

46. Lovely snippets

Contents

We are all watched over and where possible are given information without undue interference	2
Are the eyes windows to our souls?	2
The importance of laughter	3
Sometimes events in previous lives can affect us in this life	9
Some claim to be able to live solely on God's light, or Prana	10
Accept or reject by using your inner feelings	10
Salumet gives a few words to members of the Group on how they felt they were developing	11
Dates and famous scientists	13
It is possible to channel in an ancient language from previous lives?	15
Joseph Merrick formally known as the Elephant Man	16
Bob Geldof, Richard Curtis and Bono	17
Life is not all perfect on Planet Aarah	18
An artist who paints peoples' voices	19
Salumet in Spain!	20
A visitor to séance groups called Alan wished for evidence to become more accepted	21
Spiritual Bank	22
A distant relative of Eileen came to visit	23
Two visitors came to discuss the first use of the metal plough and how it attracted some negative attention at the time.....	23
Flight MH370.....	25
Russell Brand.....	25
The Ark of the Covenant	25
The dawn chorus.....	27
Identical twins who thought quite differently about their lives.....	28
Sometimes we are shown visions to help with our growth.....	29

What follows are snippets of information about many topics that have arisen over the years which may be of interest to outside readers. Some of these communications give evidence that we are truly looked out for from spirit world.

We are all watched over and where possible are given information without undue interference

There followed one through Sue saying that as we learn from them, so they learn from us and for this, they were grateful. Another followed through Eileen saying that Lilian would be offered a little doggie and though she is a free agent, she should not agree to have it. She added that the voice that Eileen heard at home, was from them and not imagined. (*Eileen had fallen asleep in the bath and a peremptory voice calling her name had awakened her.*) (5/1/98)

Are the eyes windows to our souls?

It is a common saying that the eyes are the windows to the soul. Salumet was asked about this. (7/9/98)

Les: I'm going to step in first if I may, to follow on from our talk last week about the many aspects of the soul. We all here are aware that at times we have seen a person, which has brought into minds the saying that we have here, that '*the eyes are the mirrors of the soul.*' I think everybody has experienced that, haven't they? (*General agreement*) Now is it possible for that particular aspect of the soul in that person, to express itself through the physical eyes in that way?

I see — can you be aware of the spirit within the human being, through those physical eyes. Is that your question?

Les: That's the question yes.

Yes, well of course, can I say firstly that the physical eyes belong to the physical being and as in many aspects of the human form, you can be deceived, unless you have the awareness of what is truly coming from within the other person. But of course, it is possible for, shall we say the goodness of the soul to show itself, through the eyes of the human being.

Les: Yes, I thought it must be, because I have experienced that a number of times and it's a wonderful thing to see, or be aware of.

But it is only because your own awareness is such that you are able to judge truly, what is coming from within.

Les: So again, it is the spiritual reacting to the spiritual?

Yes, always remember you cannot have the two aspects, the spiritual and the human form — you cannot have one see the other because the spirit after all, is the force behind the human form. You have to have the spiritual awareness.

Les: I see, so in that case then, one person could be aware of the intensity in that person's eyes and another one might not be?

Yes of course. Is that helpful to you?

Les: Yes thank you that does answer what I wanted.

The importance of laughter

One joined us through Eileen, and we talked light-heartedly, though a few serious subjects were broached. (21/9/98)

Food prepared for others with love can only be good for you.

Good evening — let me say one thing to you all please: The preparation of food for others, is done with love — no matter what your thoughts are on organic food, or otherwise, the preparation done for others, can only be good. So, keep that in mind my dear friends.

Les: — I asked a question on that subject years ago, because they used to come through my wife quite frequently in the kitchen. And I asked why should they choose that room, which was untidy after a meal and so on. They said the very thing that you have said, the kitchen is the room which expresses most love of any in the house, **(Yes.)** because of the preparation of food for others.

Do not have family disputes in the kitchen!

Can I make a suggestion here as well? If you good people are going to have disagreements, don't do it in your kitchens — I'm being quite serious now for just a moment.

George: It'll spoil the energy of the kitchen.

Yes, and the preparation of the food. So, bare it in mind, if you want to have a good old argument, go in the garden.

Les: Yes, we shall take note of that.

And then you'll have to answer to the little nature Spirits, but that's not my problem.

(Laughter)

Carry on.

Les: Can't you carry on now? Have you seen the little people in the gardens?

Of course I have, I know all about them — but don't let me stop you talking.

Les: No, we've had enough of our own talking. We're looking forward to hearing from you and your colleagues. Are they ready yet?

Don't ask me.

George: Do the little people mind us going into the garden and having an argument?

I should think they probably would. The answer to that, I should suggest is, don't argue.

(General agreement)

George: We'll call it a discussion.

Well he is the diplomat of the group, if ever there was one — (Chuckles)

There then followed a young girl who came through Eileen unexpectedly, drawn by our earlier discussion about food. It seemed that she did not like to eat much when on Earth and had carried that through into spirit, still making her weaker and less energetic than the other children in the spirit world. Les was able to open her mind on the benefits of eating fruit, and she went away the happier.

Our discussion continued with our desire to see fairies. We were a little confused with how to go about seeing them and whether it would be something for the physical eyes, or something more subtle. The word 'hallucination,' was used, which drew more useful inputs from our unseen friends:

— **No, no, no, no, no, no, no — no hallucination, no, no, no, no, no!**

Les: Thank you very much.

Oh no, no, no, no, no, no, no!

Les: I'm glad you're listening. Has my definition been reasonably correct?

Yes — oh dear, dear, dear, dear.

Les: That gentleman (George) will bring his physical mind into play. (Laughter)

When you become part of the tree and nature, then you will have the awareness. Don't breathe it in, become part of it. Be blended —

Les: This is why I say, let it permeate.

Yes — oh hallucinations! What are we going to do with him? (Laughter)

George: No, I didn't mean full hallucination as such, just a touch of it.

No, well just a little bit's too much.

George: Yes right.

You just remember it. (Chuckles) I'm not really telling you off am I?

Les: No as I was saying, you have to let it permeate George and there's the difficulty, learning how to do that, to become part of the energy, which surrounds you at all times — and to try and stop putting physical representations on it, because the whole of life is energy, as you know.

Oh, I wish I had more power, I could turn him into a fairy! (Laughter)

Les: That would be lovely.

Wouldn't that be fun?!

Les: Yes, it could be done, couldn't it? Rather a cumbersome one though I fear, but nevertheless a fairy.

Yes, hardly a light-footed one! (Chuckles) Dear, dear, dear.

Les: I just hope he can learn to become a part of the energy around him. I don't know whether you could offer us any further instructions, apart from meditation of course, and seeking the quiet and the peace.

Yes, unfortunately I don't have that knowledge to give to you. I know it's there, but I can't change anything you don't already know.

Les: So, we're on the right track anyway, in trying to absorb it, and be absorbed into it?

All I can tell you at this point, is that more females than males, tend to have this ability.

Les: Yes, I agree absolutely.

Yes, it's all to do with the female energy, I think. But I can't go into details, I don't know —

Les: No, but I would agree with you that females are much more able to become associated with the essence of creation, rather than males.

Yes. Now we don't want any women power in the room. We've not come to that stage now, have we? (Laughter)

Les: Not yet.

George: But we all have both energies.

Yes, but it depends on what is the majority of the energy, in the life you're living, you see?

And I hope you're a male! (Chuckles) God bless him.

Les: It's a fascinating subject, isn't it?

Yes. You are a charming crowd.

Les: That's very nice of you and we do have some very charming people come to speak to us.

Do you?

Les: Including you.

Ah well, we'll have none of that, I don't need to be hearing all that.

Les: You don't need to be flattered —

No, I don't need to be told all of that stuff. I'm very pleased to have come.

