

93. Words of encouragement to the group

Contents

A temple in a place of great beauty.....	2
Salumet confirms that much of what he brings does cause some confusion to our minds.....	3
The worst thing for many of us would be to have our prayers answered!	9
More words of encouragement about our development	10
It is better to express doubts rather than hiding them away.....	11
Salumet encourages the group to see the beauty of the world and all that exists in it.....	12
Importance of patience and not living in fear	13
Some wise words to the group	14
George asks about terminology.....	15
Remember to send thoughts out to those in need during times of celebration.....	18
Group is progressing even faster than was expected.....	19
A message to Heather.....	19
Sister Marietta	20
Salumet gives a positive message for the new year	21
Salumet speaks individually to each sitter.....	23
Salumet gives words to the first meeting of the year.....	29
Importance of spreading spiritual knowledge	31
Words of encouragement.....	33
Many opportunities are coming for our spiritual growth.....	34
Salumet encourages the group not only to give but to teach others the ways of spirit	35
Salumet reminds us how closely linked we are in spirit	36
Sue and Eileen attend a Direct Voice circle	37
Salumet starts by informing us of great strides being made in many areas of technology	38
Salumet announces that new knowledge will now be brought forward even when the group is small in number.....	39
To be emissaries of Spirit you have to be attuned to us quite closely	40
Revision of spiritual truths needed over the next few months	41
Salumet assures the group that awareness is growing	43
We are not always aware that Salumet is around - but he is!.....	44
Salumet’s words are often repeated	45
Great strides are being made of historical discovery and in the field of medicine	46
People are becoming more willing to speak about what they believe to be truth	47

Once we have heard and understood the teachings - we are changed!	48
Paul shares his feelings that this coming year will be an important year for growth on the planet....	49
Salumet is also occupied with matters in his own realms	50
We are all gods in our right.....	51
Salumet gives advice to those who are new to the teachings.....	52
It's time to feel connection with all that there is.....	53
Thoughts for the end of another year	54
Salumet discusses the results of a spiritual exercise from the previous week.....	55
When compassion does not come from deep within – it means nothing.....	56
Salumet reaffirms our growth from a discussion about suffering in the world	57
The work that goes on to help alleviate the suffering.....	59
Powerful changes.....	60
There are times on this Earth when people feel overwhelmed	64
Words of encouragement both general and individually	65
A reminder that our world is evolving as we are	69
Salumet does not wish to take all the credit	73
A message for the whole planet	74
Ond Kulla reassures that we are on the right path this time.....	77
Take responsibility for every word, action and most importantly, every thought!	77
Changes are happening through the Universe	78
With the prospect of Coronavirus sweeping the world Salumet gives some words of encouragement	80

[A temple in a place of great beauty](#)

Eileen is shown a place of great beauty and then Les is shown the anti-room to a great temple. (12/6/95)

After a short pause, Eileen began to get clairvoyance: The name Alistair, a stone animal next to huge gates and a country. (Thailand) The gates opened revealing many steps going up. Someone stood at the very top, dressed all in white, wearing a pointed head-dress encrusted with gold. She was allowed to enter, though she couldn't move her feet at first beyond the threshold. There was an incredible feeling of coming home and she wanted to weep. She described it as being like music inside, though it wasn't and Les said she was hearing the energy. The man smiled, welcoming her in. It sounded like it was difficult to describe the beauty of this place. A bird alighted on her shoulder—Eileen began to weep, as she said she had to return, overwhelmed by it all.

Les then added his own clairvoyant impressions:

*I'm being shown an enormous cross. It appeared to be of gold, jewel-encrusted, of the utmost craftsmanship. Voice changes as Les starts channelling: **Around the base of it are a number of similar crosses. And each one of you here is being given one for your strength and encouragement, for the work you wish to do. Accept this, keep this symbol with you, remember it is always there for you. Use it for strength, use it to give love, use it to protect you from harm and accept that it comes from places far beyond your conception at this time. Your colleague has been given just a glimpse of an anti-room to one of our temples, which is based upon a temple, which existed here, long before your time. And what your colleague has seen, is but a dim reflection of what exists beyond that anti-room. Now can you begin to imagine what beauty there is waiting for you all, when you have travelled the paths you must walk, in order to reach such sublime, such sublime results for your efforts. We give you these crosses of beauty and energy and strength, in the hope that you will in your lifetime here, each and every one, recall this gift and use it in the correct way, for which it is given. May the great Sun shine upon you at all times, may the Earth be good to your feet, may the waters cleanse you of your troubles and may the moon above give you peace and serenity in your life. I bid you farewell.***

A bright jovial one followed through Eileen briefly, encouraging us to report on whatever we'd been given. Some of the sitters had been aware of different things, but we'd been reluctant to speak.

Another briefly followed through Sue, bringing another gift for everyone:

—I wish also to give a gift to each here. It is the pure white lily of love. Please to ask each one before they retire to their beds this night, to open their minds, trying to see the white lily. Please hold the image, keep that image close to your hearts and minds. Recall that white lily of love—if ever your thoughts stray into dark places, come back to the white lily. It will bring much joy to all here. Now we will close with a prayer of love:

'Oh most heavenly Spirit,

Let the love shine around and within these special people here.

Let them feel the presence of your love and light, in times of darkness and despair,

And let the light return to their inner selves,

And the Spirit within.

God bless each one here, until we meet again.'

Amen.

Salumet confirms that much of what he brings does cause some confusion to our minds

However, this is good because it promotes much thinking and discussion, and so helps to open our minds. (18/3/96)

Les: Good evening and we welcome you once more and once more thank you for joining us.
Good evening.

All: Good evening.

I am glad to see so many of you.

Les: Yes it's a nice full meeting tonight, isn't it? Only one absent due to illness unfortunately. **Each one brings with them, their own individual glow, which contributes to the light within this place.**

Les: Good, that's nice to hear.

So it gladdens me, when I see so many of you together. Let me say to you, a few words to begin this time. I know that much of what I bring to you, sometimes confuses your minds.

Les: Yes, we have to agree with that, it does.

But when first I came, I said that we would be talking on many deep matters.

Les: You did and we are very, very glad that you have been doing that.

I ask you my good friends, to accept these confusing thoughts, because you see, it opens up your minds to many thoughts and provokes much discussion amongst you.

Les: Yes, you are quite right, it does.

It is good that you analyse what I bring. It is good in the sense that it is opening you up, that it creates unfoldment within you, by the very fact of being confusing thoughts to you. You understand?

Les: Yes, it certainly makes us exercise our mental abilities.

And this is what we try to achieve with you. You must not allow your thoughts to become stagnant, you must allow these thoughts to expand. Although I say to you, accept what I give you, I fully understand that some of you find it a little difficult sometimes. And so I say to you, if you reject anything that I tell you, do not be disappointed with yourselves, because my dear friends, we in our side of life, are glad to see what you are achieving.

Les: It's comforting to know that we are progressing, even though sometimes we think we are stumbling about, without understanding.

That is why I say, do not be disappointed with yourselves. The realisation and the awareness will come to you all, when the time is right and proper for you all, because you know fully, that you are all at differing stages of your developments. So, I know some within the room are a little disappointed that more does not happen with them. But do not concern yourselves about this matter, because as I have said, you belong together and each and every one, has their individual tasks to perform. Although you differ greatly in your stages of developments, each one of you is as important as the other. Please always bare this in mind, see yourselves as the whole unit working together, each one contributing, although you are not always aware of what it is you give. I tell you my dear friends, your energies are increasing, each and every time we come together.

Les: Splendid.

So, know and accept that your Love energy and bond, is issuing forth great love that provides us the energy needed for us to come to you. Without you all, I would not be speaking to you now. So with those words, I want to thank each and every one of you here. Know that you are looked after, know that we cosset you, we try to support you and we try to influence you daily.

Les: Thank you. So would I be right in assuming that the dissension that was present in the previous life, in which we were all of a 'Closed Order,' that dissension has now been disposed of?

I would not say fully, because firstly, the life I have told you about, is only one part of your existence. It really is not necessary information, but I provided it for you, to give you the feeling of the unity amongst you. It matters not whether there is slight dissension amongst you, because after all, your lives are not so entwined, that you live each moment together. What is important, that whilst you are in this place that your thoughts be pure,

that your thoughts to one another be *good*, so that the work that is necessary for us to bring, can take place. You understand?

Les: Yes we follow, thank you.

We are aware that your lifestyles are different—that matters not. It matters that you come here together, that you work and bring your pure energies for the work—that is what is important now. Your energies from times past, have become much finer, but each one of you has a long way to go, before I could say they were pure energies without problems. You understand?

Les: Yes, we quite accept we have an awful long way to go.

Yes, but it is the unity here amongst you, whilst you gather here each time, which must remain *pure*. That is why it is important that each one of you understand how important you are to each other, if the work that is to come is to be *good*. We want only what is *Truth*, we want only that mankind be told of what is happening within your world and to provide some *knowledge* which until now, has been unknown.

Les: Well we are quite happy to spread that knowledge of course, once we are in the position to make mankind accept it, or begin to accept what we give them. We can't make them accept it completely, we can only ask them to accept what we are able to give.

You can only extend yourselves and offer what you know, you cannot make them take it. But as you know, like I have begun this time, the more you listen to something, then the avenue of thought is opened, you understand? (Yes) The similarity is there, all you can do is stretch out and offer what you know. If it is rejected, then so be it, that is the pathway of each soul, for their free will to decide.

Les: So from what you say Salumet, we are going to be in a position to broadcast what we have been learning here, are we?

The time will come if you so desire, that this will take place. I have said to you from the beginning, that you have the possibilities of doing much good work. It is something that needs to be spoken about, it is something that needs to be accepted and the opportunities will be given, when the time is right.

Les: Fine, thank you, that's all I wanted to know, that it will be coming. I'm not impatient to do it.

No, I have always said, '*Please learn patience.*' After all, your earthly years are few, in comparison to all of existence.

Les: Quite, well it is nice to know that our efforts jointly, are going to be available to others. It gives us something to look forward to.

My dear friends, you are already spreading what you know. I see your words go far and wide, even now. It makes my heart full, to hear your words of encouragement, of wonderment, at the pleasure which you retain from our speaking together; I cannot ask more of you at this particular time. If you continue this way, you cannot do more.

Les: Good. As I say, it does give us something to look forward to and to aim at, to know that we are not retaining this information only for our own use.

I would desire for you all, that firstly we try to develop what is innate within you all, that you develop what you already know, but in this lifetime, most of you have suppressed, until the past few years. But we have waited long and we have gathered together. So, do not be impatient my dear friends, but *know* that all is possible. Now I think, do you have questions this time?

Les: Yes I do, following on from what you've said and I'm not going to embarrass you with this I hope, but a communicator who gave quite a lengthy talk through the other lady, said

your name would be going down in history. Well I could only see that happening, by virtue of what we are able to pass on, acknowledging your teaching, in the passing of that information, then it would be going down in history.

I will say only this: If the knowledge I bring is given to others, if that is what you would interpret as *'going down in history,'* then I will go along with you. But I would say this to you: That is not my purpose that is not why I come to you. If you so desire, in time to come, when more knowledge is given to you, if you so desire to use this name I have given to you, then I do not object, but it will not change or alter, what we need to give to mankind. What is in a name?

Les: Yes, I know it wouldn't bother you one way or the other, but I know that any information that we do pass on, must be acknowledged as coming from you.

If each one of you *gains* a little in knowledge, *grows* in spirit, *feels* that my time with you has been useful, then I am happy to go along with whatever you feel. There will come the day, I know, when the gentlemen who writes across the room, will wish to use the name.

Les: This is for you George.

George: Yes.

I do give you all of my blessing, provided that the words written are indeed what comes from us all. You understand?

George: Yes, that has been on my mind, thank you.

I know that is why I speak, but my dear friend, your patience will be rewarded. I know sometimes your mind has questioned what has been given. That is why I say, do not chastise yourself, for your negative thoughts, because of course you *all* are human and I know that sometimes it is difficult to be positive. You know that I teach you always, the power of your thoughts will become reality. Therefore, put them to good use. You understand what I tell you.

George/Les: Yes we do.

If you are so desiring to have more of what you call *'proofs that can be shown to others,'* make it a reality. Help us with what we are trying to achieve.

Les: Yes we are hoping for what you might call additional proof, at our other meeting.

Make it reality, use the power of your thoughts, you would be amazed, at what you could achieve. But unfortunately while doubts remain, you are turning those positive energies, into negative ones. Do you understand?

Les: Yes we quite understand, because the power is still there, but in the negative instead of the positive.

Yes, you can achieve much, but you have to accept the responsibilities that each one of you hold, you follow?

Les: Oh yes, we do accept that any further proof, does bring its own responsibility, for the proper usage of that proof.

That is why it is good that we devote some of these meetings to helping the others to bring forward, what they have within. They may not think they achieve much, but you all shine beautifully.

Les: Good, that's very pleasant news. Now if I might ask a positive question: A communicator last week through one of the other ladies here, gave a most interesting talk and it said that five of us were all one and there seemed to be an emphasis on the number five, because he said that the five here, and if I heard him correctly, he said that there are many other five's. Does that number five have any special significance?

No, none that I can speak to you of—I think what was meant, if you can understand when we speak of energies, it did not mean that five were more important. You have to understand how energy works, to fully understand the concept of the saying. Five of you together creates the positive energies.

Les: That's what was meant was it?

Yes. You must not accept it as five individual peoples as being one; that is *not* what was meant. You must return again to what life is about—that *all* is energy, that energy can change form, that energy can split, that energy can re-join to create. And when we spoke of five, it was referring to energy mass. *I know* you are confused, it is a difficult subject, but we are limited by your earthly words.

Les: Yes I understand.

