose a time and a place. Only in that way would there be any kind of connection.**

Sara: More to do with time than place.

**Yes. I don't feel that we can say that particular times carry more karma. It is down to the individual Spirit—that cannot be changed. Whether you are born at the beginning or the end will not change what you have to bring with you.**

Paul: I suppose going back to these people with karma credit, they can still live here and suffer I suppose, is that truth? They can still suffer and grow and learn through it, can they?

**I would not use the word 'suffer', but I would use the words 'grow' and 'evolve'. They obviously would have to live life as it is on this Earth, but if they are free of karmic debt, then there is goodness and light within their heart and soul.**

Sara: They would be very happy people.

**Yes, they would be true beacons of light. But as I have said, they are few and far between.**

Sarah: The Masters that come back to this Earth...

**Are karmic-free. They come because they have the desire to serve humankind. They come to help those in need and it also helps with their evolvment also. But they have no karmic debt.**

Sarah: I was only thinking when Paul said about suffering, you said Jesus was a Master, but he suffered in the end on the cross.

**That was his choice of learning.**

Paul: I expect maybe he didn't suffer as much, because he would have had such control of his mind and the pain.

**We speak of something we have spoken of previously. We spoke of Jesus the Christ. Let me tell you Jesus the Christ was one part, one part of a small existence, where it was decided part of that unity should return to Earth to teach, but in making that choice it was also decided that he had to learn, if you like, the ways of the world. He knew before he came that that is what would happen; the choice was his alone. Have you more questions or shall we open the questions up generally?**

Graham: I'm not quite sure, going back to karma—it's probably a lack of my understanding here—how a region, a geographical area, can have bad karmic debt associated with it. Is this due to the people in that area or is this where people with bad karma go to go through their difficult lives to help repay their karma?

**Karma is not always brought with you. As our dear lady friend has said, karma can be accrued in any lifetime. Sometimes what happens is that a country, shall we say, abuses the nature of the land, shall we say that, which in effect creates the suffering for all of the country and that imbalance in some way has to be repaid. Therefore, you may have, which you already have on this planet, trees which have been cut down, which have affected weather patterns, which have affected the people of those lands. Do you understand? (*affirmations*) That is but a small example, but you cannot alter the pattern of all life, without the results of those happenings. Debt is not a good word I feel: it is imbalance at all times. I think it would be more understandable if you would use those words. Does that make sense to you? (*affirmations*)**

Paul: Whenever we are in judgement, I suppose that's when we are imbalanced.

**That is why you must always be careful with your thinking. Remember, thought is retained in the ether: you cannot destroy that thought, so always be careful. I have said before that humankind at times can seem so 'fickle', to use one of your words. The smile can be placed upon the face, whilst deep within the heart there is anger and hatred and so many negatives and fears. So be careful always my dear friends with your thinking. I have said this on many occasions and I do not apologize for repeating these words.**

Sarah: I was thinking a lot of the karma-imbalance is caused through greed, isn't it?

**Mankind—let me say this to you my dear friends: there are so many ways to evolve and you have had to evolve to some degree before you decide to come to this planet. I would say that to choose to come to this planet is probably one of the highest mountains for you to climb. There are so many emotions, so much for the Spirit to learn that I would say to you that to choose to incarnate on this Earth, is quite an achievement in itself. So, do not be too harsh about humankind. There is a purpose to this planet, and it is indeed a learning curve for the Spirit. But you know, as I have always told you, the knowledge is within, the power is within you, therefore my dear friends make use of it. After all, when you are connected to *Source*, do you not have all the answers to living? That is what you must keep in mind. You have the map of living before you, you know what has gone, you are not sure of your futures, because you have not asked, you have not sought; but I tell you, and I tell you here, that all of your questions when you go within would be answered.**

[Karma is simply 'unfinished business'](#)

During a discussion about spiritual growth, the conversation steers towards the very poorly understood topic of Karma. Rod asks a question that led onto a wonderfully enlightening answer. (21/8/06)

Rod: Probably one of my biggest puzzles, Salumet, is forgiveness, because karma keeps coming in, and I just don't understand that. Karma and forgiveness don't seem to go hand-in-hand, and there must be something deeper in this that I cannot understand.