Les: It's true, we do feel that.

Do you now?

Les: Yes, we do.

Right.

Les: We know you weren't expecting or looking for it, but it's the only way we can thank you, to tell you what we think.

Well as long as it's all good, I'll accept it.

Les: Thank you very much — oh it's all good, all organically grown.

Now, now — we won't go into that again, will we? All forms of life is beautiful in its own way, isn't it now?

Les: Yes, it is, you're quite right, but we haven't been educated sufficiently, in order to recognise the beauty in much of life that is around us.

No, it's not so much you haven't been educated, as that you've lost it all.

Les: Yes, you're right there, because a piece of rotting wood, we wouldn't regard as beautiful, but in its energy patterns it would be, because it is serving the purpose for which that rot was necessary.

Everything has a purpose. Don't forget that, every single thing has a purpose in life — even the people that you don't particularly take to, remember they have a purpose too, so don't go wishing them away! (Laughter) You're grand people, but you're no angels! (More laughing)

Les: We are very grateful for the lessons we have had over the last few years. Your colleagues in your world have taught us a great deal, for which we are ever-lastingly grateful.

Well, our purpose is to help you all. If we can, we only desire to help and if it's accepted, then it gives us great joy. If it's not, well we just have to try harder.

Les: Or go to some more receptive people?

Well, that's kind of taking it the easy way out, I would say. You've got to have a challenge sometimes.

Les: Yes, you had many, didn't you?

Of course, but I'm not here to talk about me.

Les: No, but you weren't very well liked by some of them, because you also insisted on others facing up to those challenges, didn't you?

Oh you're determined aren't you, to talk about me! I might have guessed. No wonder they called you 'sharp,' at the beginning. Now I can see why — you little devil! (Laughter)

Les: No — they loved you, even though they disliked you sometimes, for your determination on their behalf — just as you're determined on our behalf.

Yes. It's taken me a few steps forward, but it's also taken me some back! But nevertheless I was fairly content with my life I think, even though I could have done much better.

Les: Well aren't we all like that? Feeling that we could do much better — we may have a chance to examine what we have done.

Yes, that's why I'm always happy to come back to people such as yourselves, to try to guide them on the right path, because it's so easy to go off of it! As you all know!

Les: It certainly is. Please don't remind us.

We won't go into that either now, will we?

Les: Must better not to, I think. But you're much better now, are you?

Of course, who wouldn't be?

Les: Still looking for challenges — well not looking for them exactly, but accepting them when they come?

They are kind of put in my path and it's up to me whether I take them or leave them. And sometimes I think it would be best if I left, but it wouldn't get me far.

Les: Yes, but I don't think there are many you refuse to go for?

No — you'd be surprised what you want to do when you come here. Your expectations change and you only want to do what's best, not only for yourself, which normally comes last, but for other people. That's the challenge, that you place yourself last. Does that make sense?

Les: Yes, it does absolutely. It is a challenge, always to remember that, isn't it? And to always work for the benefit of others without reward for oneself.

Yes. Now look what you've been doing, you've been making me become too serious — that's not why I've come! I've been told these people need a little light-hearted relief and there he's going on about me.

The benefits of laughter during good times and not so good times

Les: And you were quite light-hearted yourself quite often when you were here, weren't you?

More often than I should have been.

Les: No, I wouldn't agree with that, because it served a very useful purpose, because it drove away many of the shadows that were around other people who came to you for help.

Yes, you're quite right, but I felt as though it happened too often, you know what I mean?

Les: Yes. Of course, I can't argue on that, but I wouldn't have thought so, because it was so important for the work that you were doing.

Laughter IS important. I hope you all realise how important laughter should be in your lives, not only in happy times — if you can laugh at yourself in times of trouble, you see it all dissipate away. It's easy to be happy when all is well, isn't it? But if you can be happy in times of trauma and disappointment, be happy within yourselves, well — you've got it made, haven't you? (General agreement)

Les: Yes if we can learn to do that all the time. It's a great asset if we can laugh at ourselves.

Well if you don't, WE all have a good laugh! Yes!

Les: I bet you do that, particularly when people are hallucinating! (Laughter)

Well now, we're not going into that again, now are we?

Les: I don't mean it unkindly.

Poor little man.

Margaret: He's not little.

Well no, but I didn't like to say that now, did I? (Laughter)

Les: Just to change the subject just a little if I may, because the lady on my left here I feel wants to ask something, but she doesn't like — doesn't feel she ought to. Have you got a question Jackie?

Jackie: No.

Les: Haven't you got something you would like to ask our friend here? (No.)

This is a lady can I tell you, who needs to laugh more in her life. Perhaps that's what you were thinking?

Les: Yes, I knew I had to go to her, to give her the option.

Yes, she does need to laugh a little more, but that could apply to many of you. So you know — laugh, laugh and be happy, because you see, when you laugh, your vibrations change. They do! I promise you. I know it's spoken of lightly, but know if you are happy, the whole of your body energy will change, only for the good.

Les: Do you not laugh much nowadays Jackie?

Jackie: I don't think you laugh as much as you get older, I'm sure you don't.

Margaret: Oh, you do! (General agreement)

Jackie: I have a good time —

We're not talking about good times. Try to laugh more. Be like the little children. That's something else said in your world, that's quite true: Be as the little children. Can you understand? (General agreement)

Jackie: You can enjoy yourself without laughing, can't you?

Les: You should do it a bit more, let your enjoyment come to the surface a little more. (Yes.) Like me when I look at myself in the morning in the mirror, I say 'Oh god not you again.' (Laughter) I can't do anything about it, so I just laugh at myself and apologise to my reflection — stupid, but it works.

Paul: I enjoy playing hide and seek with the nieces — I'm sure I enjoy it as much as they do.

George: Because there's a bit of laughing involved. (General agreement)

Lilian: Children certainly lift you.

Margaret: They do, don't they!

That's because they're spontaneous in their enjoyment of life. That's what it is, it's not so much the games, or what you're doing, but it's the love of life!

Jackie: It's finding time too, isn't it?

No, no, no, no, no, no, no!! (Giggles) ***No we won't have that from you! There's all the time in the world for laughter.***

Jackie: It's finding time to put yourself out. I get home from work and then I get in and I work some more and —

(Said with much gusto) ***Yes, why don't you stand at the washing up and smile!!***

Jackie: Because I'm angry with the kids for leaving it all to me.

Yes!! (Laughter) ***Here we go.***

Margaret: How old are they?

Jackie: Old enough to help — 13-14.

Margaret: Well if they don't help, they don't eat.

Jackie: They sometimes cook their own.

My word, we come round again to eating! What am I going to do with you all! (Laughter)

Les: When you have minor accidents Jackie, do you get really annoyed at it, or do you —

Jackie: I haven't got a temper — I just don't laugh enough.

Les: You just deal with it and don't see the funny side of it. I used to be like that, I must admit. But nowadays I can see the funny side of it.

Jackie: I'm not miserable, I just don't actually laugh a lot.

Les: You're not miserable physically, but it's not helping you spiritually.

Inwardly, that's what's important. The laughter is an outward thing, but it changes the energy patterns within the body — I wish people would realise that. It is! Laughter is a wonderful thing!

Sallie: We laugh a lot at work, because we deal with quite difficult things, so therefore it's all a bit strange and we're always doing something a bit silly, to survive I think — so we laugh a lot.

Yes. Don't be too worried about that remark dear sir sitting next to her. She doesn't mean she doesn't laugh, now do you?

Jackie: That would be telling, wouldn't it?

We can have no secrets here —

Les: I think we often condition ourselves into resentment, instead of laughter you know. (Les then recounted a funny incident with his sugar bowl, which he chose to laugh at, rather than get upset about.)