So when you are told five peoples, you are again thinking of the *physicality's* of the words, not the *spiritual* sense, which you must try to do.

Les: Yes, I see where our thoughts, or *my* thoughts were going wrong on that.

Yes and once you allow your thoughts to be shortened/curtailed, then you have problems. You must always allow your awareness to stretch, to grow, to *accept* life as spirit. I am trying to teach you to see things *spiritually* and not *physically*. It is difficult when you are encased within these physical bodies, but you can **expand your minds, if you so wish. Has that helped you a little? Would you like further explanation?**

Les: I was just about to say, I begin to see why some people go into closed orders and the silence of monasteries now, in an effort to bring that spirituality nearer to their own physical mind.

It helps some, to close themselves from *the world*, as you call it, for that reason. That is why I have told you not to judge. For some, they need the opportunity, they need the silence to grow. Do you understand?

Les: Yes we do.

But do you not see, by your confusion and your thinking along another pathway, how your tolerance and understanding has grown? (Yes)

You see, one small step leads to another, one small thought leads to another, it can only be good for you. So being in your states of confusion, is not so bad after all.

Les: No, it's certainly one thing we do excel at, being confused.

You are all doing very well. I will use one of your earthly terms this time and say, '*I am proud of you all.*' And I don't use that word to give you, how would you say, '*bigger heads?*' (Laughter)

Les: No, we do accept it as a genuine and sincere complement and we thank you for it. **And that is what I am trying to say. Your sincerity is indeed something to behold. Now, I think this time I will withdraw and allow some others to be worked with and let us see what can be achieved.**

Les: Yes thank you very much indeed and God bless you once again, for your patience with us.

Later in the same evening the confusion that Salumet mentioned demonstrated how we grow from our confusion sometimes.

Les: A communicator last week through one of the other ladies here, gave a most interesting talk and it said that five of us were all one and there seemed to be an emphasis

on the number five, because he said that the five here, and if I heard him correctly, he said that there are many other five's. Does that number five have any special significance?

No, none that I can speak to you of—I think what was meant, if you can understand when we speak of energies, it did not mean that five were more important. You have to understand how energy works, to fully understand the concept of the saying. Five of you together creates the positive energies.

Les: That's what was meant was it?

Yes. You must not accept it as five individual peoples as being one; that is *not* what was meant. You must return again to what life is about—that *all* is energy, that energy can change form, that energy can split, that energy can re-join to create. And when we spoke of five, it was referring to energy mass. *I know* you are confused, it is a difficult subject, but we are limited by your earthly words.

Les: Yes I understand.

So when you are told five peoples, you are again thinking of the *physicality's* of the words, not the *spiritual* sense, which you must try to do.

Les: Yes, I see where our thoughts, or *my* thoughts were going wrong on that.

Yes and once you allow your thoughts to be shortened/curtailed, then you have problems. You must always allow your awareness to stretch, to grow, to *accept* life as spirit. I am trying to teach you to see things *spiritually* and not *physically*. It is difficult when you are encased within these physical bodies, but you can *expand* your minds, if you so wish. Has that helped you a little? Would you like further explanation?

Les: I was just about to say, I begin to see why some people go into closed orders and the silence of monasteries now, in an effort to bring that spirituality nearer to their own physical mind.

It helps some, to close themselves from *the world*, as you call it, for that reason. That is why I have told you not to judge. For some, they need the opportunity, they need the silence to grow. Do you understand?

Les: Yes we do.

But do you not see, by your confusion and your thinking along another pathway, how your tolerance and understanding has grown? (Yes)

You see, one small step leads to another, one small thought leads to another, it can only be good for you. So being in your states of confusion, is not so bad after all.

Les: No, it's certainly one thing we do excel at, being confused.

You are all doing very well. I will use one of your earthly terms this time and say, '*I am proud of you all.*' And I don't use that word to give you, how would you say, '*bigger heads?*' (Laughter)

Les: No, we do accept it as a genuine and sincere complement and we thank you for it.

And that is what I am trying to say. Your sincerity is indeed something to behold. Now, I think this time I will withdraw and allow some others to be worked with and let us see what can be achieved.

Les: Yes thank you very much indeed and God bless you once again, for your patience with us.

The worst thing for many of us would be to have our prayers answered!

The difficulties we experience, are for our growth, and we would not really wish them to go away. We are also reminded that with the growth of our knowledge and understanding, comes greater responsibility. (20/5/96)

I wish to say to you this time that I am well aware of your thoughts to me, but I want to say to you all once more, a little about the awareness you have gained, whilst we have met in this way, so many times previously. Let me say this to you my friends, there are so many of your helpers and your loved ones, who would wish to help you in so many ways. I want to say to you, that for many of you, the worst things that could happen to you, would be to have your prayers answered. We have spoken of the pathway of the soul—I have told you that life's troubles and problems help you along this pathway.

Les: Yes, you have.

And so, it is. My dear friends, do not be dismayed when life's troubles seem to burden you down. Remember as your awareness and your knowledge grow, so too comes responsibility with it.

Les: Yes, we understand that.

I would say to you all, that since we have come together, your awareness has grown so much, that you should consider yourselves to be emissaries, to go forth and speak of the knowledge you have gained. Do not be fearful of the response that you may receive. Fear is a negative energy, this I have told you, but if you wish your soul's growth to continue, accept the responsibility of your awareness and knowledge. So why do I speak these words to you? Because I wish you to realise that your thoughts reach me, but I *cannot* always provide what you desire. It would be so easy to give you what you wish, but it would be a negative action, it would not help you. After all, why have you come to this earthly plane, if it is not for your own soul's growth? Now I think I will leave it there with you, to ponder upon my words.

Les: Thank you, yes we certainly shall, we do understand what you mean, but at the same time, I think we all understand that by you *not* giving what we wish, even though it might be easy, you are setting us an example by accepting *your own* responsibilities.

Yes, that also is a factor in this, but it is one of less importance. But it is important that you understand that your thoughts, your feelings do reach us, but it is not always possible to fulfil your desires—neither would it be good or acceptable to do so.

Les: I can quite see that. We understand the reason, even though we might not want those reasons. That is part of the growth we must experience.

Yes you all will understand more, as life progresses, because my dear friends, all of you will become *better, stronger* human beings, because of it. Life's troubles will bring you *strength and growth*, even if you do not understand why. It is part of your life's journeys. I know I am repeating words, but I feel it is essential to do so, to remind you all, that your life's journey should not be expected to be easy, just because of the knowledge you have attained. If anything, it may be that at times, life seems even more difficult and that is where your responsibility comes into play.

More words of encouragement about our development

(22/7/96)

Les: I'm sorry numbers are few again.

Again, it matters not. The welcome you give me could not be better. I thank you all for your persistence, dedication, and your love.

Les: We're very pleased to have you back with us, we have missed you. We understand that it is necessary, but nevertheless, we do miss you.

I understand that you feel comforted by words that I use through this one. But let me say, I have not been gone, I have truly been amongst you. Because speech is missing, does not mean I am not close to you.

Les: I see, we did think you were working particularly with your instrument.

Of course, that was the reason that no speech was used. But again, I say to you all, remember that I am more than one and therefore am not confined to one vessel, you understand?

Les: Yes, we do and your instrument had a marvellous experience at the last meeting—as she described it, an arch of light, radiating light, intense light. But to her astonishment, she saw herself, looking at herself, which confirms what you say, about being more than one.

Yes, and I have to say that while I blend with this one, then she will experience many things. It is not so much her own spiritual capacity, as mine, you understand? (Yes—) But because of the blending of the spirit, then she will of course experience much more.

Les: I'm sure she's going to be delighted to know that and I am very pleased for her too.

You will all eventually be able to give yourselves more, to be used more, by those who surround us, who are close by to you all, under these conditions. Do not assume because I speak only through this one at your meetings, that much is not being done elsewhere, because I assure you that it is, and that each one of you contributes to the whole.

Les: Yes it's nice to know that, even though we don't understand it. It follows on what you were saying, because at our Wednesday meeting, we had been discussing the difficulty of understanding what you tell us and what others tell us, and somebody very strong came through me and was very vehement, that we should not even try to understand. As he said, your little *speck of brain*, is such a small thing, that you never will understand; learn to have acceptance, rather than try to have understanding and as a contradiction, you will then *begin* to understand.

We have spoken briefly about your incapacity to understand fully, those things taught to you. But I believe I explained, that as *all* of you at your own differing stages of development, as the consciousness is raised, then the understanding becomes greater.

Les: Yes you're quite right, you have and it was interesting to have the confirmation of what you had said previously.

Yes, you will not any one of you, have the same experiences, because of the fact that you are all at different stages of development. I know that will raise the question, '*But if we are all together, why do we not all get the same spectrum of experience?*' But this cannot be so. Not *one* of you in this room, can place yourself within the footsteps of another.

Les: I think we all understand that and have no difficulty in accepting it.

I ask you only, and this I told you when first I came, I wish only that you accept what you can, to take what you can accept and to hold onto it. Of course, you must raise questions, but try not to have too many doubts. I cannot say more on this subject, I cannot say to

you, you will always understand what I tell you, because I know you will not. But that does not mean that the knowledge of Truth, should not be given. You agree with me?

Les: Yes, I do and I think we all do.

How else would your children learn, if you did not teach them new things? Things they do not understand to begin with, but with experience and use, they come to know and understand.

Les: Yes quite true and that confirms what was said by the communicator through me, that if we *accept*, then we shall *begin* to understand.

That is why it is good, when one such as you, who has more experience and knowledge, can communicate your thoughts and feelings to others. It is good to discuss amongst yourselves; by doing so, you help one-another. Before we continue this time, I wish to say to the gentleman across the room, that he should have some healing, if he would accept it. He is becoming physically and mentally tired and we do not wish that to happen. So dear friend be wise and have some healing. I too will help all I can, but I would suggest that mentally you slow down just a little.

George: Yes thank you for the advice—yes I will.

Do not be too concerned, I know when peoples are told they need healing, that your human imaginations go into, how would you say, '*fast play*'? They imagine all kinds of problems, when in fact they do not exist.

[It is better to express doubts rather than hiding them away](#)

Salumet goes onto address the question, '*Why sometimes are our lives more difficult, when we know more about spiritual matters?*' (27/7/96)

Les: We'd like to thank you for taking the trouble to come and accepting the difficulties, when there's only a small group again, I know it must be more difficult for you.

I thank you for your concern, but always I will endeavour to come amongst you, whenever the opportunities present themselves.

Les: We do appreciate that very much. Hopefully only one more time and then we should be back to full strength again.

It will be—and then we will have much to speak upon. (Good.) All of you this time are much more uplifted in spirit. I am happy to see this and to tell you how glad I am, that you are attaining much within your physical lives. As time continues, I know questions arise, '*Why sometimes are our lives more difficult, when we know more about spiritual matters?*' But I say to you, this must be so. Nothing can be achieved without effort and without striving towards that great goal, that oneness which we all seek. Fear not, because always I will be by your sides, to help and encourage you.

Les: Thank you very much again, it's—

I'm sorry to interrupt you, but I wish to speak some words: There is, not amongst these peoples, but others who come here; they have expressed doubts within themselves about the truth of my words. They would not always admit to this, but of course I can see a little further than you.

Les: I'm sure you can.

But this does not concern me greatly, but I would say to those peoples who have doubts, that that is fine, but I would say to them, to express them openly, because dear friends, to

withhold within yourselves, doubts and negative thoughts, create that much—I am lost for your word, I am seeking to say that it creates *fear* amongst you, which should not be there, you understand? (Yes) But I say it should not matter, but I wish you to know that it exists.

Les: Yes, thank you, that's in our other meeting? **(Yes)** Well I shall try and deal with it, if it does come into the open of course.

They must be entitled to what they feel, to what can be accepted by themselves, but it is not good to withhold their feelings within.

Les: No, it only causes festering, doesn't it?

Yes. I hope that by now, you all fully understand the *Power* of your *Thinking* and how it *rebounds* from each one of you, to another. You see now how important it is? (Yes) If I have taught you nothing else, I wish that you hold onto this one issue.

Salumet encourages the group to see the beauty of the world and all that exists in it

The evening starts by welcoming back Paul who is assured that his travelling days will go on as will his growing awareness. (5/8/96)

It is good that so many of you, have gathered once more. I wish to say to you this time, that all of you are children of Truth, that you leave this room and you spread the Light of Truth. It brings to this room, many people who seek Truth, who seek Light, who seek Knowledge. I say to you dear friends that your own spiritual lights grow daily, as you become accustomed to that Light and Truth yourselves. We welcome back the young gentleman, who I must say, is a child of the Earth. His feet have always sought-after *distant lands* and that will not change in future years. But always he will return to this spiritual band of people.

Paul: That's nice to know.

I believe dear friend, your awareness of us was great, whilst pondering upon flowers of distant lands.

Paul: Well, not great enough.

Do not put yourself down, your awareness is indeed growing. There is much for you to learn and much for you to do, in future years. You are indeed a child of the Earth.

Paul: Thanks. It's a beautiful Earth.

It is beautiful only through the eyes of those who behold beauty. To others it is an Earth plane of misery, destruction and misuse. But to you all dear friends, you now should see your earthly plane, as a planet of beauty with much potential and much good to give forth to humankind. Would you not agree with me? (*Agreed*) I know when first I came to speak to you, your doubts about your planet were uppermost in your minds. I hope that my teachings—the Truth of all things, has helped to lighten those fears. And now you are aware of the beauty, rather than the darkness.

Les: I certainly am, everybody else have a greater appreciation of the beauties of the world? (*Agreed*)

Not only of your planet, but you see the beauty within humankind, your fellow man; peoples who come within your daily lives.

Les: Yes, that also is true.