**Karma and forgiveness—you do not feel you can forgive?**

Rod: Oh, yes, very much so. But then you say that people come back onto Earth and they suffer through karma and I assume that is because they've done something bad in their previous life.

**You must not judge my friend. Why do you assume that it must be bad? Karma is only dealing with what has not been dealt with in another lifetime. It can be a fear, it can be unforgiving attitudes. It is not always that you have done wrong—I do not like to use that word, because all of life is light and darkness. Karma only means that you must do what has been left undone. That is the simplest way to look at karma.**

Rod: That's a big help.

**Karma is only a word used by people in your world who at times would like to control others by explaining actions in their lives as being 'bad'. Karma is not bad, it is 'unfinished business'.**

Rod: I should love to read this passage out to my wife, because that's always been a bit of a problem between my wife and myself, trying to argue that one out. So, thank you very, very much for that.

**There is no need to argue my dear friend.**

*Laughter*

**Understanding—understanding of...**

Rod: A friendly chat ... sorry! (*Chuckles*)

**I forgive you!**

*More laughter*

**Perhaps now your friendly discussions can be looked upon with different eyes.**

Rod: Yes! I'm so glad you've said that.

Sarah: When you said—when the twin towers in America, the planes were flown into them and they were wrecked, you said that was karma.

**Again, when we speak of karma, it is not karmic just for individuals: there is karma that belongs to places and to countries and to planets. Again, you are generalizing about a word that is much misused in your world.**

George: I think one expression of our language is 'political karma'.

**Of course. You have to recognize again the power of thinking and you know my dear friend how powerful the thought is.**

Sarah: Yes.

**Yes, you all understand this now.**

Sarah: You have taught us well.

**Yes. So, you then have to see the bigger picture behind thought, and there are many people who have thought in a lifetime and carried those, shall we say, 'damaging thoughts', for want of a better word. But that has to be resolved at some point. That is**



**when in the next lifetime they will pay, as you would say, their karma. It is only unfinished business.**

Sarah: Thank you very much.

## Compassion, karma and judgement

To stop judging others is hard, but an important step, as it can in itself carry further karma. To show compassion rather than judgement will further your own growth of spirit.  
(21/9/09)

George: When it comes to judging the happenings of life—and I accept that we cannot do that—I'd like to ask a general question, but perhaps using a topical example. Now, there's a Mr Megrahi, a Libyan person and he was convicted of placing a bomb in a suitcase that was then put onto a plane that blew up and crashed at Lockerbie, killing 270 people, and this was seen as a terrible act of terrorism. Mr Megrahi was convicted for this on evidence that was—shall I say 'questionable'. The evidence related to his supposed purchase of clothing in Malta, and that clothing was recovered from the remains of the suitcase and the connections—his timing of being in Malta, his identification of the man by a shopkeeper 9-years later, seems to me to have been rather sketchy evidence for the conviction. Nevertheless, he has spent 27-years in prison and there has been an appeal. And I would just comment that there are people who are further investigating this matter. If he is indeed guilty then they would waste an enormous amount of their time trying to see his innocence, but if he is not guilty and they were aware that he is not guilty, then they would no doubt double their efforts. I would just comment that it would be very nice for people in such a situation to receive a 'tip off' from spirit as to guilt or innocence. I guess this is not possible, but would you have anything to say about this, Salumet?

**I will reply to you. Firstly, let me simplify all of these matters for you. Firstly, these are *human* events; they are being judged by other human beings, whether you consider them right, whether you consider them wrong, whether there are lies, intrigue—whatever. All I will say to you; my dear friend is this: that no individual can go without justice—and sometimes justice comes when you return to spirit. There is not one soul who can escape their own judgement and although mankind is prone to judgement, that spirit will make judgement upon themselves. Therefore, I say only this to you, my dear friend that justice is always given in the eyes of spirit. So, I would say this to you: do not waste your energies on considering what is right or wrong for too long.**

George: Thank you—and the judgement in spirit is so much more important than man's trivial judgement.