— That is the secret, that is the secret, that if someone else was to do it, you would find it amusing. (General agreement) Yes. Please try to laugh more, all of you — It is so good for you. Now I think I've spoken enough.

Les: We've enjoyed having you and for your philosophy and teaching.

And my telling off — I do beg your pardon, I do forget myself at times. I was quite renowned for my 'no, no, no, no's,' at one time, and I'm afraid in coming back, it tends to come to the fore.

Les: Never mind, we are laughing with you and at it too. (Yes.) We're very grateful to you for having been with us.

There you go again, thank you, thank you, thank you. I don't require 'thank you's' — thank you! (Laughter) There! I'm going to do it myself! It's been a pleasure, you've been charming.

Les: We've thoroughly enjoyed it, haven't we? (General agreement) We've enjoyed the laughter too.

Well let me tell you, I'll be watching for the rest of the night and if I don't see smiles on your faces — (Laughter) I'll devise something. Now good people, you'll remember what's been said?

Les: Yes we shall remember that.

Remember to smile when you feel at your lowest and you'll be amazed how much it brings you up —

Les: We do have a saying, 'Cry and you cry alone, laugh and the world laughs with you.'

Yes, you are never alone, let me tell you that. I don't want anyone to think you are alone.

Les: We're only talking in a physical sense of course.

Yes, when you are at your lowest ebb, there is always someone nearby. Never despair. But it is so much nicer, if you have laughter, rather than despair.

Les: Well I think we can promise that we shall all try and remember what you have said and act on it. It will do us all good.

Wouldn't it be the ultimate, if someone passed, and you all could have laughed!! Wouldn't that make us all happy? It would show the world that it was something joyous, would it not?

Les: Quite! Which it should be.

Which it should be, but we know it can't be so —

Les: It's going to take humanity a long time to come to that acceptance. (Yes.) But we can still keep working at it.

Yes of course, that is just my wish, because we are very joyous when somebody comes to us.

Les: I'm sure you are.

Yes. Anyway, you've got me on a serious note again — well now I really must go —
(General fond farewells)

Sometimes events in previous lives can affect us in this life

Communication in spiritual terms needs no sight, touch or words. (1/11/99)

Doreen: I recently came into contact with a lady who was of a different nationality to myself and we therefore could not communicate except by a smile and, at the end, with the holding of hands, and for some unknown reason, I felt a desperate sadness when I departed from this lady. I was in another country at the time and I might be asking rather a lot here, but I wondered if you throw any light on the reason for such a strong emotion for someone, I knew nothing of.

Yes, I would say this to you my dear friend: why are you surprised? (chuckles) Yes, always, always you are surprised. You *do* doubt at times the sensitivity within you. This, if I might say kindly, is a little failing on your part.

Doreen: Probably quite a big one at times!

No, no, but you are a most sensitive person to all of these communicable vibrations. The lady you speak of —hold please. (pause) Have you been told my dear friend of any of your past existence?

Doreen: I believe that I was part of a brotherhood of monks at one time.

Yes, but you have been part of much, much more. You my dear friend have, let me say this to you: been part of *travelling souls* at one time. I am not here to give each one of you personal experience of different lives. These dear friends who you sit amongst this time, know this well. I have provided them with one lifetime when they came together, but on this occasion, I will say this to you, that you have been a traveller in one particular lifetime, which has given you the sensitivity to others that you meet. This sensitivity has come forward to you in this lifetime. I do not want you to feel saddened by the experience. It is a knowledge you have within you, but because of your *earthly disposition* shall we say kindly, you tend to impose upon yourself many restrictions. Do you understand what I tell you?

Doreen: Yes, I do indeed.

It is not necessary for me to tell you and I know you *feel* do you not, that this sadness was created by something you would term '*sad*' in your life—but that is not true. The sadness is within *yourself*, not sadness from another. Do you understand?

Doreen: Yes, I think so. I was sad that I could not communicate with her and I felt at a loss. **But it has given you the opportunity to know and *understand* that communication needs no words.**

Doreen: No, the communication I think was in the smile and in the touch of the hands.

Yes, yes, but what you need to learn, if I may say so, is that communication when used in spiritual terms needs no words, no touch, no look.

Doreen: It is a touching of the souls.

Yes, it is a spiritual meeting which has created the sadness. It is a recognition of past times, when there have been many partings. Do you understand?

Doreen: Thank you very much indeed—Yes, I do, that has made it much clearer. I am very grateful to you, thank you.

Some claim to be able to live solely on God's light, or Prana

Salumet reminds us that we need to look after our body and give it sustenance, otherwise we will die sooner than we should! (23/10/00)

Sara: Last night on television there was a programme about a lady who claims to live on light—on prana. Can you confirm whether this is possible or not, whether the lady is in fact genuine?

I understand what you say. Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call 'life', I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?

Sara: Yes, thank you.

What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do.

Accept or reject by using your inner feelings

Time and again we are reminded about the importance of going within. This is an example of why. (15/4/02)

Sara: I have been reading author called Doreen Virtue and I just wondered if you could comment on her work. Do you feel it is beneficial and true?

I would say this to you my dear friends. There are many people in your world who write many words and I would say that only but a few write these words for gain and profit.

What I will say to you is this: that people who put pen to paper on the whole believe that their experiences are true. It is not for me to tell you what you must believe because that is part of your learning and your pathway. It is not for me to say, *'do not believe this, but believe that'*. After all, do you remember when first I came, I told you if there is anything that I tell you that you cannot accept, then you must reject it. This I would say also about the literature in your world. Read, accept it if you can; after all what is written down is the experience of that one person. It is difficult to accept, is it not, sometimes? You must be discerning in your reading as you must be in all aspects of living. I do not come my dear friend to say, *'do not do this, do not do that'*. You understand?

Sara: Yes, I do.

It would be too easy for me to say, *'go in this direction, do this, say that'*. That is not my purpose. But I will say to you, continue to read as much as you desire and sort what you feel to be true within your own heart and you will not go wrong. (Thank you.)

Salumet gives a few words to members of the Group on how they felt they were developing

Salumet often gives a few words at the end of the year before the Christmas break on aspects of development. (9/12/02)

Good evening. (*greetings*)

This time my dear friends I would like to say to you all that as you near another of your earthly years, I would like you to look back—and that is not a strange request as always I tell you to look forward, but in looking back over these past months I am sure you will recognize how much self-knowledge and self-empowerment that each of you has gained. It may take you a little time to realize and understand those words, but I would like you to think about it carefully, to think of the choices that have been placed before you on many occasions and the choices that you as individuals have made. Think deeply my dear friends and only then will you realize how much you have capitalized on the knowledge that you have gained here.

George: Yes, I have the feeling that as that knowledge becomes more complete, we become better in a position to spread that knowledge to others.

That you do my dear friends, but what you must also understand is what that knowledge has done for you as an individual, as a spiritual being. You must fully understand where that self-empowerment comes from, and it comes from the very fact that your self-awareness has grown so much. Only in understanding yourselves can you then help others, but what I wish you to do is to look in hindsight at what you as individuals have achieved. Each one of you in your own individual style are always helping others, but my question to you my dear friends: *'do you understand why?'* That is something for you to go inwards to find. I have spoken many words in these past months about your own self-development, about meditative states, about your own seeking. I hope now that as you approach the end of this earthly year, that you are able to recognize full well all that you

have achieved. Can any of you tell me what you have achieved? *(Pause)* Please put your human modesty to one side—allow those true selves to come forth.

Margaret: I've found that I'm more contented with my life and I try to help other people as much as I can.

Yes. You my dear friend I have been uplifting, because in these last few months you have been a little depleted of spiritual energy.

Margaret: That is true.

Yes, but we are with you always. (Thank you very much.)