It will become stronger, the more you use your positive thoughts. And always dear friends, this is what we will strive towards.

Importance of patience and not living in fear

This is important when trying to tackle unease and unrest in the world. Spirit world is currently embarking on a concerted effort to help reduce these problems. (9/9/96)

(Welcomes)

It brings me much joy to be with you.

Les: We certainly have a lot of joy with your company

As my control becomes stronger with instrument, it takes longer for speech.

Les: Yes I understand.

But time will come when speech will be instantaneous, but only when full control is achieved.

Les: We do thank you for all your patience with what you're doing. I'm sure it'll be so worthwhile when it does occur.

I thank you again for the patience you show, because I know our time together is short in your earthly time, but as long as we continue to make progress, then it is worthwhile.

Les: I agree absolutely. After all, you taught us what patience should be.

I have to say you have not fully achieved it yet.

Les: Oh dear. *(Chuckles)*

But I know your welcome and your love, are based on such patience. Because conditions this time are good to be working with this one, I will speak to you for short time only. We have another who wishes to come to you here.

Les: I see, we are in your hands, we'll do whatever's required.

I want to say to you this time that much is happening in your world. We are gathering again in our world, to try to bring more Love and power, to those who can create Love within your Earthly world. There is at this time, unease and unrest in many areas of your world and we must do what we can to help in those areas of unrest.

Les: We certainly shall be everlastingly grateful, because things certainly are getting worse in our world.

But fear not, I have told you, you must not live in fear, because it is destructive. You must use your thoughts wisely to disband all negativity within your world. You must dissipate all fear within yourselves, if you are to be of use, to others.

Les: Yes we do understand that.

So you can help, each one of you, in your own way. But I tell you, there is a concerted effort at this time, within our world, to do all that we must. I do not tell you this, to create more fear within you, but to help you to fully understand, that not all peoples are of similar spirituality, like your own. I want you to know, that your thoughts can create much love, much good for others, you understand? (Yes) So, if I may, I ask that each one of you, sends out loving thoughts for your world.

Les: Yes we will do that.

Always I hold you dear.

Some wise words to the group

In our quiet moments, we would do well to send those thoughts to the Great Creator for help with coming closer to spirit, without doubts and physical thinking, but with harmony and love. (4/11/96)

I would like to speak this time, a little about awareness within you all.

Les: Thank you.

I have said to you dear friends that I am pleased with your spiritual growth since first we came together. But I would like to talk to you a little, about your judgement on such matters. I wish in particular to speak to the young gentleman, that you name as Paul and I would say this to him: When you are in your quiet moments, you have grown so much over this past few months, but your physical thinking impedes that growth, because sometimes you are not sure of what you receive. Am I not correct?

Paul: Yes, that's very true.

Yes, I want you to know dear friend, that all you receive should be accepted with love, because you have opened up to us, a very great deal, in these past few months.

Paul: That's very encouraging.

I can tell you, there are some who have waited many of your earthly years, to come so close to you. So dear friend, do not close them out, with your physical thinking and doubts. I know you are aware of these happenings and I say to you, there is much that you can do, if you would only allow yourself the privilege of joining with those from my world, who wish to use you.

Paul: I'll certainly make a great effort.

Do not struggle with effort, all I say to you, is allow yourself to be open in times of quietness. You see, in these quiet times, when you allow the doubts to creep in, then you are creating barriers for those who wish to come near, you understand?

Paul: I think I do yes.

I know sometimes you feel as if there is someone standing close by you. You do, don't you?

Paul: Sometimes yes.

No, not sometimes, but often and it is in these times, that your doubts creep in. Try to be more open and you will be surprised what you will learn.

I would say this to all of you dear friends, that *unless* you allow those from our world to come close to you, to use you in the way that is best for both *you* and the *communicators*, then you are not allowing all the work that can be done, to take place. So, I say to you *all*, when you sit in your quiet times, send out those thoughts to that *Great Creative Force*, to which we all belong and ask that you come closer to our world, without *doubts*, without *physical thinking*, but only with *harmony* and with *Love*.

Les: We shall certainly try that.

I don't wish you to think that you are not going in the right direction dear friends, because you are. I wish only to advise those of you, who sometimes bring forward these seeds of doubt. So accept my words with love and all will go well with you.

Les: Yes, we certainly do accept them and we thank you for them.

George asks about terminology

The words Lord and God are words from our Earth which are very restricting. The term Great Creative Force belongs to the Cosmos and so all that there is. When considering calamities and disharmony, it is far better to look towards the spiritual light. A wonderful summary about how to live a more spiritual life. (18/11/96)

George: Well, I have a question, which is really about terminology. I think we're very happy about our term, '*God the Creator,*' and '*The Source of all.*' There was one Amanda Valiant, who was said to channel the *Lord God*. He was described as a being in charge of a *Higher Spirit realm*. I wonder if you could give some clarification as to the use of the term, '*God*' and '*Lord,*' in that context.

Yes, I do believe that many peoples throughout your world claim to have *God* speak through them. Let me say this to you—I have touched upon this also before. Remember always that peoples are influenced by their own forms of religions, their own knowledge, and their own understanding. Of course, most of your world accepts the word of *God*, in many other forms. There have been many teachers who have trodden this earthly plane, this we have discussed. Let me say only this to you: Those teachers as you call them, who come from *Higher Realms*—and in this I would say, *I* probably would be classed as one. When you speak of higher realms, all that means is that we have much wider knowledge, much wider understanding, much greater fulfilment of spiritual tasks, than many who would come to you. Let me tell you this: The words '*Lord,*' the words '*God,*' belong to your Earth. So how can the *Great Creative Force*, which is the creative part of us all; all that has been, all that *is*, all that is to come—you cannot encompass earthly words to something so *vast*. So I have to say to you, those channels who believe they are in touch with the *Creative Force*, I say to you, you must leave an avenue of doubt. The *Great Creative Force* belongs to the cosmos, not only to the Earth planet, where the word '*Lord*', where the word '*God,*' has been created. You understand?

George: Yes. Yes I would say this particular one, did not describe the *God* as '*God the Creator.*'

No—'*God*' I would say, and I believe I have said to you that '*God*' from my knowledge has been derived from the word '*Good,*' which you could term *God*. In the same way as I do believe '*evil*' has derived and become '*devil,*' in your language. So, you see the connection, you can see how words can deceive. (*Agreed*)

(*Voice becoming fainter*) Dear friends, let me tell you that the *Creative Force*, from which we all belong and from which we come, is *vibration*, vibration so *high*, that it is invisible, is unknown, but '*is*', '*is*'—I cannot tell you more.

Les: Thank you. I've always thought and said to others here, that for someone else to use that expression, '*being used by God,*' or similar terms, is the ultimate egocentricity, because it would be an impossibility for such power to come through a mortal.

I would say to you, that I have to agree that at times, it is fanciful and wishful thinking, on the parts of many.

Les: Yes, I have always thought that.

But in using those words, do not let us *judge*, because if it brings good to another, then we can dispense of the earthly words and accept only the *good* that it brings. Look always at it in the *spiritual light* and you will become much more aware, not of the negative aspects,

but of the positive. Again, we return to my earlier words, can you see, can you see what I am trying to teach you?

Les: Quite.

Even in speaking of these situations, always you must find the good.

Les: And if necessary, dispense with the earthly descriptions.

If possible, yes, but to some, for some reason, they need to cling to the concepts and ideas that are known to them. You understand?

Les: Yes, and I think your power is depleting now is it not? (*Salumet's voice was fading*)

I find that at times it is difficult to continue, but I say to you all, if you so desire me to continue, then I would ask you for a few minutes silence, in order that I may replete some energy.

Les: Certainly, yes.

We sat in silence for a few minutes while this was being done.

Thank you.

Les: Thank you very much. (*Thanks expressed*) I'm sorry if we seem greedy, but we hate letting you go. (*Laughter + agreement*)

I am happy to be with you all. The time spent with you is short, but until later time, it cannot be helped, so shall we continue this time?

Les: Yes surely. So basically, what we have to do and recognise is that we must begin to think in other than purely physical terms, when we are trying to unravel all these mysteries of life. Would that be a fair summary?

Yes—Dear friend you must always strive to the best of the ability, which you have. Let me say this to you: The knowledge that you have gained in this lifetime, in no way denotes the spiritual growth that you have attained. I have said to you before, that there are peoples upon your Earth, who are spiritually *grown*, but who have no knowledge in this lifetime. So, you see, you cannot *judge*, you cannot judge another person, another action, another deed on your planet. So, you see, you must continue to *think spiritually*, if you want to begin to understand all of life's troubles, if you so desire. But I would say to you, rather than contemplate the *strife* and *troubles* upon this planet, *think of the good*, which you can do instead.

Les: Yes, that's very good advice.

If all of you *strive* to use those energies, which you know you all possess, for the *betterment* of mankind, then of course you would see a change in this planet, in quite a short time. But in saying that, I am being rather too optimistic about mankind.

Les: Yes I would think so too; it's unfortunate, but you're quite right.

But that is why many of us have come at this time, to gather forces, so that mankind this time will accept the *Truth*, will go forward and will not allow these doubts to creep in. This situation happened in past times and we cannot allow it to happen again. Your planet *is* going on the correct *spiritual pathway*, let no one upon your earthly plane say otherwise. Do not dwell on your calamities and disasters, as you term them, but *KNOW* that we all have come to uphold and uplift you all, to see that this planet stays on the course for which it was meant to go.

Les: Good, that's certainly comforting and that leads me to ask another question. I'm sure that we all suffer sometimes from a *guilt complex*, that we can't or are not doing more, when we think we should be able to. So in the main I think we would be wrong in nurturing those feelings of *guilt*, wouldn't we, if we are doing all we can, in our own way?

Dear friend, let me say this to you:

Besides having too many negative emotions, mankind is too hard upon himself. If you spend *one moment of every day* in your lifetime, in sending good thoughts, you cannot ask more from yourself. That *one* moment of goodness exists forever; you cannot destroy what you would term 'Love' and which we have spoken of, but which in fact is '*goodness and Light.*' You cannot destroy that positive energy.

In so doing, you are creating a planet, which is capable of all goodness. So do not denigrate yourself, do not be too harsh; accept that you can only do so much and do not allow negativity to creep in.

Les: What you now say, confirms what you have told us previously that we must learn to forgive ourselves.

You must. If you do not forgive yourselves, it means you do not love yourselves and in doing so, how can you extend that goodness to others?

Les: No, again it comes back to what you've taught previously, a question of *balance* all the time.

I do not say your lives are easy, they were not meant to be. Again we come to positive and negative energies. But what I say to you is this: It is *how* you use those energies which matters. Do you understand?

Les: Yes I think we do. Everybody understand that?

Sallie: I don't quite understand how we use them.

Les: Well, just with ordinary physical decent living, we are using energies.

Yes, the lady has many questions and at times, many doubts that what she feels is correct, but that is humankind. Do not become concerned about these doubts, it is part of your progress in life. I am not saying to you, that your life will be easy, but you must always keep the balance, you must know that life is positive and negative energies, which have to be recognised. I think she is finding difficulty with this.

Sallie: Yes I am yes.

Yes, her understanding at the moment will not encompass what we say. So for now I would say to you, leave it as it is and the understanding will come to you, yes—it will come to you, as all aspects of understanding do. How many of you here can say that of yesteryears, you did not understand and now today you do? (*Agreed*)

Les: I think that applies to all of us.

All of you, I am sure. Now dear friends, I must leave you this time. I thank you for your attention, I thank you for your questions this time.

Les: We thank you for your time with us. (*Affirmed*) We can never thank you enough, though we know you don't want thanks, but you've got to accept them from us. (*Laughter*)

I will accept this, I thank you all.

George: It's a wonderful experience for us.

And I say to you, that the experience is truly mine and I come to you only with my Love and my knowledge, so that you all can join with me, in being as one, to join together, to feel that Love and that Light. Until we come together once more, I say to you all, send out those *positive thoughts*, look deeply within your hearts, look to one another and may you in that name of Light, be as *one*.

Remember to send thoughts out to those in need during times of celebration

We sometimes forget when engrossed in our own lives, but it is important to think of those who are less fortunate. (20/1/97)

I wish to say to you this time: I thank you for your thoughts for those most in need during your celebration times. I know a few forgot, because they were engrossed in their happiness, but I know that there are those among you, who send out many thoughts for those in need. For this my friends I thank you and I know that you will benefit from your loving thoughts. I thank you from my heart, because if only you could see the light that shines forth from you all when these thoughts are given, then truly you would be astonished.

Les: We're very happy to know that, thank you for telling us.

I am happy that you were pleased with our communicator last time.

Les: Yes I was going to thank you, I was sure you had something to do with him coming and I was going to thank you for that, because it was a most informative lesson and most unusual, in that we were all given the names of our permanent friends and helpers.

Did I not promise that I would bring someone to you?

Les: You did indeed.

But of course it preceded my own coming to you. But I can tell you that one will return, because as you know all peoples were not present last time and it is important I feel, that all should have the knowledge given.

Les: I would be very, very grateful for that.

He will return to you and also to give you a little more information.

Les: Thank you very much. You may have got my thoughts during your absence, because I was doing some transcribing of tapes, and it was one in November 1994, when you told us that you would be bringing somebody to talk to us about colour and I thanked you mentally then, whilst I was working.

Yes, we must remember that your thoughts reach us quickly, sometimes before your thought has even formed within your own physical brain.

Les: Is that so?

Yes, that is another fact not always well known, but it has to be, if all things are known, how could it not be? You understand?

Les: Yes we come back to past, present and future, all being one again, don't we? **(Yes, yes.)** We still of course aren't able to understand it, but we're gradually I think all of us, beginning to get a glimmer of light, about the complexities which we are trying to understand. That is why we're so grateful when somebody else comes, as they did at our last meeting—it all adds to our knowledge and awareness and more importantly, our spiritual development.