**Of course, yes—mankind sometimes is too, too judgemental.**

Sarah: And you have said to us also that people do things and you think it's bad, but in their eyes it's good, so therefore, is it actually wrong? —so that's another reason for not judging. **Yes, you cannot know what is in another's heart or thinking. You cannot know whether they feel it is for their good or another's good, because you all have your own judgements and opinions. I try my dear friends to influence you to think further, to open up to that fuller picture—that is what you must do.**

Robin: Can I just return to the way life plays out—if you get to a point where you feel maybe you’ve gone off track a bit **(Yes)** in your life, is there a way—can you advise a way to bring yourself back and maybe revisit the track of your life? Is it something that anyone can do for themselves and how can they strengthen that up?

**Yes, there is a way my dear friend and that is to go inward, to seek that inner knowledge, which belongs to spirit. After all, you are spirit first and foremost with a physical covering. Therefore, when you lose track of life, or life’s difficulties weigh you down, you must go inward into that meditative state and find that true self and then the answers will come easily to you. That is the way forward.**

Robin: Thank you, that’s interesting.

Jan: Salumet, when somebody comes again with a debt to repay, is that debt that has to be repaid—is it paid back over the entire life while they are here, before they return to spirit, or is it lengthened or shortened, depending on how they live their life here?

**It will depend entirely on whether they have that remembrance of what that debt is to pay. If they follow the pathway of this life, that debt will be repaid naturally. But if they are confused in their pathway and remember my dear friends, spiritually you all know which way you should go, it is only when materialism and forgetfulness of spirit is there, will there be problems. And sometimes people return to our world with that debt still unpaid—so it is entirely down to that individual. It is shown to them which way they must go and again, that is where your own individual responsibility comes into play. You understand?**

Jan: I’m trying to.

**Yes, it’s difficult.**

Jan: The person I’m talking about is close to me, who you once told me had a debt to pay and for me looking at her life, she’s having a difficult time. In the job she has here, she pays back a thousand times—I know she’s getting a reward for what she does as well, but she just gives so much.

**Let me stop you my dear friend, but who are you to judge? Who are you to say?**

Jan: I’m sorry it came across as a judgement, it isn’t. I feel she’s on the right path for her, although that’s a judgement in itself I know, but I would love to be able to see the future and see—

**You would like to make her life simple—you would like to make her life free from—**

Jan: Yes! And I know I can’t—

**Yes, you cannot do that for another single human being. You may step to one side, you may make judgements, but you cannot walk in the footsteps of that individual, because you do not know what it is, she came to do.**

Jan: No, I know.

**So, I would suggest to you my dear friend, if you wish to help, to ask for help for her to be guided. That is the best thing that you could do for her.**

Lilian: I think it comes from being parents and wanting things to be perfect for them and of course—

**But you will never have perfection in this life. This planet will never have perfection.**

Lilian: So even what looks perfect to an outsider probably is not?

**You cannot look within another soul and make judgement, it is not possible. You can try, of course you can try, but that is no good.**

Robin: Can you comment on what we call karma, in that you reap what you sow?

**Yes—again it is something we have spoken on greatly. Yes, ‘cause and effect,’ that is karma and what should happen is that when you return to spirit, that karmic debt should be cleared, but sometimes it is brought back with people into another lifetime, because they do not allow it to be made free.**

Robin: Thank you.

George: Could I refer back to a further aspect of the Megrahi case? In the case of this person, he developed a terminal illness while in prison and for that reason he has been released and repatriated. I think his expectation of life is perhaps 3-months and he has been allowed to spend that time in his own country with his own people. I feel this is a wonderful act of compassion and perhaps mankind should generally observe this kind of compassion, where imprisoned people are concerned. Would you care to speak on that?