Graham: I feel as if I have gained the confidence to actually go ahead and make decisions. Sometimes decisions are hard to make and there is a lot of self-doubt, but I think that the knowledge that I've had has to some extent enabled me to see a wider picture perhaps and enabled me to go about thinking about making decisions which are going to have to be made in the future and I am very grateful for that knowledge. I think that I would have floundered at times without it. It's been very comforting. It is like having a side companion having this knowledge.

Yes my dear friend, of all within this room, you have been one who I would say has achieved the most. I do not say that lightly, because, as you all know, this earthly year for you physically has not been an easy one and I think I say truly to you, that had you still had full health your thinking and your decision making would have been entirely different. Therefore what you must ponder upon is the outcome of these health problems that you now have. You have been told that you have the power within yourself to become healthy, and to be healthy—and this applies to all—to be healthy you must have a healthy mind, you must have a healthy disposition to all aspects of life. So you, my dear friend, are weathering the storm very well and I say to you, continue on this spiritual journey and it only can become easier. And I don't mean by that that all physical problems in life will suddenly disappear. It is only in times of stress that the Spirit shines.

Graham: I like to think about my life as almost like becoming a meditation as you go through the day, think many things and try to apply them and as I said it is a tremendous companion and I like to try and think about my life as being a meditation in a way. In quiet times I go cycling, because it gives me an opportunity to think and it is very, very useful and I can understand what you mean about quiet times.

Yes. In your quiet times then Spirit comes forth; the true self appears. In those quiet times those who are close by you have the opportunity to help you, to uplift you, to guide you. That is why during these past months, that I have repeated many times about meditation. I have stressed also that we cannot make you meditate, we cannot force you to take quiet moments; that responsibility lies with each one of you. But I know as you also do know that in seeking these quite times, then the self-awareness and self-empowerment becomes so much stronger.

Sarah: I find like George, I find it quite difficult at times to *not* chip in and say something when people are talking, because I find that I'm thinking quite differently to the way that they are and I do try and say my little bit. Sometimes I have to keep my mouth shut as it is obviously not being taken, but very often I find that people do listen. It's made my life a lot easier to live. I find problems that I would have had before; I don't think I do have so much now, because I am thinking in a different way. I know I haven't done the meditation that maybe I should have done, but nonetheless I do *feel* much more confident in the work—yes just my faith with you.

Yes. I hope my dear friend that it is a little more than *faith*, that it is a knowledge that you have gained individually, by the way you live this earthly life. Yes you are a much stronger person than when first you came to this group. We know you do not always appreciate how much you have grown and it is difficult for us at times to tell you, because until now you are unaware of each other's light. But the time can come, with the love and dedication which you have, for those spiritual gifts to become manifold and to be expressed by each one of you. But it needs patience, it needs dedication and above all it needs *you* to offer yourselves to be used. After all my dear friends you are all sowers of seed and as you have said my dear friend, you can only but utter those words. It is up to those who receive those words, whether or not they allow those seeds to flourish, or whether they allow those words of wisdom to die. But that is not your responsibility, you have done your work when you have given of those words. So I would say to you my dear friends, continue, because your words are healing to many ears, your words to others uplift them, you are words to others: feed them. And as I have said to you many times, each one of you works in your own individual way.

Lilian: I think for myself, as Sarah has just said really goes for me. I have let more people read the transcripts of your words which are rather nice and I know they're interested, so that's good.

Again my dear friend, life for you is not always easy, but you have a generous heart, although sometimes you are harsh on yourself. Let me tell you that any doubts you may have are unfounded. Your work for Spirit is commended. You, by your way of living life is an example to others. I hear you chuckle and think to yourself, *'but I am no saint'*.

Lilian: True. (*Chuckles*)

We, my dear friends are not searching for angels—they already exist. You people upon this earthly planet, were never meant to be perfect, that is why you are here. So do not chide yourself, do not be so harsh upon yourself, because in your earthly years, you have given much, much love. And I know you would be one to say: *'but I have not done anything that other people have not'*, but there I will correct you, because my dear friend, whatever you have done has always been with an open heart. I have to tell you, you are much loved in this, *our* world. I will not speak longer this time. It has been good to join with you again my dear friends, but as always at this time of your earthly year I have to take my leave of you for a little while. I will return to that place where I belong. I will return to you, as I hope also you will, much refreshed and ready to give you more of our teaching. (*Thanks expressed*) If there is any question that must be asked, I will be happy to answer it now before I leave you.

Lilian: Have you any words for your own instrument to tell her before the year is finished? Only that we are grateful for the privilege of being able to use the instrument, also that her earthly year has held many problems also, but we have no concerns. She has reached a stage of acceptance and we cannot ask more of you than that.

Lilian: Yes, and we are all very grateful to her as well.

I would say this to you that perhaps you will tell her that what she felt is indeed correct. I am sure she will understand my words.

Dates and famous scientists

George in his quest for truth often looked for 'links' which can be very revealing. (2/2/04)

George: Could I ask a question about developing knowledge. It concerns three scientists and some curious relationships. All three have worked towards the same seeking—seeking the workings of the universe. Galileo who died in the year 1642, Isaac Newton was born later that same year and he became Professor of Mathematics at Cambridge University, and in our present time there is Stephen Hawking who was born on the anniversary of Galileo's death and has also become Professor of Mathematics at Cambridge. So, they all seem curiously linked **(Yes.)** across the span of time.

Indeed they are.

George: I was wondering if there was a spiritual connection.

Yes, I was about to say to you that they are part of the same energy. Do you understand what I say to you? They are aspects of the same energy.

George: Yes, of the same soul or similar souls?

Of the same soul.

George: That then explains the curious connections.

Yes. Although they have existed at different times, they are aspects of the same soul who wish to continue with what they have started, and that has been their choice.

George: And Stephen Hawking, he seems to have achieved much despite being very much handicapped by Motor Neuron Disease.

But that has been his choice, because as each aspect has been reincarnated, they have gained more knowledge and more understanding and when someone returns to this world as handicapped at that person, it is from their choice, because they are part of an old soul.

George: So they feel that the physical side of life is not so important.

It is not important; it is the spiritual aspect which they wish to express through their work and through their own demeanour.

George: Yes, it is a spiritual direction that is very much allied to new knowledge or rediscovering knowledge.

Yes and after all, has this handicapped, has it held him back in his quest for knowledge? It has not, it has—I almost said 'helped' him.

George: Yes, through lack of diversion perhaps.

Yes, yes, of course. That would be one consideration, I might say to you that would have been considered before he reincarnated into this life.

George: He does seem to be much admired for having achieved so much despite that handicap.

To overcome such difficulties with dignity and pride in their achievements can only come from a Spirit who has grown much. I hope that is helpful to you? (*affirmations*) I hope my words to you this time have brought you some cheer and some upliftment into your lives. (*affirmations*) May I suggest perhaps this time that our dear lady (*Sara*) take you through a journey of peace and tranquillity to end this session. As always, I will leave you knowing that always you are within my love and my light.

It is possible to channel in an ancient language from previous lives?

On 19/4/04, just this happened through Sarah.

George: Might I ask if it's appropriate for me to ask a question about what happened in our last meeting when your instrument was not with us? Is that a silly question?

My dear friend, I always await your question! (laughter)

George: The point about the last meeting, a Danish lady whom we know as Jette, who normally lives in Denmark, but she was in this country and she had been with us before about 10 years ago, but she sat with us and she channelled and it was a lovely channelling, but at the end of the session one came through Sarah and spoke to us very clearly in a foreign language, possibly a foreign *ancient* language, and we've no idea what that language was. It might have been a prayer or a blessing, and I was just wondering if it's possible that you could help us in reflect of what the language is so that we can get a translation.

Yes, I feel that you should look towards the Inca language.