You by now know how complex beings you are, that all is not simplicity when it comes to the human being, but it is uppermost in importance, that we reach out to your spiritual selves and that that part of you is developed and given knowledge. After all, what purpose would we serve, if we come only to tell you what you already know?

Les: Quite and you've taught us so much since you've been coming; things that I'm sure none of us had even contemplated.

That is my task and those I bring to you, although up until this time they have been few and far between. But I told you in the beginning, that we must go slowly and once more the aspect of *Time* in your world, always will remain a mystery to you. (Yes—) But although you doubt how quickly events are happening, let me tell you that we in our world are most pleased with the growth of you all within this room and after all, you are at differing stages of development after all, so we must accommodate all of you. You understand?

Les: Yes I do understand and we all accept the fact that this is so.

And so for that reason and for others you would not fully understand, we take things slowly and gradually, that the knowledge *sinks deeply* into you, because we do not wish to *flood* you with too much knowledge and wisdom, so that you are unable to understand.

Les: Yes thank you for your consideration.

Group is progressing even faster than was expected

Encouraging words indeed. (10/2/97)

I would say to you all this time that I am sure you are aware how much you have grown since we first met.

Les: Yes I think we are aware of that; anybody not? We'll take the silence as affirmation that everybody is aware.

I would say to you only this: That you can be pleased with yourselves, because the interaction of your *positive thinking*, with your daily lives, is now beginning to show itself to you all. I am sure you are aware of these happenings with your daily living.

Les: Speaking for myself, I am. Everybody else had awareness of that? (*Affirmed*) Has anybody *not* had that awareness? (*Silence*) Thank you.

So when I say to you be *pleased with yourselves*, I do not want you to think of this as being self-pride, but to think rather that you are growing spiritually and for that reason be *pleased*. You understand?

Les: Yes, we are pleased with what has been achieved and we take this opportunity of thanking *you* for what you have done for us in that connection.

I say to you only this, this time before we have some questions: Let me say that you all are growing at such a rate, that we can envisage much good work, more quickly than at first we thought.

Les: That also is very, very nice to hear and we are all I'm sure grateful for you telling us.

A message to Heather

Salumet begins as he so often does with wonderful words of encouragement to the group. (24/3/97)

Good evening. (*Welcomes*)

How good it is that since we met dear friends, how much you have grown in your understanding, your understanding of living and daily lives. All of you now have come to the understanding of peace within your daily lives, peace that outshines problems that

surround you, understanding of what you must do, an understanding of that true self. I say to you dear friends that each one of you, can say at last, I shine with understanding of what I am about. All of you know and *feel* that what I say to you is indeed *Truth*.

Les: Yes, I don't think anybody would deny that. Everybody agrees with what Salumet has said, I take it? (*Enthusiastic agreement*)

I wish to extend welcome to this one who comes another time. I would say to this one, that she is growing, but is in a hurry to achieve much. I say only to you child, there is humility to be gained by using patience. This I have told you all, but I would like to reiterate for this one. She has much to do, as you all have, but she must be patient. She feels at times, that not enough is happening in her growth. Is this not true child? (Yes) Yes, are you all not so impatient, when you begin on this pathway? Yes, all of you are. To this one I say, carry on the pathway that you have chosen. She is in dilemma at times, as to what to do. Her desire is that she do more work for us, but I say to you dear friend, the time will come, the time will be right, but carry on as you are, because your daily living is a strong force with you this time and you must allow yourself the occasion of living to the fullest at the time. You will develop along the lines that you so desire, but to give it time. I would say one last thing to you and it is this: You will take a different pathway than you would anticipate. There is much work ahead of you, but this work lies in directions not known to you, at this particular time. I leave you with those words dear friend and say to you, offer yourself always, as a channel of love, as you all do. May that *Great Creative Force* which enfolds us all, surround you with love and knowledge, as you tread this earthly pathway. You will succeed, you have the opportunity this time, to make of yourself what you will.

Les: Thank you very much for that.

Heather: Thank you.

Les: The lady as you no doubt are aware does some excellent work at our other meeting. I am fully aware of what is happening in her life as a whole, because she is one segment of a whole, a whole to which I am committed, you understand? (Yes) No, there is nothing within your lives, which is not known. Your loves, your desires, all is known. But as I have said to you in the past, I do not come to guide you—your knowledge has outgrown that; I come to give you knowledge and I hope understanding of that knowledge.

Les: You are certainly doing that, thank you.

Sister Marietta

Sister Marietta requests that if any help is needed with children, then to call on her.
(8/9/97)

The evening came to a close with one through Eileen called Sister Marietta:
We, as we often say, are most grateful to you all, for your loyalty, your dedication to the work that you do. And feel that at times, you need to have a little upliftment from serious work, which goes on within this room. I therefore come to you to end this evening, to say to each one of you thank you for your time, and your patience and your continued loyalty to your work, which we endeavour to do. (Thanks expressed) Always when there are children involved, you will find me close by. I hope that you have enjoyed their company, those unseen children—but nevertheless, many have been here with you, this time. Their

openness and their natural joy, is something that you should all treasure. If only your world could be more as children behave in your adult lives, all would maintain a degree of happiness, which is so easily lost, when you reach adulthood. Once more, we thank you all. I leave you with God's blessing and hope that each one of you leaves this place, enriched in the knowledge that you are surrounded by love and by those people, who come so close to you. We know that although most of you are unaware of their presence that will come to you, as time progresses. (Thanks expressed) Thank you for your time and I will say God bless and goodnight.

Les: Before you go, may I have your permission to give my colleagues your name to call on, if they have difficulties with children? **(Of course.)** This is Sister *(Voice change as Les begins to channel)* **Marietta to call upon in time of trouble or need, when you deal with children. Whether your children or not is immaterial—Sister Marietta, will answer your call for help. Is this understood? (Affirmed) Thank you my friends, thank you. The Sister will be greatly pleased that you will use her powers to assist you, in the years to come. God be with you my children, God bless you all. (Thanks expressed)**

After our usual closing prayer, there was another through Les offering a blessing/prayer:

May the peace of the Lord be with you at all times.

God protect and cherish you throughout your nights and days.

May you receive the love you give to others.

And may this evening have lightened your hearts and your spirits,

To overcome the mourning, which has surrounded so many in these last few of your earthly days.

God bless you all my children.

Salumet gives a positive message for the new year

Les receives a huge complement about his spiritual growth. (29/12/97)

Good evening. *(Warm welcomes at Salumet's return after the Christmas break)*

My dear friends, how good it is to be with you once more.

Les: We're delighted to hear you say that, because we are extremely pleased that you are here again and we hope that you are feeling much refreshed.

You must forgive the slowness of communication this time.

Les: Of course, there's no hurry; you're back with us that's the main thing and we much appreciate it.

Always the transition to the denser energy of your life is always a little difficult.

Les: I imagine it would be.

So, I thank you dear friends once more for your tolerance and your love. I return to you at this particular time, in order that together we can wish for you all *greater* consciousness, *greater* adaptability and *greater* extended love for mankind in your coming earthly new year. (Thank you.) You of course realise that yearly times mean little in our world, but we know that to you Earth beings it can mean quite a lot—that your hopes, your desires are refreshed as is too nature in your world, in the hope of new beginnings and all of your desires. We know and we fully understand and that is why I come to wish you these things.

Les: Thank you very much indeed.

I want you to know that in your coming years and in particular this new one that is turning, there *is* and will be an upsurge of spiritual consciousness, which is the beginning of much to come. (Good.) There will be many troubles in areas of your world, but do not let that dismay you. I say to you dear friends that we are happy with what is happening within your world. There will always be those moments of darkness, of blackness, of much sorrow, but it is being outshone by that *greater* consciousness that is stirring within many, many areas of your world.

Les: Good, we are very pleased that that is so.

I would like also dear friends, to thank you for the many kind thoughts and the use of your thought since last we met. Let me tell you they have not gone unnoticed. For this I thank each one of you. I —and I use this earthly word only to convey my feelings to you, I want you to know how *proud* of you I feel, in knowing how much you have achieved spiritually, in what I have tried to teach you.

Les: That certainly is a compliment, which we all greatly appreciate.

It is a strange word, this one called *pride*, but I know not of another to use, to tell you how pleased we are that you are achieving results spiritually. After all, that is why I come to you, not to give you snippets of information that are useless, but to uphold and to uplift you, to encourage, to enfold you, to help you to be those spiritual beings in this lifetime that you were meant to be.

Les: I think all of us would like—I know you don't want thanks, but we do thank you and we do appreciate the approval you give for what we have learned, because after all, it has only come from you, it is only because of your teaching that we do feel as we do now and that is the highest compliment we could have to begin our new year. I think we all agree on that don't we? (*Agreed*)

One of our concerns was that to reiterate so much on topics which are important, would not hold your attention. I can tell you that this group has outshone itself in that respect and I am pleased and happy to tell you that if only you could continue as you have done in time past, then our work with you would indeed be accelerated much more quickly than we at least had thought would be possible.

Les: I think that is the intention of all of us here, to exceed our learning in the coming year, to improve upon what we have done so far.

Without the true commitment which each one shows, my work could not continue. For this I thank you once more. Again I say to you, not only do you learn from me, but we seek to find within you, that which enables us also to grow. You may not fully understand this, as I know you feel—and again I have to use words I do not think are correct—I know you feel that my words are superior, but when you know how much you have given to us, then your understanding will be truly great. For this we thank you. Those words come not only from me, but from all who are involved with you.

Les: Do thank them for those words. I am going to say something particularly personal now. Others may have had the same feeling I know. When at night I pray and I speak to you, the only way I can put it is that there is a much greater reality and conviction in what I am saying, and for that I do thank you and all your companions. That's the only way I can describe it.

You must not take *gratitude*, you must accept that what you *feel* is your own doing, your own growth, your own upsurge of consciousness. You, my dear friend, have created this,

not us. We can guide, we can tell you much, but you are *the one* who creates the growth in your soul. Do you understand?

Les: Yes I do—

I must say to you my dear friend, of all who sit within this room, *you* are one who has grown much since my coming to you. Those words may astound the others, but in so many *years* of your knowing, there was so much left *unknown*. Do you understand?

Les: That's true, I agree absolutely.

And since we come, you have blossomed forth, into the most beautiful of beings. I say these words not lightly my friend—we cannot say it to many, but now, *truly* now, *only* now, do you begin to *shine!* You shine with a spiritual light of great intensity, of great love. This should be used wisely, should never be abused, should only be used as we know you will, for the betterment and the goodness of all who come into contact with you.

Les: Oh yes, it will certainly be used for that.

Now dear friends, I take no questions this time, I speak upon not one subject, but I say to you: The love we feel for you grows stronger each time we meet. Know this, use this and always you will have our love and our protection when the need is greatest.

I will leave you now dear friends for this time, knowing that in this transition back to you, I have entered into your loving hearts. I know that together we have blended well and to those who are not with us, they are included. Even though their physical presence is absent, their spiritual energy is entwined with each one of us, in order to secure that love bond, which we all exude. Until next time dear friends, I will be with you.

Les: And we must say thank you once again. You have given us a wonderful start to the New Year and we look forward to our next meeting. God be with you.

Salumet speaks individually to each sitter

The content of this evening may be of interest/relevance to others too. (3/8/98)

Good evening. (*Welcomes*)

I wish to say to you this time dear friend that you are a little tired, but we will draw close to you. (Thank you.) Because we are fewer in numbers this time, I do not wish to embark upon any new teaching this time, but rather perhaps we all can consider what each one has come to know of themselves, since first I came to you.

Les: Certainly.

Each one of you is on their own pathway of development, but now I do feel the time has come for each one to analyse himself or herself spiritually, in order that we may move forward and grow together more closely.

Les: Yes I understand. Would you like everybody to give you their individual conception of how much they have improved, since we began?

I would wish that and in doing so, if they have questions for me, then we will use this opportunity this time, to help them on their way.

Les: Thank you very much indeed. Shall we start with you Sallie?

Sallie: Well I think the last time we spoke on this subject, Salumet was saying that I had grown more in understanding more about myself and I think since that point, I've gone

through various lessons of my own making perhaps and probably the one I'm in the middle of at the moment, is letting go of attachments. That's my understanding of what's going on at the moment, with me on a spiritual and physical level.

You find that you cannot separate spiritual attachments from physical attachments. Is this what you are telling me? (Pause) Yes.

Sallie: Yes.

Do you begin to recognise that you—the spiritual you, has power over the physical thinking, if you so desire?

Sallie: Yes I know and feel that spiritually I can affect my physical environment.

Therefore your life's pattern is beginning to take shape. You still stumble my dear friend, over many things physically, which you should by now be able to place to one side. I hope that you can see that your *spiritual self*—and this is all important, that the *spiritual self* must grow. What do you feel you have achieved within this lifetime?

Sallie: I have achieved I suppose, what I wanted to.

No, you have not. If you had achieved what you had intended, you would not be sitting here. Can you see this? Can all of you understand? (Affirmed) Only when you fully understand yourself, only when your lifetime's task is completed can you say, *I have achieved what I intended to.*

Sallie: I understand what you're saying, I probably didn't explain myself. What I meant was, I have probably only achieved up till now, what I've wanted to achieve. I don't mean I've finished achieving—I don't mean that at all, far from it.

In that understanding then I say to you my dear friend, continue. Give some of your daily living, in knowing that spiritual all-important aspect, that is the true you. Each one of you at this time in your living, must give some time to spiritual growth, *conscious* spiritual growth. Of course you grow *unconsciously* shall we say, each day of your living, but now we would wish that you devote some time to *conscious growth*. Do you understand the difference? (Pause) No?