**I would. Any compassion shown to any other human being is a spiritual action; whether those on this Earth plane would agree—that is not so easy.**

George: I can say that there is controversy, which is why I raised the issue.

**Yes of course, because you see there are so many people who as we say, are in spiritual darkness. They do not feel forgiveness for anything or anyone that they feel has done wrong. What a big judgement that is! And that would be a karmic debt. If I return to our other friend—that becomes karmic debt, because what no one can do, is to judge another, whether they believe it to be right or wrong, and not suffer the consequences of that thinking. Every single action that you take, you are responsible for, my dear friends. It is a *great* responsibility and not an easy one. But I would say to you and speaking in general terms not specifically of this instance, that any kindness shown to another fellow human being, results in the growth of your own spirit. And if that was to be manifested throughout this world, what a wonderful place we would have; but again, that will not be possible, because humankind is imperfect. So, I would say on a personal level to each one of you, cultivate within yourselves that kindness and that love for your fellow man; and I hope that helps you and gives you a little to think about.**

George: Yes, that does indeed—a wonderful clarifying answer to the question. Thank you, Salumet.

Rod: It’s funny because Daphne and I driving back this afternoon mentioned how difficult it was not to have judgement and without knowing it, sometimes one of us makes a judgement and the other one then has to pull the other one back and with a bit of laughter and a bit of juggling, we try to do it. But it’s one of the most difficult things on the Earth I think (**Yes**), not to have a judgement.

**But my friend, the recognition of making judgement is the first step of correcting that thinking. So, I would say to you, you have done well to have that recognition.**

Rod: Thank you.

Jan: Judgement comes into our everyday lives as humans though (**Yes**). I’m not just talking about judging one person against another person, but do I go left, do I go right, do I cross the road, do I use this bank / that bank—judgement comes into play every day of our existence.

**Yes, but the difference is, you are making ‘personal judgement’ and not judgement against a fellow human being—that is the difference. What judgements you make for yourself—that is *your* own responsibility.**

Jan: Which I where we started talking about pathways and fate.

**Yes of course, so we have come full circle.**

Jan: But in the process, you do as a human being make judgements on people, but as long as you recognise the fact—I think in this room we know—as soon as you’ve said something there’s a little voice in your head that says ‘Uh—ah!’

**Yes, it is part of the human nature, it is something that human beings need to recognise and not just to judge without thinking. But yes, the recognition of the fact of judgement—that can only be good.**

Jan: I’ve noticed over the last couple of years since I’ve been doing this work, I recognise when people are judging me, and I never used to.

**Yes, because that knowledge goes deep and comes deep from within. That is your own spiritual self coming to the fore, when you make that kind of recognition.**

Jan: And I just smile back at them.

*(Chuckles)*

**Well what is a smile, but a piece of love being given out into the aether, whether it be for another person, or whether in general you just wish to smile and shine from within.**

Jan: I have noticed the difference, because I used to take things more personally and now I recognise it as a judgement (**yes**) and I can deal with it much better.

**That is because you are progressing in spiritual terms. Life should become much easier, the more you *listen* to that inner voice (yes).**

George: Yes, another word in our language is ‘evaluation,’ and we can make evaluations of various things and compare them, and I feel that’s usually a much less personal and not quite as pointed as a judgement.

**Well, you may use any words you wish—**

*(Laughs)*

**But it is still a judgement!**

George: Perhaps I’m wriggling.

**Yes, I think perhaps you use the words to fit your own concerns, yes—I will not let you off with that one.**

*(More laughs)*

Lilian: And as you say, we wouldn’t be here if we were perfect!

**Of course not, it is a learning process for all of you, of course it is.**

Lilian: And when we’ve got it right, we won’t need to come back.

**Well I do not intend to tell you how often you may come back!**

Lilian: Oh dear—I don’t want to know really!