George: Yes, well, we ruled out quite a number of languages but yes, Inca feels right.

You may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. But let me say this to you my dear friend: when those who channel come to you with strange tongues for you, where your understanding is not great of what they say, might I say to you, accept, accept what they bring to you, because the energy has been provided for them to come to you and it gives you the opportunity to think about something that does not make sense to you; it encourages you to look further afield.

George: Yes, it seemed a significant meeting and we would dearly like to find out more about what was said. Thank you for putting us in that direction. I'll see what I can find out about Inca words.

I have no doubt that you will find out what was meant to be. It puzzles so many on your planet when those in Spirit use another of a different language. Let me say this to you, they only use Spirit who are in some way connected in past times with that same language.

Sarah: So, are you trying to say that I was connected with the Incas?

That is what I am saying, that in some way there had to be a time when that language would have been available to you.

Sarah: Well, actually, Salumet you say it puzzles us, I'm actually surprised that we don't get more foreign languages through, because I know English is our language, but there must be many, many people who want to come through who aren't English speakers and haven't got the translation that you have. So, it actually does surprise me that we don't have more.

But my dear friend there are many who have many languages through them, but it is usually those who are giving evidence to others who understand the language. Those Spirit people who work for us to give evidence to those of you on this planet, there are many tongues used through mediums who do not understand what they are saying. It does not occur here, because that is not our purpose with you. You understand?

Sarah: Yes, I do. On this occasion when this Spirit came through me, I have to say I did think it would be nice—it was not exactly a test, but I had in my mind, because we had this Danish woman—I do believe that the Spirits that come through me, *are* coming through me—I

thought it would be a nice proof if a Spirit came through me and I didn't understand the language, then it would be real proof that it is coming from Spirit. So, I was sort of expecting to have somebody come through me, but I certainly wasn't expecting to have an Inca language through me!

George: You were talking of proof as a scientist would see proof?

Sarah: It was just for my own...

Might I say to you, this word I repeat to you so often 'the power of your THOUGHT'. Do you not see the interaction between your thought and what was said through you?

Sarah: I do now, yes—it hadn't occurred to me at the time.

No. Again, it is always a problem with you that your memories seem to be so, how do you say, 'short'. (chuckles)

Sarah: Yes! I'm very aware of the power of thought (**Yes.**) and I often tell other people that, but that particular moment I hadn't—well I didn't know what the language was and I certainly didn't know it was one that I had perhaps used in the past, but I was very grateful for that experience and very interested too, so thank you very much.

Do not thank me. Give thanks to those who used you. Give thanks to these people who listened to you and give thanks to yourself for allowing it to happen. Yes?

Sarah: Yes. And I now thank you for those words! (chuckles)

Joseph Merrick formally known as the Elephant Man

Graham made the connection to Joseph Merrick, known to some as the Elephant Man. He had lived through Victorian times and into the 20th century. Salumet stated as he has stated before, names are in reality unimportant and that he does not usually give personal data. He observed, however, that it can sometimes help to have links to accepted history and he confirmed for us that this had indeed been the one we know as Joseph Merrick. Salumet added that he is a progressing soul who does not wish to be remembered for the bad treatment he received. He currently does much good work in Spirit helping handicapped ones in their way forward. I ventured that there had been a wonderful energy connected to the visit and many had been gathered in Spirit on that occasion. Salumet confirmed that this had been so. (27/9/04)

There followed one through Eileen, and it was believed afterwards that this may well have been Joseph Merrick, which was later confirmed by Salumet. Communication was slow at first, but is fine after a short while:

Not church...

Lilian: Your instrument did have a bit of a troubling cough, which is probably not helping. **...using voice...I been given opportunity to come to you—to come to you with all this disfigurements. I am being helped to come to you with a helper, but had to make this transition this time. Can you hear me? (affirmations) I have been told this one will be looked after. If her voice or head is uncomfortable, she is to get some healing. (affirmations) I want to say thank you for allowing me to come with such terrible disfigurement. (sitters stressed that it was a pleasure to have them)**

Lilian: You do know that you don't have this disfigurement now in Spirit?

Yes, but it necessary one time—this time—and I had permission to use this one. I don't know who allowed it, but I am eternally grateful.

Lilian: She's a very kind soul, (*Eileen*) she won't mind.

I was responsible for her voice.

Lilian: I see. When you go back, you will be able to move forward, will you?

I am going to help people like me, to come to people like you. (thanks expressed)

Lilian: We will give disabled people our thoughts when we sit quietly.

I hope my condition have not distressed you too much.

Sarah: Not at all, we are pleased that you came to us. (*affirmations*)

Lilian: We'll make sure the lady you're using is fine when you've gone back to Spirit.

I've been told she'll be well looked after, but just in case, because it can't be comfortable for her.

Lilian: I see. Can you tell us your name?

I was called Joseph, but I was referred to as 'it' sometimes.

Sarah: That wasn't nice.

But I'm not concerned about that now. I've got to go now, but I just feel that a big step has been taken for lots of people. (appreciation expressed)

Lilian: We're glad you came and said hello to us.

Yes, I don't know your names do I, but it feels nice here.

Lilian: Thank you. come again.

I will never come back again like this. It served a purpose this time.

Sarah: But you don't need to.

No, and it's most uncomfortable.

Lilian: I'm sorry.

It's alright.

Lilian: Well, we will say goodbye and thank you for coming.

Sarah: And let you get rid of that body again.

Yes, I don't need it anymore. (affirmations)

Bob Geldof, Richard Curtis and Bono

George makes the statement about how good large-scale charity concerts are for raising money and awareness for those in need in Africa and other places. (18/7/05)

George: Last time we spoke, you said something about music, and since then there has been a world-wide event and ten concerts were arranged largely by three people: Bob Geldof, Richard Curtis and—the other name escapes me. That was a set of concerts listened to by many, many people and held in aid of poverty and hunger in Africa and unfair trading in Africa. I would imagine that this would be seen from Spirit as a very good event and a step forward for the world?

Yes, not only seen by us, but inspired by us! (laughter) You must know my dear friends that as I have told you in past times, that as your life continues, although there are many actions within your world which disturb the human race, there are also many which are born out of good for humankind, such as the one you speak of. I have said that as time

progresses, human awareness and the acceptance that life continues and Spirit is something that is part of everyday being, then humankind will slowly change in its outlook.

George: Yes, the third gentleman who should be mentioned is Bono, (Yes.) the lead singer. I felt those were three did extremely well.

Yes, there always will be leaders who will accept positions of honour and trust for many others—there has to be for humankind to accept these things. That is why it is people in public eye who will be to the forefront of these events, but I have to say this time the event was worldwide, it was known of worldwide and that is how these things will progress. As one ripple continues on its way to join another, the wave becomes greater.

George: Yes, and I could not help wondering if your few words on music the week before were also no coincidence.

Yes, you are observant my friend, yes. But does not it warm your hearts when you see such things take place (*affirmations*) and the generosity of Spirit from so many. But always there is the positive and the negative within your world, but the positive aspects of living are growing—it may seem slowly, but I know that you will believe me when I say: *we are making progress this time—yes.*

[Life is not all perfect on Planet Aarah](#)

Bonniol felt that we had got the impression that all was perfect on planet Aarah. This led to information about some issues there and some of their solutions. (6/3/06)

I would like to be a little more frank, about some of our peoples. I think you have an idea that our world is perfect in many ways. And I have told you that we have different problems—of over-population and some disagreements over how we work with the elementals, for example.

George: Yes, you mentioned this.

We do not have wars or fighting, but we do have unrest from time to time, and this may surprise you, but we have had assassinations—is that the word. (*Affirmations*) So there are political groups struggling for their points of view to be made.

George: We understand. We've had occasional assassinations ourselves.