Les: It could be called a sort of meditation Sallie, when you're consciously trying to develop. (Yes) You understand Sallie?

Sallie: I'm not sure what the unconscious growth is though?

Les: That is your spiritual self.

That is working without conscious effort. The generosity, the smile, the helping hand, that are all spiritual attributes that are done spontaneously, without conscious effort. That is spiritual growth. Do you understand? (Yes)

Les: It might make it clearer Sallie, if you were to go back to what Salumet has told us some time ago, about the dual responsibility that the physical has for the spiritual, and what the spiritual has for the physical; you may remember that talk. Each has responsibility for the other.

Whilst you are in these human forms, spirit must use these physical bodies. But in order for the spirit to grow, it is necessary that you to live your lives to the full, that you accomplish all that you came to do. Most of the time, that spiritual growth is an unconscious effort, but when you reach the time of development which each one of you has now, the time is ripe the their conscious spiritual growth to take place. Do you understand what I say?

Les: Perhaps I can add to that Salumet, if you permit? Yes please.

Les: Thank you. What I've found to be very effective and I've done it for quite a time now: Once we were taken through their land (*spirit realm*) and I saw a coloured waterfall, and I was told it was not a waterfall, it was energy in the form of a waterfall. Since then—to capture what Salumet says about *conscious* spiritual development, I sit every morning, not attempting to meditate, but I walk into that waterfall and *will* myself to absorb the spiritual energy, which is there to be taken. That is a *conscious* effort to develop the spiritual awareness. Is that clear? (Yes) I think you might find it advantageous perhaps, to do the same thing. I have found it worked. Right, Mary?

Mary: I think that I have begun to understand that I'm responsible for myself, for my past self, for my present self and I will be responsible in the future. I try daily to put effort into what I do, to try and give out something of myself to the people around me. I don't know how well I'm doing that, but it is a conscious thing that I'm doing. And at night I quietly try to go over my day and see what I've done that I'm pleased with and to examine the things that I'm not so happy with. I don't know if I'm growing, I—

Let me say this to you all, before we continue: I have told you I hope often, how much each one of you has grown. Your spiritual lights are bright, they change of course they do, but each one of you has grown much, since we met first. Do not doubt, you could not be sitting here as you do and not grow spiritually; please my dear friends be clear about this. What I am asking you this time, is to recognise your own awareness of your growth. Never doubt that spiritually each one of you has grown much. I am sure if you looked around at one another, each one could give you something of the other, in the way of change, in the way of recognition of the others, which they have noticed since first we came together. Remember also, that this coming together of all of you is not the first time. Remember also that this lifetime brings you the opportunity to expand in one aspect only of the whole self. So YES my dear friend, you have grown much, do not doubt this, and what you are doing I can assure you, is the way forward in your own spiritual growth.

Mary: Thank you. May I ask a question?

Of course you may.

Mary: I'm one of the newer ones to this group —

But that does not matter. Who are you to say how old or new you are in spirit?

Mary: I just wondered if I had a connection with this group previously?

All of you have come together, not always in the one lifetime, although most of you have, as I have told you previously. But there has to be the connection in past times. Did I not say, and perhaps this lady was not present—I told you all that I have waited a long time for the right conditions to come to be.

Les: Yes you did tell us that in the early days.

That many would come and go, which our dear friend can verify for you over the years, and who has shown great patience in waiting for many things to happen. But I'm sure also, he will tell you that perhaps one of his own life lessons, is perhaps to have a little more patience.

Les: I think that's right. All right Mary?

Mary: Yes fine thank you.

Les: Jackie, I know you haven't been back long, but do you have a question you'd like to ask?

Jackie: Well, not really a question. I feel that people come to me, so I feel that I'm probably quite good at talking to people. Friends come with their problems, but I think it's difficult to say, because your private lives do interfere. We all have our problems and we all can't help

think about them, whether we are on the right paths—I'm sure we all think that, don't we?
(Agreed) We've all got so many personal problems in life.

Sandra: Yeah I don't understand why all of us have had such a hard life really, with personal problems.

Jackie: To make us better people, I know I'm a much better person now.

Well, have you not answered your own question?

Sandra: If we didn't have the problems, we could work better, more spiritually?

Why would you need to be here, if you had nothing to work upon?

Jackie: So you think we all come here, because we all have our problems in life?

I do not think, I know that each one of you has chosen your life, in order that you may work through many problems. There I hear you say, 'why do some peoples have such sweet lives, while others have many difficulties?' Again, I will repeat, who are you to be the judge?

Jackie: No I'm not saying I'd like a simpler life, what I'm saying is that I've changed a lot and I think for the better. (Yes) I don't know, perhaps I feel it should be a rewarding time perhaps, it would be nice if something went well for a while.

Sandra: It's difficult to explain—a pat on the back or something, perhaps that's humans, isn't it?

Yes it is a human failing. Why should you receive gratification for what you have chosen in your own lives?

Jackie: So we choose all our problems?

Not necessarily, but the power of your thinking can alter your life's pathways.

Jackie: But we have paths, don't we? And these problems must be on the paths, mustn't they, to make us better people?

You have chosen obstacles in certain areas of your lives perhaps, in order that you grow spiritually. That is the important area, not that physical living can be free of worries, or that physical living can be easy. After all, if life was too easy, what would be its purpose?

(Agreed)

Sandra? I know there're people who are a lot worse off.

May I suggest to you my dear friend, (Yes) the best way forward spiritually, is not to allow your thinking to dwell upon the self.

Sandra? And the *past* as well, isn't it both?

May I suggest to each one of you, that the ego, the physical self, must be placed where it is best dealt with, and that is *far* from your thinking. Is this clear to you all? (Affirmed)

Mary: In the last two weeks, there have been various things coming up in my life, that seem to—I'm going through them, but I have a very strong sense that I'm not going through them alone, that there's somebody there guarding me, because some of the things—it seems that things are resolving themselves, almost with my faith that they're going to be resolved. But I'm always aware that there's somebody near me, you know that there's a spirit that's close to me helping.

All of you do not stand alone. Surely you know and understand this from the beginning?

Mary: I think I've always known this, but it just seems so strong right now.

Because your own spiritual self is allowing positive energy to exude from you, so those who stand close by can blend with you more easily—that is why. When you retain negativity in your lives, do you not see that you create barriers to those of us in our world? That it becomes more difficult to help you and remember dear friends, our desire is to help you, to uplift you and to guide you. *You are never alone.*

Sallie: I'll tell you what I've noticed with regard to *help*, is that when I think that I've done everything I can in a situation and then somehow I've found some energy or some spirit to make me do a bit more and it seems that nothing I do is effective; suddenly it seems like I have a *magic friend* and I get given a huge chunk of something, which is much more than I could ever have imagined. It doesn't happen that often, but when it does it's quite amazing. **Yes, that is because you are allowing yourselves to be open to our help—you offer yourselves to us for help. If what you desire is for the good, is for your spiritual growth, there are many who will be by your side. Do you all understand this? (Affirmed)**

Jackie: Yes because when I first came here on a Friday Les for a coffee, and Les said that so many people were trying to help me, but I wouldn't let go of the past and they couldn't get through.

Yes, you create that barrier.

Jackie: Yes, you're not aware that you're doing it—

But that is where conscious spiritual growth must help, that is what I would like you to try to achieve at this point in your developments. If you will only open up to us in our world, your lives could be much more simple, because no matter what troubles or what problems come to you—and I do not say your lives would be trouble-free, but I do say this to you my dear friends, that your lives would be easier, because spiritually you are stronger. That is the difference.

Les: Sandra?

Sandra: No, I know what I've got to do Les, I've got to give a bit of time to relax.

You must give more time.

Sandra: It's just that I run around too much, I know it's what I've got to do.

All through life, too often in your lives, excuses can be made. (General agreement + chuckles) You have the free will to alter this.

Les: You could find time for what I told Sallie I do.

Jackie: Yes I'm going to do that.

Les: Right, Sandra?

Sandra: I just said that I'm going to make some time to try and relax and develop that way.

Les: That's all you want to say is it? (Yes) Fine, well if you do the same thing—think of the waterfall as energy and consciously walk under it and absorb it and you'll be astonished at the reaction you get.

Sandra: Right, I'll have to, yes.

Les: Paul?

Paul: Yes I think generally that's one of the things for me as well, to spend more time relaxing.

But how do you feel you have changed? How have you grown spiritually since we first came together? What is your understanding of yourself? You do not look deeply enough, you must question and find the true spiritual pathway that you are treading. Look deeply my friend, to find that true self and the recognition will be shown to you; it will be shown to you in a way that you had not imagined.

Paul: I was wondering about—to eliminate the distractions, I had the thought of doing a *vision quest* or something, for three days, getting completely away?

I would say only this to you: I will help each one of you when I can, but you must each one of you, find your own individual way, your own pathway, that which you find easy to adapt to. So if you feel that is what you must do, then *follow* that instinct, or can I say not

instinct, but *inspiration*. You do not always *FEEL* what we try to give to you my dear friend. I will help you.

Paul: Thank you.

Les: George?

George: I feel bigger than this physical frame. I've increased in knowledge, I've increased in awareness. These qualities seem to run side by side, with a deeper love—compassion and humility also come into the equation. I feel a more sensitive being, I think that's how I feel I've changed over the last four years.

Yes my dear friend. That your words are knowledgeable, because you see, those of you who seek the more spiritual way of life, do become more *sensitive*. Your words please me, it shows that you recognise the changes within you. That the spiritual aspect of yourself comes forward more often than it did. So I say to you my dear friend, ponder upon your own words and consciously act upon them, in order that that growth may continue and that you become a useful member of this group here together now.

George: Yes I think I probably need also to find more quiet time.

Yes, all of you must give more *conscious* effort. These words I speak to you this time, do not put them aside when you leave this room. It is important for each one of you, that that spiritual growth, that conscious effort now be made, at *this time* in your development. Please work towards it, you can only be better for it and not only will you grow, but all those you come into contact with, will be aware of that spiritual glow, which you will exude.

Les: Margaret?

Margaret: Well, I can only say that since I've been coming here I've been a happier person. I understand other people's problems and my own problems. I can't tell you how happy I am in my life, because I am happy. Whether that's good or bad I don't know, but I feel contented with my life. I think I could be a better person, but I just don't know how to do it at the moment.

Can I say this to you, my dear friends: Of all the people within this room, including our absent friends, you are the one who has grown the most. I do not say those words lightly and in saying them, I do not mean you are the most spiritually evolved, but you are the one who has taken the furthest steps in your growth. (Thank you.) Know that in your time to come, you will continue to feel and to know the goodness that surrounds you and the many who come close to you to help you.

Margaret: Thank you very much.

Les: Right well now me I suppose: Well in my lifetime I've had to learn a great many things that I'd never have even *conceived* of learning. But I know it has helped me in many, many ways to do the work I do with you and others. And I've had to learn the patience as Salumet has said, because I know in my youth, I was one of the most intolerant of the intolerant. (*Chuckles*) You don't have to agree—(*Laughter*) At 20 I knew far more than I did at 40. (*Laughter*) That's often the case, but I'm grateful for having had the lessons, because it's enabled me to give a great deal to other people. But what has surprised me is in how the last couple of years, the proximity of our friends in the next world has grown. And as Mary said, she feels there is somebody with her; I don't *FEEL* that, I'm *AWARE* of it constantly and I have remarkable instances of this being so. It may sound conceited—don't think that, I merely give the facts—some of you may have seen it happen, that often when I'm saying something that I want to confirm, I'm taken over instantly. (*General agreement—many had witnessed Les begin a conversation in his own voice, and finish it using another's voice while*

channelling the words.) That has happened to a greater degree, in that when I was talking to my son last week—they came down in their caravan and stayed at a local site, and we had a lovely week together—He had a problem, somebody came in and helped him to put that right and that hadn't happened before. Then my daughter phoned from Canada and thanked me for some tapes I'd sent and instantly someone was with me, answering her on the telephone. Now that's never happened before, but I'd emphasise this to Mary, that she's not wrong, neither is Sallie wrong, in thinking that the help is *there*. What *is* wrong, is that we don't, as Salumet says, open our spiritual selves and in fact our physical awareness, enough for them to get that close. So I'm very, very glad and grateful that I've had the opportunity in helping YOU, in your development, to enhance my own development to that extent and for that I'm very grateful to you all.

Thank you, and with those words, I wish to say only this to you, my dear friends: Each one of you interacts with each other. You are united within this room, but when our meeting time is over, you should take with you that love, that knowledge, that spiritual upliftment, which you feel in this short time together. And you should allow all peoples that you come into contact with, to share that pure spiritual love, because my dear friend, as you grow in spiritual knowledge, so you become the pure energy of love. And do you remember what I have told you about love, not the physical emotion of love, but the *spiritual* aspect of love? Take it with you, let it *shine forth* to all who cross your pathway. Remember no meetings are by chance, each meeting has a purpose and if that spiritual light which shines from you all can be utilised by another, then indeed my friends, you are achieving that which you came to this lifetime to do. In helping just *one* person, *one* person, with love in your hearts, with unselfishness and no thought for self, then you are beginning to achieve *true spiritual worth*. May I leave you this time, knowing that each one of you is surrounded and bathed in spiritual love from all in our world, who desire to help, not only those who are known to you, but to helpers who have devoted their time in trying to help all people on this planet, who desire to be helped. I know that you will ponder this night, upon each other's words and know my dear friends that as always, I will be with each one of you.

Les: Thank you very much for all your wisdom and your love. Our love goes with you and God bless you.

One immediately followed through Eileen:

Good evening. I will not detain you too long. I come to ask you that you join me in giving thanks for all that we have.