*(Chuckles)*

Sarah: Or how many times we’ve been already!

*(More laughs)*

**Does it not speak for itself that reincarnation exists at all—think of it—**

Jan: Also, that inward pain, I’ve experienced if I move away from spirit—things go completely disarray (**Yes**)—completely!—and I lose myself completely! I don’t know who I am, where I’m supposed to be going, and I’ve experienced *that* recently.

**Yes, that is the same question that our dear friend has asked about finding oneself. You must then go back and go inwards to really find that spirit.**

Jan: Because I’ve found spirit—it sounds really cheesy but you know what I mean (**Yes**)—and then deviate away from it—I almost purposefully think ‘*I’m not going to do that,*’ and then you know that your core is just not right, just not centred, just not moving in the right direction and it’s nothing to do with external forces or the choices you make, it’s just how

you *feel* in here (**Yes**), and if I hadn't experienced that and then to come back, I wouldn't know what it's like to be centred—if that makes sense.

**That is because you have the knowledge, you know the difference. For many people they travel through life not knowing, but in some way 'instinctively' they do know. Every person in this world innately knows what is right and what is wrong for *them*. That is why you cannot then say it is because of this or that or anything else—it is total responsibility on you.**

Robin: Is it possible that there are other human beings who can help you with this getting back to the spirit—maybe close friends, maybe the person you're married to—is that a connection that can happen between two people?

**Of course, it is a *spiritual* knowledge and so often—not always—so often two people will be drawn together. And remember, there are no accidents of spirit as such. People meet when the time is right for *them*—for their spiritual growth. So why then, I would hear you say, do things go so badly wrong?**

Robin: Yes, it was the next question.

**Yes, I know! What I would then say is that one or other or maybe both are not following perhaps their true pathway, or one or other or both have decided to experience other things, but they do instinctively know whether it is right or wrong. But also, there are people who come into your lives at certain points, who are there to help with the development of your spirit. Yes, of course, there are many people in this world—that is all they wish to do, is to help others to understand what spirit is about.**

Jan: And that, if I'm right, can be a two-minute encounter and a two-minute conversation, or a 45-year marriage (**Yes**). In spirit, that time lapse doesn't matter. Lots of people have come into *my* world and I feel, not from *my* point of view, but we've had a two-minute conversation from *their* point of view and I can detect between the two—I might never see them again, but I just feel that that two minutes that we spent together was worth—

**Has some impact—**

Jan: Yes—*that* you never ever forget.

**Yes of course. When there is that spiritual connection for whatever reason, then that should stay with you (Yes). Yes—it is a moment in time that will be remembered. Yes, of course.**

George: Yes I rather think we've all experienced these moments (**Yes**).

Jan: Yes, but that builds us as spirit—those little encounters (**Yes**) I believe are so important.

**What is happening, my dear friends in this life, is that you are not creating spirit, you ARE spirit first and foremost. But what is happening is that you are REMEMBERING that spiritual being that is all-knowing, that innately knows everything that is right or wrong. It is a remembering, a spark of knowledge, a meeting, a kind word, a falling in love with another human being—many, many things are there in place to help you all go forward and learn.**

Sarah: And as you've said before, that meeting of spirit might be right at that time, but then later on you perhaps don't need that anymore, you go your separate ways or whatever (**Yes**).

Jan: Hence the two-minute meeting (**Yes**)—that's all that's needed.

Rod: Salumet, this is another question which I haven't thought of before. As you say, we're in a tough old world and when we get up to you, it seems pretty damn good. Now, we must be reluctant to come back surely?

That is sometimes the case, but what you have to remember (*is*) that there are many stages of existence in the spirit world. You are your own judgements and there does come a time, that if you need to return, that decision is made by YOU. You cannot be *made* to return, but you are influenced if it is felt that it is necessary (Thank you). You may stay in spirit for quite some time, but soon the realisation comes that perhaps you need to return to this Earthly planet to continue—

Rod: Because that's the only way to advance!