It's not common, but we have had it. And so, it is something that cannot be dismissed.

George: But nevertheless, people have the collective good sense not to go to war over disputes or over annoyances...

There is enough love from the majority of us to not allow war.

George: So again, 'love' is the key to that matter.

But there are those who are prepared to take life, if they feel it helps their cause.

Rod: Do you have armies fighting people, to protect one against the other?

We have something, which has evolved from your 'armies', but it no longer functions like that. They are like a group who rescue people—deal with natural disasters—are available for many different activities, depending on what is needed at the time.

Rod: Almost like a United Nations here I should think...

Yes. They understand medical as well as natural disasters. They can—they understand how to fight, but it is not a main part of their training.

Sarah: What would happen to the assassin if they catch him?

If this person is caught, they would be placed in confinement for a time.

Sarah: Do you have special prisons like we do? Do you need them?

We have something like a prison in the sense that it separates them from the world, but it is not meant as a punishing place.

George: And are they left to their own thinking, or would they be subject to what might be considered to be helpful learning for them?

They will have many who will try to help them. They are not so many to deal with—it is less common in our world. But they are always those who, for some reason, are unhappy with the way things are, and are prepared to act without regard for another. So they need to be watched over carefully and if possible, finding out why they have chosen that pathway—and if they can be encouraged out of it in *this* lifetime, as opposed to waiting for the disappointment when they move on.

Sarah: Salumet has told us that you should never take a life, so all of you must be aware of that as well...

It is something that we would hope everyone is aware of, but when you have mass populations, it seems there are always some individuals who choose another course other than the one we recommend.

Sarah: Sometimes they say when places get too crowded you get this kind of thing. Maybe it's partly due to the overcrowding on your planet, do you think?

There are many possible reasons. That is one that has been voiced at certain times with certain people.

Rod: Reading between the lines, you seem to know how many people we've got in prison here...

I have looked through the memories of this one and I do not know the numbers but...

Graham: It's about one in 800 in this country—I've just done the calculation, about one in 800 in England at the moment.

I am aware of your problem with prisons and the scale of it. It would seem to be a problem, which has not been tackled very imaginatively, can I say?

George: Yes, I agree.

Graham: I think they're trying to find alternative methods to punishing other than going to prison—allowing people to reform outside prison, giving them the opportunity to do so, which is perhaps a step in the right direction.

George: Yes, we're trying. We've still got quite a long way to go.

[An artist who paints peoples' voices](#)

Sarah: I was reading about someone who paints peoples' voices. Now she must be tapping into their energy I suppose. Would that be right?

Yes, that would be the only way. It is the sound of energy that she picks up on—yes.

(4/6/07)

Salumet in Spain!

There was no meeting on the bank holiday, and Eileen was in Spain for one week with the Ray Brown healing group. This healing group travels to Spain twice yearly doing wonderful work. On this occasion, Salumet came through, spoke to those present and answered questions. During the healing sessions, there was amazing psychic surgery to straighten a spine, suddenly putting an end to years of pain. Also, Paul has returned from several months travelling in Thailand, where he experienced an organic gardening and seed-collection project, and earthen building project. (11/5/09)

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

George: And can I just say that all present are very, very happy to hear that Salumet has spoken in Spain to the healing group...

Thank you, my dear friend, but I am happy to be back here with you all.

Lilian: We're happy to have you (*back*) and Eileen.

Sarah: Very happy!

Firstly, this time, let us welcome back the one known to you known as Paul and also our dear lady friend (*Jean*) we have not seen for some time.

Paul /Jean: Thank you!

I feel that the gentleman has come back to us, rejuvenated spiritually.

Paul: Yes, it was a good period for spiritual thinking (**yes**) and rejuvenation. Thank you.

Yes, it is good for each one of you to have some spiritual time. Is the lady ok? (*Sara had left the room coughing*) I will see what we can do for her. (*Thanks expressed*) It would not be we feel inappropriate, my dear friend, if you were to place your hands on our dear guest (*Jean*) this evening.

Lilian: Yes.

It would help her head if you would do so.

I feel as we have come together once more, that I will take any questions this time.

Sarah: Could I just say—this isn't a question, it's just of interest really: You told us that we should look to the seas and we would get some more information and knowledge (**yes**) and I was reading in the paper that they have found that a fish called a zeta fish has neurones in it that they think they may be able to use to help people with motor neurone disease (**yes**). So that's one of the examples, I'm sure, of what you said to us...

Yes. Just be vigilant as time goes on. There is much to come.

Sarah: Yes.

Mankind is looking now, for all new ... searching for helping their fellowman and that spirit alone is very good; but thank you for bringing it to the attention of others.

Sarah: Not at all, I found it of great interest, especially after what you'd said, so thank you for telling us.

A visitor to séance groups called Alan wished for evidence to become more accepted

This was Alan's first visit to the group and he happily stayed for a chat. It transpired that he had no belief in the spirit world until he arrived in it! His little dog, with whom he had a strong bond, greeted him which started many questions in his mind such as how did he get there? And that played a part in his becoming more aware of our true reality. At first, he thought he was dreaming! He has since lived, by Earthly standards, quite a long time in spirit world—long enough to lose memory of the details of his planetary life. (18/1/10)

George: Is your dog still with you?

~ Yes—not this minute—

George: But he's still the good companion—

~ Yes, good friends we must have been but I don't remember much now. I always had a strong bond with m'dog.

He spoke a little on how he came to start visiting séance groups and it became clear that he was very much the countryman at heart.

Graham: What do you do when you are not visiting groups?

~ I travel the countryside. I like to see other animals when they are not joined with people—and this is beautiful.

Lilian: Yes I can imagine.

~ And I am actually being taught to speak with them.

Lilian: That's a wonderful thing. And are you able to help animals in the wild when they are in difficulties?

*~ I haven't got **that** far—now that is something I could do—influence, yes. I'd like that I think.*

We chatted on about possibilities and about others of mutual acquaintance. Then Alan declared that he suggests to people while on his visits that they find out as much as they can (about the spirit existence) while they are still here.

~ Yes, it will help you a lot if you can understand a little bit.

As to speaking through a medium, Alan said:

~ There's someone who helps and I'm instructed what to do. And you must be able to blend. It's not a matter of picking someone because you like the look of them. Don't ask me about the blending of the energies—don't ask me about that because I couldn't tell you. That's too complicated for me. All I know is that you can do it.

We expressed our appreciation of those who come through giving us some idea of what they can or can't do. Sarah enquired if he wished to have another Earth life. He replied that he is very happy where he is right now but may well take counsel on that one day.

Our friend went on to say:

~ Sometimes we try to help people—give them what you call 'evidence'. But I don't like that—too much emotion.

We explained that we record everything that is spoken during these meetings so that we can then send it out to others AS EVIDENCE.

~ That's very good—the more people know the better, I think. I don't know how I didn't know for so long. How can that happen?

We went on to say how we are but a small group that has been so fortunate in receiving Salumet's visits from angelic realms for so long, but there are so many millions out there less fortunate.

~ Well, I think everyone gets at least one opportunity—then it's up to them. It's all to do with the thinking—what you want to believe.

I referred back to lost Earthly memory—our friend said:

*~ To be honest I don't remember. And to be **very honest** I don't care—which got a good laugh all round.*

Finally, there was interesting dialogue on language. Our friend explained his experience that language only belongs to the BEGINNING in spirit, before LANGUAGE-FREE thought communication later prevails.

[Clearly, the language-free thought communication of progressed spirit compares very well with our Bonniol interplanetary mind-link work.]

We asked if Alan has reached that point. His reply:

~ I'm still struggling. Don't let anyone tell you it's easy, because it isn't.