Les: I'm sure we'll be very pleased to.

For each one of you, I ask that you are all-seeing, that you gain the wisdom of silence, to know and to understand how precious your words can be, to ask that love in your hearts be magnified, until it is overflowing ...(?) I ask for each one of you to know and to bestow kindness towards another in your daily lives. I ask finally, that each one of you be shown your own special pathways, that when you come to us, your colours are bright. I thank you all for your patience with me and thank you all for the opportunity to join with you.

Les: Thank you for doing so and God bless you.

Salumet gives words to the first meeting of the year

The group is reminded that they have been given the power of growth. We are charged with the responsibility of utilising that inner knowledge not only for ourselves, but for others.
(4/1/99)

Good evening. (*Welcomes*)

I am pleased to join you once again in this one of your new earthly years.

Les: Thank you we are very pleased to have you, we hope that you feel refreshed after your withdrawal.

I thank you. Yes much has been achieved since last we met. But more importantly, I know that the time spent in my absence from you, has been fruitful for you.

Les: Yes, I'm sure it has for all of us.

I would like to say to you all this time, there is much ahead of us in this coming year. I cannot say to you, that life will be free from strife, but what I can tell you my dear friends, is that in this coming of your new earthly year, that each one of you will grow in spiritual strength.

Les: That's a very happy thing for us to know, at the beginning of our new year.

I hope it is accepted by you all. (*Agreement + thanks*)

Les: It is yes and we're very grateful to you for telling us, because it does give us encouragement.

Yes, that is why you should know, you have been dedicated members in this work and I think that all of you have felt the benefit of the knowledge passed to you. (*Affirmed*)
Therefore, I wish to give my thanks to you all and wish you to know that spiritually, you are ever-growing, ever-growing. (*Thanks expressed*) **I do not wish to embark this evening, upon any new subject, I think it is enough that we blend together this time and perhaps next time, begin our serious work. I know also that life is still difficult for many of you, at different times. Let me just say this to you my dear friends: As you become stronger, come to know yourselves more, come to realise that you are part of a whole, then truly life will be more settled for each one of you—that physical conditions of living, will seem at times to be very insignificant. I could not use these words to many, but I am happy to say that the power for growth has been given to you. Now you must utilise that inner knowledge, not only for the best of others, but also for yourselves. It is all before you and now I say to you all, use the knowledge you have gained. No longer can you stay back and deny the power within your grasp. You now my dear friends, have the responsibility, to use what has been given to you.**

Les: Would I be right in saying that this is going for all of us, to be the year of fulfilment of a duty?

If it is not, then I will not say 'blame,' but you must accept that each individual is responsible for the outcome of their thinking. This year, should be a landmark for each one of you, if you will so allow it to be.

Les: So the exercise of our freewill, is going to be paramount for all of us, during this coming year?

Yes, you can never erase the function of your freewill. You are responsible for all that you do. But as I have said, the power is within your grasp. There is much to be gained, if you will but allow yourselves, to be open to the spiritual knowledge that has been placed before you.

Les: So the opportunities are going to be presented to each of us in differing ways no doubt, during this year?

Of course, because you are at different stages, it will be given to you at the degree that can be accepted.

Les: And so it is then up to us to utilise the knowledge that you and others have brought to us, (Yes) during the last few years and to justify you and others, having taken the trouble to give us that knowledge.

Yes, there is much work for us to do, but although we have given much to you, you cannot remain passive, you must grow in that knowledge. This is not meant to be harsh words for you, but the time is imminent, when your co-operation, your spiritual strength, will be much needed. Each one of you my dear friends, holds responsibility, not to myself, or the others who come to you, but to *yourselves*. You must now use your soul, you must use the knowledge and *you must not look back*. This is a time, where we can learn much together. So my parting words to you this time my dear friends, are these: Live your lives in love and peace, because in peace and love, you can overcome anything in your physical lives. Remember all that has been brought to you thus far, and you will not go wrong. For the rest of this time, I would wish to work quietly with this instrument. I am sure you can find many things to discuss. All I ask is that it be done with quiet talk. I look forward to our meeting next time.

Les: Certainly, and before you go, I would like to thank you again, for all that you have been doing for me during the last few days and weeks.

My friend, whilst mind retains the purpose of this work, living will be easier for you. We are there to help you, if you so desire.

Les: Yes I know I've been receiving a lot of help with my health problems over the holiday period and I'm grateful to everybody, who has been so close.

Yes, you understand why, because you have begun to realise the importance of Thought. You my friend, have reached a milestone in your living. I will say no more, because there is no need. My love is with you all, until next time. (Thanks + farewells)

We then discussed how we could pass on the knowledge, recognise opportunities and ask for help in finding the right words, for the people around us. We discussed the difference between physical and spiritual thoughts and how the first 'gut feeling,' is the spiritual one, and the other thoughts, as we think about it, is the physical thought. We must learn to follow the spiritual thoughts, which come to us.

[Importance of spreading spiritual knowledge](#)

A visitor comes to give a message about the birth of a baby, but also the importance of spreading spiritual knowledge. He also says a little about how Salumet teaches us using simplified words. (6/9/99)

Perhaps you could tell our dear friend who normally sits in this position (Eileen) that at the birth of her baby, or should I say her grand-baby, there was a spiritual doctor on hand. We have been around the lady for some time.

Lilian: I will pass the message on.

It is not a problem, there is no need for any concern, but we did feel it necessary to have one of our people close at hand this time. But it may bring her some comfort if you tell this to her. Thank you.

Lilian: And she can listen to what you are saying, because this is being recorded.

Yes I believe you do some miraculous things with different sorts of equipment. We obviously do not fully comprehend the workings, but know that they do allow others to hear what we say. It is obviously of great benefit and can only spread the word of Spirit to farther, farther fields; am I not correct?

Lilian: Yes, it is very useful—

But also dear friends let me say that word of mouth is equally important, do you understand my meaning? (Yes—) I know that each and every one of you has been in conversation with others and you have also to yourselves. I would love to tell my friend, my doctor, my social person what I do, what I get up to, what I believe, but goodness me, it is difficult. They will only laugh, they will only consider me to be, how do you say, round the bend? (Giggles) But surely you realize that when the opportunity is right, someone gives you a little push and the words come tumbling out. Have you not all experienced something of that? (Affirmed) Yes, and suddenly you are speaking and people are listening and the message has been relayed to someone else, am I not correct? (Yes—) And am I not correct in say that in most instances every one of you in this room has become involved in the work because of what somebody has said to you? (Yes—) You were none of you born in the spiritual knowledge, it is only what you have been told by others that has opened your mind, made you ask questions and made you want to know more. And are you learning my friends, are you learning? (Affirmed) I did not need to ask that question, I know. I know that as the years have gone on, your knowledge has become greater and you have become more aware of what is around you and what there is to do.

Lilian: There is no end to the learning, is there?

I say to you dear lady, that no matter how high you travel in Spirit, each moment is a learning process. The gentleman, I use that word for simplicity, the gentleman who comes to speak we you through the lady normally sat here, (Eileen) he learns every moment and what he learns he imparts to others in a simplified manner, you understand? (Yes) He cannot, he cannot obviously teach you higher and higher subjects, because—and this is no detriment to yourselves, your human brain is not good enough to take in that knowledge. So he simplifies and teaches what he feels is beneficial, but as your years continues you are learning more and more and in some cases it is becoming a little more complex, is that true? (Yes) And that makes you ask questions does it not, in your mind, if not in your voice, yes? And that is good. Question, question, always question—do not accept it without question. That is not the purpose of his teaching. We want you to question. We want you to say to yourselves, well we have heard that, now let me see what I can make of it—why did he say that and what does it mean—and the more you question, the more you have a light come here in the mind and that shows you that Spirit is entering into your thoughts and that can only be good, can it not? (Yes) We wish, desperately we wish that we could remove all the shackles of your earthly body and let you see what is to come, but unfortunately we have to be as patient as you. It will come, greater knowledge will come, but at the present all that we can do is impart what we can in the hope that it will blossom in your mind and in your hearts and I can say quite happily that, without exception, that is what is happening to you all. It brings us immense satisfaction when we know that a tiny, tiny drop of knowledge which has come down like a tear —lands, and, like water, spreads out into a pool, because from a pool becomes a lake and from a lake becomes a sea and from a sea becomes a vast, vast, ocean. And that vast ocean of knowledge is available to each one if they wish to learn, and we are honoured, I repeat we are honoured to be able to impart what we know to people such as yourselves, who seem to have such a thirst to

know what we can teach you. We thank you, we thank you each one, for allowing us to be with you. Even in your sleep state we do endeavour to teach you a little, a little every time.

Words of encouragement

Salumet also makes the point that even amongst the spiritually instructed, there is a shortage of people who are willing to do spirit rescues, due to fear of this type of work. (20/3/00)

Good evening. (Welcomes)

This time I would like to extend the welcome back to our dear lady who has been absent from us for some time. I have been with her many, many times and I wish to say this to you, my dear lady: Your heart will become lighter. Keep close your own counsel and give of yourself to those who stand nearby. I hope, my dear friends that the visit last time by one from our world was of use to you all. (Affirmed) I would like to speak to you a little this time about what was said to you about rescue work whenever the time is appropriate. Within our world at this present time we have seen many come to us who are distressed and in much need of help. There is as you all know a lack of communicators with our world who are prepared to give of themselves for such work, even amongst the spiritually instructed, there is a fear of this type of work. Therefore, for some time to come, when the opportunity is there, we will use you. But what I have to say to you this time my dear friends is this: I was close to you last time and in fact was most interested in your discussion after your meeting. Many of us were listening to you and what I would wish to say to you this time is how much you have grown. It was most interesting for me especially to recognize how much each one of you, so different in your own individual ways, how you can discuss and collate information in a constructive manner, in a spiritual manner, because each opinion comes from Spirit, the thinking of Spirit, from deep within you, which allows each one of you to offer opinions and to be glad of it that each one can offer an entirely different opinion without feeling that each opinion has been outcast. This indicates to us my dear friends how much spiritual strength there is within this small group of people. For this, my dear friends, I thank you whole-heartedly, because, do you realize, not only are you emissaries of Spirit in the physical form, but your thoughts, your hopes, your desires are known to those in our world who also are seeking knowledge and help. I think you probably are little aware of my last statement. When the light of Spirit shines forth as it does from you now, there is much joy in my world for those who have been close to you who see the transformation from ignorance to knowledge and how brightly that light shines in our world for all to see. This, my dear friends, is something I wish I could show to you, but of course you know that is not possible until you come to my side of life.

Lilian: That is encouraging.

You should be encouraged; I feel most hopeful for each one of you. You have gained so much and all by your own endeavours. We can come to you, we can join you, instruct you, teach you, but we cannot give forth that spiritual light unless you are ready to receive and you are ready to give forth from yourselves. And in that one simple conversation last time, when you spoke of forgiveness in your world and your different opinions upon it, we

could see from each one of you that deep, spiritual light emitting. I say to my dear friends, have happiness within your hearts for what you have achieved. I know you do not want credit, after all that is not what we are about. I have taught you much about thinking and humility and blending of Spirit, but sometimes because of the human element of which you belong, it is appropriate that you—how do you say, ‘pat yourselves upon your backs.’ I felt this time that these words were necessary for you. Now I say to you my dear friends that what I would like to do this time is to bring to you one from our side of life who will give you some more information about conditions and the way of life in our world. The lady who is near (*Sue*) is the one who will be used. Please allow a little time for the communication. I leave you always my dear friends and especially the dear lady—I give her upliftment and much love, because she is in need of both— but know that I am with you always and I do hear what you say to me. And remember that your thoughts are always heard. I will take my leave of you this time and know as always you are surrounded by my love. (*Thanks + farewells*)

Many opportunities are coming for our spiritual growth

Salumet likens the situation to that of nature in springtime. ‘You do need to be vigilant about your own inner feeling, if you are to *achieve* anything of great importance in your lives. After all, what can be of importance but that the Spirit shines forth much more than it does at the present time?’ (27/3/00)

Good evening. (*Welcomes*)

Before we begin this time, I want you to know that I have been aware of many thoughts coming to me. I say to you, my dear friends, they do not go unheeded. I feel much love and warmth from each one of you this time. I would like to say to you, my dear friends, just a little about yourselves. In your dwelling place upon this planet at this time you can see for yourselves new growth, new hope, much expansion of all that you call *nature*. To this I would make a comparison to yourselves. Yours—you see my dear friends that each one of you is also in the springtime of your spiritual unfoldment. From this time forth, each one of you will find new growth, new understanding, new ways of expression in all matters spiritual. But of course as each one of you is individual in lifestyle, then each one of you will, within that spiritual unfoldment, develop at different rates. This is entirely down to each one of you individually. I can tell you, my dear friends, that from this time forth many opportunities will come to you and it will depend upon yourselves in which way these opportunities are grasped and moulded for the betterment and good, not only for yourselves but for all others. I have told you on more than one occasion that you are not aware of your own soul’s growth, but I can say to you my dear friends that many opportunities are coming to you and the opportunity is there for you to show the way to many others less knowledgeable than yourselves. Be aware of these words, they have much significance for you. Allow yourselves to open to all things new or happenings in your world and especially to your own thinking. Again, I am stressing to you the power, which each one of you possess, and that is your thinking. Use it for good, do not let it go, *grow* with knowledge, open your hearts and your minds to each other and collectively my dear friends you can become not only a source of *power* for good, but you can leave behind the confines and restrictions of these earthly chains which bind you, and allow the

Spirit to *re-grow, rekindle* and to *blossom fully* as do all of your '*nature*' as you call it upon the earth.

Lilian: Thank you for these words, we shall wish to remember them as time goes by.