**Yes.**

George: When you speak of 'instinctive knowing' Salumet, are you saying that a terrorist planting a bomb knows instinctively that this is not really the way to tackle the problem? **If that person was to go within, they would not harm a hair of another human being—they have great responsibility to answer, and again of course, it depends on the reason for the action.**

Sarah: Also of course, many are brainwashed, aren't they?

**Yes, all of these things have to be considered. That is why, I stress again my dear friends—that is why it is so difficult to judge.**

George: Yes, there sometimes quite strong political persuasions; but in the case of a terrorist bomber one can simply say he is not going within.

**Yes. Fear—it is the element of fear that exists within these human beings—that makes these actions so dreadful to the rest of humankind. THE DESTRUCTION OF ANOTHER HUMAN BEING FOR WHATEVER REASON IS WRONG. That, I will state to you now: to harm one other human being carries great debts and that cannot be obliterated in the blink of an eye.**

Paul: Obviously each individual—everything is different, but I would think then that the same applies to soldiers killing other soldiers (**Yes**)—it's still a karmic debt—

**It is a karmic debt, yes.**

Sarah: I was thinking during the holocaust, the women who had babies and they knew that if the baby survived, they would be used in experiments or something would happen to it, so they took the baby's life. Does that fall into the same category?

**That would come under a form of love, but there are many—it is not easy to have one simple answer. That is why when we speak of judgement that it is not so easy.**

### [Using spiritual knowledge in ways that are not good or healthy can create even more karmic debt](#)

Spirit world cannot interfere with how a person may use their spiritual knowledge - for good or otherwise. (16/11/09)

Sarah: Salumet, going back to what you were saying about if only people on this Planet had more spiritual awareness—and I know you mustn't judge, but those fanatics who want to cause trouble—if they were to get more spiritual awareness, would they automatically cease their aggression? Or could they, if they had that spiritual awareness, could they use it in a negative way, because it would then be even more powerful than not having it?

**Yes, I understand your question. There is always that possibility that if you abuse your spiritual knowledge for things that are not good or healthy—that is so—but you would create much more karmic debt in your life. But we cannot interfere with how that human being is going to use any spiritual knowledge. Yes, of course it can happen, but we would hope that, if there is a glimmer of light, that we in spirit can move closer and influence for the good. But yes, you will always have those instances of abuse.**

Sarah: Yes, because although it would create greater karmic debt for them, they wouldn't be aware of that until they got back to spirit **(Yes)**. So, by that time, it would be too late for beings on this Planet. Thank you for that anyway.

**And remember my teaching of dark and light—they are both sides of the same energy (Yes), yes.**

### [We can free ourselves from karmic debt](#)

Once the karma is recognised and accepted, then it can be let go of. If we hold onto things, then eventually there can be unwanted consequences. (19/2/18)

Ben: On the 8<sup>th</sup> January we spoke about my relationship with Zusanna and you were kind enough to confirm that we were indeed Soul-mates, **(Yes)** and you have explained in the past that there is a unique bond there and we're created from the same spark and we'll spiritually be linked together for eternity. **(Yes)** You said that we had a higher purpose for coming together during this incarnation, but that it was for us to work out the reasons for that; and we both have given this some thought and we wondered whether our meeting was to rescue me from an unfulfilling marriage in this lifetime. I also recently had my Angel-cards read and I was told that my chosen life lesson or karmic debt is one of heartbreak. Is this information correct, and if so, is the pain that I'm feeling from losing Zusanna part of clearing that debt? And could that lesson of heartbreak also be part of our mission together? Can you comment on that please?

**It will only benefit you if you recognise what is happening and then as I have just spoken of, to let it go. Even although you are Soul-mates—this is the misconception amongst humans, that because someone is your Soul-mate, that you remain together forever in one lifetime. That is not the case, you may only need to come together for a very short time, but it does not break the spiritual bond between you. Whether your lives go in completely different ways, that matters not, it is the strong spiritual bond that is important. Yes, you may be paying a karmic debt, but you must allow yourself to be free from it; and to be free from karmic debt, you have to recognise it as such and then to let it go.**

Ben: So, do you think my debt will be paid now?