(General thanks and farewells)

Spiritual Bank

Several members of the group were struggling with work/life balance when this message came through. Interestingly over the next few months, financial situations did improve. (8/11/10)

Then a very powerful voice came through Sarah:

All those who are concerned with MONEY, do not concern yourselves further; because we are with you and helping you, so that you can devote more time to being with more spiritual affairs. We understand that you need money in this Earthly life, but we wish to help you all so that your lives can be more enriched with spirit and less with the materialistic approach to your Earthly life.

There were general comments of 'very nice!'

We have a 'spiritual bank', and you can be assured that we will be delving into our reserves if you become troubled.

Some clarification was sought on this

I mean 'a spiritual bank'—because we wish to help all who are in trouble in this world and money is one of the causes of so much stress. And so, this is one way we can help you, but we only help in this way so that your energies can be diverted to the spiritual side, and you are not wasting your time troubled by these materialistic problems.

(General thanks)

So, I just wished you to know that we are keeping an eye on you all. And we wish you a trouble-free life.

A distant relative of Eileen came to visit

Many visitors from the 'olden days' have come to tell their story. Some from several million years ago. This lady known as Josephina tells of village life in England. No dates given.
(3/1/11)

2011 began with a small meeting with just four sitters. One spoke via Sarah who gave her name as 'Josephina':

I am so happy to have been able to join with you this time. I have quite often waited but my time has not come; so I am very pleased that I have at last been able to talk with you.

She went on to explain that she has been 'around' and feels she knows us well, and she had noted that the group was smaller this time—

And I have been told by those who have visited that this is a special group to come to, and there is certainly a very warm feeling to this visit.

Josephina could not say when she had been on Earth. It seems she was in an English village at a time when poor people wore short clothing, about halfway down the leg, and the rich wore longer. Skirts were gathered at the waist and aprons worn. The rich had horse-drawn carriages that would sometimes pass through the village. Poor folk walked everywhere and only very rarely ventured outside the village. But they were happy times. Whilst speaking she seemed to become aware that one of the villagers had travelled to Scotland for work and did not return—and there is a past-life family connection to Eileen, who is indeed of Scottish ancestry. As awareness further increased, she declared that that must be why she has come—to see her relative!—and to bring to her greetings from her English family!

Two visitors came to discuss the first use of the metal plough and how it attracted some negative attention at the time

One spoke via Paul, saying that he had not done this before. (25/2/13)

Sarah: We can hear you very clearly.

It's actually easier than I thought. It feels quite cosy here, but I won't stay long—I haven't got any—

George: Well you're very welcome, and you're very welcome to stay longer if you wish.

I wasn't planning to say anything important to you. I haven't really got anything of special importance to say.

Mark: That's okay.

George: So, you're just doing it for the experience—we'd like to help you with this if we can.

Yes—I am happy just to say 'hello' to everybody.

(Sarah asked what he did when on the Earth)

I was a farmer when I was last on Earth.

George: Are you able to give us a name?

I was known as Fred.

Mark: Do you remember where your farm was?

It was in—in the Lake District—yeah. But I must say it's of no consequence. I was very interested to see if it could be done. And I'm very happy that it can be—and it's so easy. Makes us feel very comfortable.

George: Well, if any time you would like to come through for a chat Fred, you're welcome. And the Lake District would be a beautiful area of the country to live in.

Yes it was—yes it was. But I don't wanna to waste any more time.

Mark: It's not wasted.

So I'll be on my way.

Sarah: Thank you for coming.

George: Thank you Fred. Do feel free to pop in again if you wish.

God bless you.

Next, one via Sarah:

Good evening.

All: Good evening.

I am trying to piece together some information. I have some old metal-ware, and I believe it belongs to the gentleman who has just talked with you (oh?). He was indeed a farmer (right) but he was also one of the first in his area to use the metal plough. He was much scorned by those who had previously worked the land, and as a gesture of peace he gave to the workers these metal objects, so they could do some work in their own right. He was a good man, but his foresight was not appreciated by many.

George: Yes, people often don't like changing to something new. It's a trait that perhaps we have on Earth!

He was not aware, but he came back to see if he would be accepted this time. And, as you are aware, he WAS. And that is the reason why he did not stay for too long.

George: Well it's very nice of you to come through and explain. We appreciate that.

Yes, he is now ready to make his way further in spirit, and although he could re-visit, he will most likely have no more need to do so.

George: Yes, it's a very silly trait that humans have sometimes of not wanting to accept something new, and he seems to have suffered by that, which is a shame.

Mark: Negative thinking!

Jan: I was just thinking that.

Mark: We've come full circle!

(Chuckles)

But he is a happy man now.

George: Good, we're pleased to hear that.

So, my mission has been also successful, and I also will return.

(General thanks for visit and explanation)

Flight MH370

George asks about the disappearance of this flight which has to this date not been traced. *In 2020, it still hasn't been traced.* (10/3/14)

George: There is a question sent in by one of our readers. It concerns the airliner with 239 on board, which has disappeared over the South China Sea, with not a trace to be found—no wreckage and no messages. And it is wondered if there is one of those multi-dimensional points which we have talked about in relation to the Bermuda Triangle area. Would you care to—

I will say simply this, that that does not apply in this instance. There will be more information to come, but it is not to do with what you have mentioned.

George: Thank you very much.

Russell Brand

Marks asks about this high-profile political comedian. The point has not been followed up since. (1/12/14)

Mark: Could I just mention a man called Russell Brand to you? He seems to have quite a gift of communicating to people and is bringing a lot of people together at this time and I wondered if you might have something to say about him?

I would have to check on this one. I will give you an answer next time (thank you). But I would say basically, anyone who has the right motives in mind and who is working for Spirit, is always welcome in our world and yours. I

The Ark of the Covenant

These topics have always been of great interest to George. (28/9/15)

George: Can I place one more concerning the Graham Hancock interview?

Yes.

George: He has studied the writings about what is termed the ‘Ark of the Covenant’; and it seems that it’s considerably pre-Christian era (**yes**), it is mentioned in a number of spiritual writings, there is a replica of it in 20,000 Ethiopian churches, I gather—so it has a very serious place. It also seems to have been feared, and it is claimed to be present in one particular church and people are denied access to it. And he seems to have reason for considering that it relates to, shall I say, a lost technology from a previous civilisation. Would you care to comment on that Salumet?

I will comment quite quickly, and yes I would agree.

George: You would agree that it is a technology from a previous time?

Yes, it is no doubt—and again, much longer than has been stated.

George: Yes (**yes**), that was my feeling about it (**yes**). Yes, it’s interesting that you are able to confirm his contention that that is what it is.

Yes, there is no need to go deeply into this, but yes, I fully agree.

George: Thank you—that’s very nice to know.

Ark of the Covenant: It is said that the ark is within the church at Abu Gosh and there are small replicas of the ark in 20,000 other churches throughout Ethiopia:



The information that the ark is technology from a civilisation dating from well before the Christian era leaves me with the thought that perhaps it has connection to Atlantis. We have the as yet unpublished testimony of one Vincenta Moog, and I sincerely hope that it will be possible to publish when the time is right. Vincenta has powerful visions of a time when in past life she was High Priestess of the Brotherhood of the Light in Atlantis. She gives wonderful descriptions and speaks of a gateway with lasers of a golden hue criss-crossing it. These generate a kind of force field. “Only a suitably advanced soul could walk through it unscathed. Spiritually impure souls would literally be thrown backwards through the air, never to be invited back during that life.” Food for thought!



One of a number of illustrations from the literature that depict the Ark of the Covenant.

The dawn chorus

The beautiful dawn chorus is also joined by the Angelic Beings. This fact is little known.
(12/9/16)

Paul: I have a question about a book I read recently. It was a channelling from quite a few years ago by Charles Simpson, a medium, who had a Doctor Lascelles, come through on many occasions I think (a group that were called The Seekers) and I was fascinated by one thing he said about the dawn chorus and the birds, when they're all singing together, he said it was like all the vibrations—the songs, actually helped the Earth itself to awaken, like setting up a chain reaction of vibrations.