I can only help you. I can help and uplift you, but I cannot change you. The work belongs to each one of you. Next time I will bring you new information, which will help each one of you to think deeply about your place in this world. Therefore, before I leave you this time, are there any questions to be asked? (*No questions*) My words this time have been few, but I hope it has given you some indication of new thinking that is needed from each one of you.

Lilian: Yes, and perhaps with your help, we shall not let these opportunities slip by with other people.

You do need to be vigilant about your own inner feeling, if you are to *achieve* anything of great importance in your lives. After all, what can be of importance but that the Spirit shines forth much more than it does at the present time? (Yes) It is now time for each one of you to be fully responsible for that spiritual unfoldment which you are capable of. Not only within the confines of this room should you be aware of what you *are*, but each *breathing* moment the awareness should be there. Before you leave this room this time, each one of you should have felt a guidance of one close by. I say to you my dear friends that I leave you now as ever with my love and upliftment; I say to you, feel that spiritual bond which entwines you all. (*Thanks + farewells*)

Salumet encourages the group not only to give but to teach others the ways of spirit

We must overcome fears which only hold us back. Many opportunities have and will be given to us to help others. We are all endowed with many spiritual gifts. (1/5/00)

Good evening. (*Welcomes*)

I am happy to join with you once more. I have been aware of each one of you more clearly since last we met. I wish to say to you this time that do you realize how much the connection between your spiritual growth and your physical living has developed? I know that each one of you is much more aware that as—and you do not know how much you have grown spiritually, but I try to tell you often—but I know each one of you has become aware of the union between Spirit and physical life. Each one of you knows and understands that you have become more than just emissaries for Spirit, you have become within yourselves more Spirit, less physical. Each one of you, although each one is so different, but each one of you *has* the opportunity to voice the knowledge that you have gained. I know there is a fear amongst you that you are afraid at times to speak the words that you know to be *truth*, but this fear will go as you grow. There will be no fear and truth will come easily to be parted from your lips. Each one of you in your own individual way has much to give, not only to give but to teach and teaching of Spirit, remember, comes about in the most simplest of ways; a touch, a smile, to live your physical lives as you know you should. To dispel fear and doubt in all of your daily living will enable you to come forward with the truth of Spirit to those in your world you have become almost spiritually ignorant. I say 'almost' because there is a spark within all people whether they deny it or not, they know what truth is truly about. But to those people you can bring love

and light and harmony and so also to yourselves does this not come back to you. So I say to you this time, my dear friends, continue to go forward; use your words wisely—many opportunities have been given to you thus far, and I say to you now, that as time continues throughout your physical lives, that many, many opportunities for each one of you will come. And it is up to you, my dear friends, because of course you have your freewill, it is up to you to be positive and to take those opportunities given for the greater good of mankind. I hope my friends this does not sound like one of your earthly sermons—I do not mean it to be so, but it is good for each one of you to know what you have fulfilled and what there is to come. So I say, do not be afraid to use your words when the opportunity comes to you; not only your words but, as I say, a touch, a kindness, a look—these are all spiritual gifts. Make use of them, bring love to your fellow man. These things are simple to do, but you have to make the effort to fulfil them. If you have any questions this time, I will answer them, but I would say to you, I would like you to give some time this evening to your own individual development if you are agreeable. *(Agreed)*

Salumet reminds us how closely linked we are in spirit

Being separate physically does not matter. As we progress and learn our lessons, so the challenges that we face become harder, not easier, because we are now better equipped to cope. (12/6/00)

I am happy to be with you once more.

Lilian: We are happy to be together again.

Yes. Although we have been apart physically, spiritually you always will stay together. This is perhaps something you could ponder upon in your quiet moments, perhaps my dear friends to see how closely linked each one of you are in Spirit. I wish to say to you this time just a few words about this group in general. Whether you realize it or not, each person has undergone in the past two years of earthly time much learning. Although you would claim these things to be physical learning, you cannot separate it from the growth of your Spirit, no matter what each individual lesson has been, and they have been extensive. Whether it be patience, understanding, trust—no matter what the physical learning has been, you my dear friends, each one of you, have grown in Spirit. So again I will say to you once more—and I do not apologize for the repetition of my words—that each learning you undertake upon this earthly plane, you must not look upon it as hardship or some form of punishment—that is a word we hear too often—but understand that as you pass through each difficult phase of your human lives, that the Spirit soars and makes its place within our world. I am sure if each one of you was to devote a few moments of your time to think over the time gone these past two of your years, you will see how you have come forward and how much you have grown in understanding. Do you accept my words my dear friends? *(Affirmed)* Can you all see that you have grown? *(Affirmed)* In accepting this you also clarify for yourselves that indeed life is much fuller than the physical existence. I know there is no doubts with you now, but remember that I said to you a little time ago, that as you go forward these ‘lessons’, shall we call them, can indeed become more difficult than become easier. That is not to say that your physical lives will become more difficult, I do not mean that, but the understanding that you have to achieve for the growth of the Spirit, becomes more difficult. Do you understand? *(Yes)*

Therefore, I say this to you my dear friends: We shall go forward. This evening I will depart to allow each one of you some spiritual development, but when next we meet I will bring to you some more philosophy from my world.

Sue and Eileen attend a Direct Voice circle

Salumet gives a little background on the conditions needed for such phenomena to happen. Great dedication and unselfishness without ego are essential. The Salumet circle has been more focussed on imparting knowledge for spiritual growth. (21/8/00)

Sue: I don't know if you are aware that myself and the lady you are using now, went to a 'Direct Voice' circle, a couple of days ago and saw some absolutely amazing phenomena. I just wondered whether you could comment on it, how difficult it is on your side for this to take place and how difficult it is for people on our side to learn, if you like, how to cope with it?

Yes, we are not unaware shall I say. The opportunity has been put forward for you, not because it is necessary for you to experience phenomenon such as you have had, but to enable you, as two people who have given much of their time, to see what is possible and what they too can achieve, given that they are willing to offer themselves in service to this work. There will come to you my dear friend, other opportunities for new experiences in time to come. We know that not only within this room, but in another place that many, *many* of your years have been given, in the hope of some *physical* phenomena. Let me say this to you: There are always difficulties no matter what form communication takes. Whether it be clairvoyance, clairaudience—whatever and I have told you that many new forms of communication will take place. But the phenomenon you speak of, is one which from our world has always been available, but we have to have the dedication and the medium who is willing to be used in such a way, because remember that the medium used has no knowledge of what is *happening*. So firstly, my dear friend, let me say this to you: It is not so much *training*, as you have asked, but in the giving of oneself to us. We will do the training. Do you understand?

Sue: Yes I do.

For that type of evidence you must have people who are unselfish, who have given to us of themselves, without wish for any egotism. That, I would say, is the main ingredient of development of that type. You understand?

Sue: Yes I do.

I know my dear friends, that phenomenon of this type, is wonderful in the human eye. It gives credence to our world that so many people crave to see such things. But again, I stress, it is not necessary for people such as yourselves, because you have what you need to develop in your own way, and each one of you are indeed individual in your service to our world. There is much to come to you within this room. You know I do not come to tell you what is to happen; that has never been my purpose. My purpose is to teach and to enlighten each one who is willing to listen. But I will say, my dear friends, that if you continue to travel along the road of development that you have been travelling, you will be rewarded—you *will be rewarded*. Remember, I have said that communication is a two-way process. Without you, we could not communicate. Without us, there would be no communication. Therefore each is essential for the other. Many developments have taken

place from our side of life, in order that mankind was willing to give of their time, was willing to accept our words. Mankind must understand that communication is the very essence of truth, if mankind is to begin to understand what all these things are about. Unselfish service, I would say, is what you should try to achieve, and my dear friends, I can tell you without this unselfishness, I myself would not be communicating with you. Therefore take credit for what you *are* and what you *have been* and what you *will be*.

Lilian: Thank you for those kind words

Salumet starts by informing us of great strides being made in many areas of technology

This includes medicine but also telecommunications. This will enable the spread of truth to all peoples of the world who have not had access to this information. Exciting times for our planet, despite the strife, that sadly continues in many areas. (23/10/00)

Good evening. (*Welcomes*)

I have begun this time more slowly, because the instrument has small problem with her throat and I have been attending to it. Perhaps my dear friends this is an opportune moment to tell you that from our world at this moment of time, there is coming to your world many, many great advances within your medical world. Many of your so-called diseases of the Earth plane you know full well to be activated by mankind himself, but also you know and understand that most of mankind is looking towards medical people for help. This is, of course, offered by the people known to you as doctors, but also you know that it comes through those known to us as healers. Many of your doctors have the healing gift and through these people we are now working from our world with them in order that mankind not only has spiritual health, but earthly health also. Because by now my dear friends, you would understand that until the Spirit is touched there can be no health problems solved. You know and understand my dear friends that disease is the *disease* of all bodies, the earthly, the etheric and the spiritual, but as I have said, mankind in general relies upon earthly doctors for their so-called cures of disease. To this end we are working in order that bodily needs be satisfied, but also that the healers within your earthly world can create for many people the opportunity to grow and understand themselves as whole beings. What I would wish to say this time—and this also applies to the instrument I use at this moment—that it is good to give of oneself, indeed it is admirable to give of oneself to others—to give of the Spirit to the Spirit—but it is foolish to give of oneself and not to look after the Spirit and body of that same being. Do you understand what I say to you my dear friends? (*Affirmed*) It is admirable to give, of course, and that is what love is all about, but you must look after your own Spirit, your own development and only then can you *give* love and help to *others*. Not only are there many advances being made within the medical world—it will come to light soon in your world the many advances being made—but great strides also are being made in communication with all of your electrical equipments. I have broached this subject before I believe with you, but now we are beginning to see the results of our labour with mankind and there are many within your world who now have very good communication with others from our world.

Lilian: So would this be all over our planet?

Of course, there is no *one* place which has the attention more than any other. All races, all manner of people are finding that their use of equipment is being used in the best way that it can. It will become more widely known, but remember that I have told you so. There also comes from our world at this time, and there is a great surge of love towards this mission upon your Earth, and that is one of raising consciousness among all people on the Earth planet. I can hear you say, '*But has this not already taken place?*' Of course it has, it is an on-going thing, but at this particular time in your consciousness, in your Earth consciousness, there is an upsurge of understanding, of great seeking of knowledge.

Lilian: I think perhaps especially in the younger people.

Yes, in all areas of living, in all people, in all of mankind on this planet. We are working on many areas of living. We are trying to achieve to be emissaries of that Great Divine Love, to bring to you understanding, reasoning, hope, all of these things which are necessary for the Spirit to evolve upon this planet.

Lilian: We are very privileged that you tell us these things before they come into fruition.

Yes. Many times we have attempted within your world to bring greater knowledge, many times have we attempted to bring mankind closer together, but always there is strife, there is unrest, there is this power struggle—man between man—but I can now say that we are beginning to make great strides upon your planet and although I can hear you say, '*But it seems very slow*', in your time, yes I would probably agree with you my dear friends, but, as you know, *time* in our world means so little that these great strides being made now are happening quite quickly

Salumet announces that new knowledge will now be brought forward even when the group is small in number

This is because of the dedication of the sitters, but also because of the use of modern recording devices and the internet, which will be used to spread the word. First evening of a new year. (29/1/01)

Good evening. (Welcomes)

Lilian: It's nice to have you back.

My time apart from you has been fruitful in the sense that I have gained much knowledge of how our meetings have developed. I have seen many times when perhaps my answers to you could have been a little more enlightening, but all of these things always come when we look back upon the time spent together and your many reactions to it. I wish to say to you my dear friends that in this coming of your year here upon this planet, we have much to discuss and to speak about. My intention my dear friend is that we continue on topics that have previously by discussed with you and to enlighten you further upon these topics. Many times I have said to you, have I not, that we will return and speak in more depth; that is what we will try to achieve in this your coming year. I would like you to say to the instrument that I am using (*Eileen*) that she is not to be concerned about the throat problem. I can make adjustments for any small irritation that occurs; we are not unaware of the problem. As you well know my dear friends that adjustment is needed on many occasions and it is our purpose as we come close to you all, that these adjustments be made to the suitability of each sitter. We are missing quite a few of our friends, but we will be coming together once again in many more numbers, but I feel that it is important

in this next period of time in talking and teaching with you that we do not leave such talks until *all* are here, but to continue with the teaching with however many numbers there are. This is something I have refrained from in the past, but we know that by your dedication and because of the use of your modern machinery, that the words and the teachings are not forgotten and can be repeated to all who wish to listen to them. Therefore my dear friends I will say this to you, that this year I hope you will attain new knowledge, more understanding, more closeness of your own hearts; that by drawing together as you do that the bond between each one of you strengthens, that the love that you give to others and the teaching that you send forth to others outside of this room is retained and will help all that it touches. To each of you my dear friends, once again I will say to you, the road ahead is not smooth, but for each of you, you will learn to overcome each obstacle placed in your pathway. This is indeed life's lessons, but each one of you will find in your own individual lifestyle, problems and stepping stones which will be surmounted with ease. Not only will you grow in strength my dear friends, you will become even more spiritually aware and you know that as individuals you will individually develop along your own life path. But in joining together as you do on a regular basis, that spiritual unfoldment becomes an even stronger bond. This my dear friend is my desire for you all that as we continue to work together, all new work be related by you to many, many others who are *seeking*, who are *searching*, who are *lost*, who are without *hope*, who are without *knowledge*; let yourselves give to these people in order that the *truth* that you all know, be given and accepted on a wider scale. Because we have only just come together again my dear friends, for this evening I will answer a few questions for you and we will begin serious work next time, when I hope to bring you a little more of the Universal Truth, which surrounds you and of which you are part.