**Not whilst you are in a state of uncertainty, which you still are. But I will tell you, and I do not often speak of personal things, I will tell you that this period of your time, you will look back upon and realise how much you have gained from it—then your debt will be paid.**

Ben: OK—and also, just very quickly then, I wondered if, there was an event on the Wednesday afternoon and I wondered if that was necessary to create the closure that I was looking for? Do you know about that?

**I would only say about this matter that it has not created closure, because your mind has not allowed it to. You wanted in some form or other to have closure, but let me tell you, you have to work on it for a little longer; you have to forgive, not only your Soul-mate but yourself, and then the cut would be, how you would say, clean? And you will find happiness once more.**

Ben: OK, thank you.

**You will be happy, I can assure you.**

Ben: Feels like a long way away at the moment.

**Yes, but that—you are speaking of physical emotions; what you have to do my dear friend, is to allow the Spirit to talk to you, the Spirit within; and then you will have all of the answers that you request.**

Ben: OK, thank you very much.

**I hope that has helped you just a little.**

Ben: It has yes, thank you.

**All of you, when you come to earthly life, in human form, most of you I am sure have experienced some form of hurt in your lives, whether it be yourself or someone close to you. But what we cannot do for you is to live life for you—we are not allowed to come so close to you that we may do that, but we will try to help in all the ways that we can. You are not the only one who is suffering from a breaking heart. I have to say that the lady you speak of, although it may not be said in her words, is also suffering; but she too will find happiness. But just know that your spiritual bond is strong, and you will come together again at some point.**

Ben: So, is our mission together in this lifetime completed now? I know she has free will, (Yes) but it's finished now, is it?

**It should be finished, but I feel that the onus is on you—you are the one who is clinging on.**

Ben: Maybe that's another life lesson that I need to learn as well?

**Yes, life is full of lessons, not only for you, for everyone within this room. You all have something to learn. You may not recognise it, you may not feel it attaches itself to you, but let me assure you that each and every one of you has felt the tugging of the heart strings.**

*Agreed*

**The human body is a beautiful thing, but it also creates much unhappiness. But you have to take it as part of life's journey; and I know that's not words you wish to hear at this time, but your journey ahead is fruitful, your journey ahead is blessed and there are many in Spirit who are behind you.**

Ben: Thank you, it's very reassuring.

Jan: It's, in my simplistic terms of putting it, it's number two person that creates the problems with the machine; it's number two who has the personality and who the heart is connected to and that causes the problems with the machine. Number one is trying so desperately to guide in the right direction with just pure, pure Love and those two battle—you know—in a nice way of putting it, they battle with each other.

Ben: They struggle. (Yes) It's funny because it manifests itself as a real physical pain as well.



Jan: Although scientists have now proven that the heart does 'break', there is a real phenomenon called, when we say 'heartbreak', it *does*, in a way.

**But it is in the same sense as the body breaks down in disease. It is all connected, it is all connected to the *thinking*.**

Jan: Which is the personality, the number two. **(Yes)** I could put it number one, number two, number three.

**Yes, but you have to recognise that it is just part of your journey.**

Ben: I think it's reassuring to know that, when we both return back to Spirit we can reunite.

**But you must not hold on to that thought whilst you are here. (No, OK) I really would say to you, my dear friend that you have to let go. I know that is easy for other people to say, but what happens is, you would eventually create disease in your own body, because it is a negative, it is a negative emotion. After all, you would not abuse your car, you would not allow it to be under stress and strain? You would give it love and oil and whatever else you place within your cars, would you not?**

*Agreed*

**So why would you neglect your physical being? You must do what is best for the Spirit. We will uplift you and try to help as we do with all of you.**

Ben: Thank you.