Yes, I would like to tell you my dear friend that not only is the dawn chorus from the birds of your world, they are accompanied by the Angelic Beings in our world, which, if only you could be aware, you would see the strength and energy and how the Earth can be transmuted from darkness to light.

Paul: I thought the Angels must have something to do with it.

Yes, it is a whole choir of not only the physical birds and energies of the world, but also from our world; they are united, they are in unison with the vibration of sound.

Paul: Mm, because we've talked a bit about sound before, and I thought that's a wonderful working example (**yes**) of how these—it's a beautiful sound the dawn chorus...

And I would say to you that sometimes when people are ready to return *home* to us, they will often say they hear music; that is part of the changes that are made within your world by those of us in spirit. It is a sound, an energy that is more beautiful than you could be aware of here. But yes, that dawn chorus, as it has been named, is a most beautiful happening within your world and within ours.

Lilian: So that's why the early morning, the very early morning is really quite beautiful?
It is, is it not?

Jo: Before everybody gets busy.

Yes, there is a quietness—in that still time, there is a quietness of spirit when most people have been resting and the spirit has been allowed to be free in order to rejuvenate the body. So of course, it is a most beautiful time, as also at the end of your days.

Paul: That's right, they do sing at the end as well, don't they.

Yes—is that helpful to you?

Lilian: That's lovely.

Paul: Yes, it made me wonder if there must be a benefit—I'm not always up at the dawn chorus, but there must be a benefit to be *present* and *hear* it, for us humans.

Yes, you will have the benefit even if you are unaware of it; it is for *all* to benefit from it.

But yes, if you have that sense of knowing, you will of course be much more aware of it.

Paul: I just wondered—maybe this wouldn't help, because as you say it's the Angels who we can't hear as such, but it wouldn't help to record it and play it sometimes?

I would say that is a very *good* thing to do, because in listening back, you sometimes catch the vibration which is not audible to the ear sometimes, but in the replaying of it, these tunes or notes as you say, would be available to you. The more you listen, the more you *capture*.

Paul: Mm, because I also thought—it says in the book that certain parts of the world where there are no birds, so there's no dawn chorus, they're often very barren places (**yes**), so I thought well maybe you could *play* some of these dawn choruses...

You smile my dear friend, but that is not a bad idea. Yes, the lack of beautiful spiritual energy in these places is quite tangible sometimes, and it would be wonderful for thoughts to be given to those pieces of land which are barren, although I have to say, nowhere is completely barren. They are not always neglected, because spirit would never allow that to happen.

Paul: Would it improve even maybe the fertility of the soil of the Earth?

Yes, along with the thought of the humans, who would wish to cultivate in some way. The thought has to be powerful enough, you understand?

Paul: I see, yes—maybe that could help some of the desert areas. (**yes**) Thank you, that's very interesting.

Of course, a lot of these places have been manmade, with the neglect of mankind in thinking about the whole spirit of the place. They just see the land as something to be disregarded and disrespected. So, mankind has some answers to give.

Paul: Well, I'll cherish even more the sound of those birds in the morning.

Yes. Become a part of it; you *can* become part of it, if you allow your meditation to take you with it. But of course, you have to forgo your bed!

Chuckles

I hope that has helped you just a little.

[Identical twins who thought quite differently about their lives](#)

We do think quite differently which can have a huge bearing on aspects of our lives.

(26/3/18)

Paul: Hello and welcome. You are very welcome to speak.

I was just listening to what you were saying; and I was a twin. And indeed, we both thought so differently about our upbringing.

Graham: That's interesting.

So it IS possible.

Graham: Yes—were you similar to your twin?

We were identical.

Graham: Yes—did you get on with your twin? Were you friends?

Yes, we were good buddies, but my brother always thought that I had a better deal. And, to be honest, I think I did.

Sara: Do you think that was down to personality blending with the parents rather well?

I don't know, but he always suffered in life.

Graham: I think sometimes we create our own reality, and if you feel as if you're getting a rougher deal, that's the reality you create with the power of your thinking.

Yes, I think that is right, that is right. And of course, the more he thought he was getting a rough deal, he DID because he created the friction.

Sara: With his belief.

Paul: ...and his thinking.

Graham: Were you able to talk to your brother about this?

I did not realise at the time, but we stayed friends. (That's good) But I have to say, I did have an easier life than he did. So, I just wanted to say that, because I was listening to what you were saying.

Graham: Yes, that's a very interesting input, thank you.

Paul: Funny enough, before you spoke, I had the thought, twins, they would be, in theory, treated very equally, but of course they wouldn't because they've got different thoughts going on in their minds so...

Graham: They have their own free will...

Paul: ...that would attract certain energies to each individual twin.

Just because you are a twin, it does not mean to say that you are the same. You have different souls, you have different everything, except the way you look.

Graham: ...which is the least important really.

But it is how you are judged. (Yes)

Paul: It just goes to show, almost the irrelevance of the material body—you still make a different life for yourself even if you look the same as someone else.

Graham: Were you identical twins?

Yes, we were very, very alike.

Graham: Yes—it drove everybody crazy trying to work out who you were.

It was quite good fun actually.

Giggles

Graham: Did you each pretend to be the other?

Sometimes, but not with the parents, because I was on a winning wicket.

Sara: Did you ever feel uncomfortable because you felt you had an easier life than your brother?

Not at the time, no, because I think when you are a child, you are quite selfish. (Yes) ***Anyway, I'm going to go now. Thank you for your time.***

General thanks

Sometimes we are shown visions to help with our growth

Lillian asks after an experience by a small group of spiritually minded individuals about helping the world. (18/2/19)

Lilian: A friend of mine, she has been to the group a couple of times and she's very into Spiritualism—she does a lot for the Spiritualist church and so on, but a little while back, not very far back, her and 3 other ladies decided to start a small group on their own. Now, that was quite unusual I feel in itself, because there are groups that you can sit in, with the church—like circles. Anyway, during one of these little 'sit-togethers'—they know how to connect to Spirit, and so on, all 4 of them together, suddenly felt they were '*holding the world*'. Now, they all felt this together; it felt very heavy and through one of the ladies came a voice, saying they were here to help the world. A few other things went with it and she described a few, but she wondered what that was about and how would they be helping the world?

It was the unity of 4 blessed Souls together. Probably, in Spirit, from Spirit, they had been waiting for this union, (I see.) and because they have been involved in what you call 'church work', which you do not need to do to unite with Spirit, but that is everyone's choice. These are 4 individuals, who came to work together, when the time was right, and Spirit was there, waiting for them. Of course, they would experience some phenomenon, because the power of those 4 together at that time was meant to be. To save the world takes more than 4 pairs of hands, (Yes.) but it is only that they have been shown this, to show that they are part of a wider picture, that each and every one of you are here to help to save this world. You understand? (Yes) So, I would suggest, if they have not had communication individually, that they realise that they are a unit of energy when they come together. They are, as you have said, a small group of people, who wish to help, to find Love and to bring peace to the world, as all of you wish to do now. (Agreed) Each one who comes before Spirit, and leys open their Soul, will be given the help that they need. So, I would say to them, accept the gift that came to them in that vision, because that is what it was, a small vision of what can be achieved, and if they so desire and wish, they can be shown so much more.

Lilian: That will be interesting. The lady I know, who asked me to ask this question, she is the kindest and most helpful person...

She is a pure Soul. They all have their attributes, but the lady in question, is a pure Soul, who has returned to this planet to help others; she gives much of her time to helping others.

Lilian: Yes—yes, thank you; I can pass that on to her.