To be emissaries of Spirit you have to be attuned to us quite closely

We are reminded that we are not only emissaries of spirit on Earth but also to those who come close in spirit world who are in need of help for their own development. (6/8/01)

Good evening. (*Welcomes*)

As we come together this time, I have marveled at the Spirit within each one of you. I am happy my dear friends to see how you have grown in such a short space of time. Each one of you knows by now that you are not just an empty vessel that each one of you should be an interactive part of all that exists. Of course you have your own minds, but you should be attuned to the Universal Mind. How many of you can say that this is so? (*Pause*) Not yet, my dear friends! In the past months of this, your earthly year, I have tried to uplift and encourage you in stillness and quietness, in order that your Spirit may develop. This, of course, is not without purpose, because to be emissaries of Spirit you have to be attuned to us quite closely. You are not only channels for speaking of knowledge, but you are channels for those of us in our world who also need help in their own development. To this purpose my dear friends I ask that this evening be given as a thank you, not only to yourselves, but to those who come close to you, that you will allow this time for communication with those who wish to use you. You are knowledgeable enough my dear friends, to know that in your own individual style, you will be used in whatever capacity is

suitable for you. But what we can achieve in these group meetings is to unite with love, to allow those who come to you, that extra energy which is needed for communication. If you are not aware of how you have grown in these last months, then do not despair, because I assure you my dear friends that it is great. We have spoken of colour, we have spoken of the Elementals which surround you in your world, we have spoken of much love and harmony within your world. But that is what I wish you to achieve my dear friends, harmony within yourselves, but also to transmute that harmony and to become the wider love of the universe. It is not beyond you; I do believe that your understanding has reached a point when all things are possible, that your hearts and your minds are open to all that we can bring to you. It would be easy to give you much phenomenon, but what purpose would it serve you individually? Rather we would that you—each one of you as Spirit, develop that whilst upon this Earth plane, to such a degree that you no longer question the communications and those who stand close to you, because, yes my dear friends, there are still fears, there are doubts, whether you wish to admit to them or not. But I say this to you, each one of you within this room is guided, is loved, is protected. So, my dear friends, for this time, I will leave you with our dear lady friend. I ask you to open your hearts to those who are with you, and let me assure you there are *many*. It is a gift to each one of you, please accept it with love and allow that spirit within to come forward. Next time I come to you, I hope to elaborate on some of the topics which I have brought to you recently, but for this time my dear friends, take pleasure in those communicators who are with you in this room. The dear lady will allow time for you to go into your quietness and will come to each one of you, and please my dear friends do not be afraid to acknowledge what you see, or feel, or sense. (*Thanks + farewells*)

One followed through Sarah:

*Why have you all forgotten this wonderful place? The place I am talking about is quite unlike your room here. The place I am talking about is the **space** between your world and ours. This space is available to all of you at all times. You need only prepare yourselves for a short while and you can enter this space. This space will make all your thoughts come together. It is a space that is available for humans and Spirit alike. This is space where the two can communicate at all times. Try to imagine when you are in your quiet time that you are arriving in this space and you will all find it much easier to communicate with the Spirit world. We are trying to communicate with you all and this area is the most available for us all.*

Revision of spiritual truths needed over the next few months

Old teachings will be gone through in more depth and misconceptions ironed out. This will enable a light to grow that cannot be ignored. (21/1/02)

Last time we discussed what you felt you had learned from last year. I hope that my words given to you have enabled you to think more clearly about what you have achieved. I told you also that this is a time of your planet's evolution when many things are changing, that many from our world come to you to give to you truth and wisdom, upliftment and guidance. All of this you know. What I wish to try to achieve in the coming months, is for you all—those who are not present also—to try to assimilate all the truth which I have brought to you. These coming months are the time of great importance to you

individually. This is the year when each one of you has the opportunity to grow, to grow more fully in knowledge and wisdom and truth. What is the purpose of all of these truths? It is to bring to your world much that is needed at this time, but it is brought to you in order that each individual person can expand their awareness, and in so doing, spread that truth wide across all of this planet. And you know my dear friends, there are many ways of achieving this. We have spoken on many things and still there is much for me to bring to you, but I would say to you that I have brought to your thinking many things previously unknown to you. But you now must utilize all of this knowledge. It is important my friends that your spiritual awareness grows, because in raising your own consciousness, the light is shining brighter, it is travelling further and many seeds will be sown. I wish you to realize that this is the purpose behind all of my teaching, that these words do not remain only with you, but that you go forward and allow others to see by example what you now know. Each one of you on your own pathway is travelling forward, is travelling true to what you have come forward for. We would wish that each one of you finds your light, finds your own wisdom and finds the truth that I have brought to you. You find that all of these things brought together will have an effect upon you in the coming months that you may not be fully aware of at this time, but will bring to you much that you need, not only in your personal living, but in your spiritual achievement. There is so much good which surrounds you all and I have to say that still you are unaware of the greatness of this light. So, in these coming months it is our wish and our desire that we take hold more fully of the truth which has been brought to you, that it be used for your own developments. I hope these words are what you wish to hear, (Yes—) but ultimately still there remains with you your freewill, but I can tell you that all the help that you desire in trying to achieve greater awareness, is there for you. I could not on many occasions tell so many that this is so, but to you my friends you have shown your dedication and your worth and it should be rewarded with the help that you desire. *(Thanks expressed)* But I say to you again it all falls back to you. We cannot interfere, we can only uplift and guide you. But if you ask of us, you will receive. It is no good to have only this time together in this room of light, you *have to* become individual lights in your own right, in order that you can go forward. I will try to bring to you what I can at these meetings in order that the help be made available to you. So therefore in the coming months we will *'re-run'*, if you like, the truths already given, we will elaborate, we will search out any misconceptions or any doubts that you may have. We will become stronger, we will become a force so strong together that the light will be obvious to you all. I will not say more this time but we will leave the rest of this time to each one to sit quietly, to go inwardly and to find those who are so close. You have to allow yourselves to raise that consciousness, to purify the spirit-side of yourselves in order for those who are close to come even closer. I leave this with you.

Lilian: Thank you very much.

George: Could I just say that your teaching has also confirmed so many sketchy ideas that have been in our minds and this has been pure joy to have our dim ideas confirmed and made much stronger.

Yes. That has been my task to illuminate that which has been in darkness. If I have achieved this for you on many aspects of what has been known, then my heart is full. I thank you for those words my dear friend, because it brings joy to all who come and stand close by you, to hear that you have felt the truth.

George: Yes, we certainly have.

Lilian: It's turned our lives around.

There is so much more that I can give to you, but as I have said, the next coming of your months is almost a gift to you my friends, in order that you are given the opportunity to grow. Of course there will be new teaching, I will endeavour to bring it to you, but as I have said there is the basis already given to you that you might grow strong, that you might grow wise, that you may grow easily.

And as I leave you this time, let us ask that the light of the cosmos, the light of all that is good and perfect shine within each one of you.

(Thanks + farewells)

Salumet assures the group that awareness is growing

Indeed, individual knowledge has grown, not only within the group, but across the planet as a whole, especially over the last twenty years. (2/2/04)

Good evening. *(Greetings)*

I am happy to join with you once more my dear friends. There is much that we must discuss in the coming time, but also I would like you to understand that your individual awareness and development are of the utmost in this your coming year. No matter what your earthly condition, each one of you will find that you grow not only in awareness of our world, but of awareness of those people who are around you in your daily lives. This awareness does not belong solely to yourselves; the awareness of our world is taking place amongst you human beings at long last and I wish to say to you my dear friends that this awareness will be enriched not only by self-knowledge, but by the evidence given from our world. By the end of this your earthly year, each one of you will be aware of your own inner strengths, and as individuals you will know in which way that strength has helped you. There is much upliftment for your in this earthly year, but remember that self-will will no doubt be in evidence on many occasions, but the opportunity lies before each one of you that you may become more enlightened as human beings—as Spirit beings. You will find that the Spirit being within will surface and help to create within each one of you a strength, which you have not encountered before. Your planet as a whole in this coming year is reaching out for more knowledge and it is being give—make no mistake about that. There are many who are with you now who are willing to give of themselves in order that mankind at last can begin on the spiritual journey of knowledge. I can hear you say, ‘but how can this be so when there are so many problems in our world?’ But if you look at your world honestly you will see that individual knowledge has grown so much in the past twenty of your years. I am sure you are aware of this. *(Agreed)*

George: Yes, we've always been very much a mixture but within that mixture I think we see some very good people.

Yes, and do not dismiss my dear friend the part that each one of you plays in giving of the truth. It is most important for *you* as individuals to carry on the search for knowledge and truth, but the connection to you is strong. But you must be there for those individuals who fall by the wayside, who deny the knowledge they have gained and are spiritually lost. That is part of your purpose for this coming year. And my words to you my dear friends are that you have that inner strength, you now have more knowledge and you *are* much stronger individuals than you will ever understand. I say to you again, as I have done

on several occasions that you cannot see your own light, but let me assure you that it shines brightly.

George: It's nice to know. We are certainly well aware that the steadily increasing knowledge, that it has been increasing steadily over the past ten years, and I'm sure we are very much aware of that.

Yes, you *are* aware, but this year of your time will bring even greater awareness to you. Each one of you has your own mountain to climb and I do not say to you that you are near to the top of the mountain, but what I do say to you my dear friends is that the effort that you make, that the knowledge you have attained, already sees you standing on the top of that mountain. Do you understand what I am saying to you?

Lilian: Yes, thank you for those words.

You have a long way to go, but as far as your awareness and effort go, you have climbed mountains.

[We are not always aware that Salumet is around - but he is!](#)

Salumet reminds us that, **'I am the whisper in your ear, I am the smile upon your lips, I am the inspiration that you *seek* in those times of troubles in particular, when you feel that some upliftment is needed'**! The road is not always easy but with each difficulty comes new growth. (26/7/04)

Lilian: Lovely to be together again this evening.

Your welcome as always fills me with great joy and love. Always when we come together on these evenings, it is a great joy for me to see the love which shines forth from each one of you.

Lilian: It really is lovely to have you back—to be able to speak to you.

Yes, I was about to say, *always* I am with you, although I would say, *mostly* you seem to be unaware of my presence in your daily lives, but matter not, I always will be there for each one of you.

George: That's very nice to know. Perhaps we should work on this, becoming more *aware*?
(Yes)

Sarah: I think we also know that you will always be there for us Salumet, so even if we've not recognized it, we *know* that you are around.

Yes. Remember my dear friends what I have told you in the past: I am the whisper in your ear, I am the smile upon your lips, I am the inspiration that you *seek* in those times of troubles in particular, when you feel that some upliftment is needed. Always I am there in some form.

Lilian: I'd like to say 'thank you' for listening to me in the last few weeks.

Yes, your words are never lost my dear child.

Lilian: It's just sometimes things don't happen as quickly as we hope or would wish.

Yes, again this is an earthly problem of patience of time, but our side of life does not see time in quite the same way as all of you. Again I will repeat to you: see the fuller and the wider picture, the fuller scheme of your lives. Each incident, each time of happiness of sadness, of worry, of *escapism*, which some of you can relate to at some point—they are *all* the building blocks of your spiritual nature.

Sarah: I think sometimes though we feel that time is running out on us a bit, so that's why we get impatient.

But your time of physical life, is as you say, 'running out', but it is *running out* to a better time, to a time of returning *home*, where all who know and love you throughout many lifetimes will be there to greet you. So, try not to feel that physical time is all important, it is but a blink of your eye. One lifetime is but nothing in time in memoriam.

Lilian: Yes, I try to think of that as well.

George: Yes, that seems a very wide picture indeed.

Yes, it will be a difficult picture for you all to imagine, and truly whilst in these physical bodies you can never fulfil that vision. Only when you discard these physical clothes will all that is available to you make sense. I have told you that all knowledge is available to you now, but, my dear friends, each one of you still finds difficulty in erasing the physical blocks of your living; but that is the normal for most of mankind, so do not despair, but continue to work and to grow and to give love to your fellow man. Always that is my message to you, not only to give love but to *feel* it, to *be* Love. You understand? (Yes) Love is a state of being and I know so often when you enter this room, that state of being is much easier to achieve.

Lilian: Yes! That's so truth.

Salumet's words are often repeated

Not least because of our short memories! It is important that as the autumn approaches, we think about quiet times to allow for rejuvenation. We should be in full control of our energies. We can learn much from nature when the trees and animals quieten down for the winter. We must take full responsibility for our own well-being. (25/10/04)

Good evening. (Greetings)

Lilian: As always, machines are fine as long as they work! (*Referring to tape recorder*)

Firstly let me say to you my dear friends I am heartened that you take so much trouble to record my words, but let me reassure you, that as you know from past times, my words are often repeated. So, do not become too concerned about any failing of your earthly instruments.

George: But we will be getting a new machine, because quite obviously it is very important material that we are recording and we wish to do it justice.

Well, again my dear friend, I thank you most sincerely for those kind words. Yes, it helps if you can show to others the words of truth and for this from my world we are eternally grateful to those of you who have the desire to spread the words of truth.

George: We do realize that we are a very big team with those in your world as well as the few here.

One cannot function without the other—remember this always. Always we are given much in the way of gratitude from those in your world, but let me repeat that without your dedication and your love of life, these events could not take place. Therefore our need of you is as great as your need for us.

George: We do appreciate your reassuring words.

I hope that each one of you felt some upliftment from last time, because it was felt that each one of you in your own way was in need of some little upliftment. (*Affirmed*)

George: We have our periods of being busy and that happens from time to time.

Yes. I would like to say that it would seem that at this time of your year in this country that you inhabit, so many of you have energy levels which are depleted, in the same way as your plants and trees and animals become still for the winter of your years.

Sarah: I was going to say that not having the sun makes you feel a little low.

Yes, but what I would like you to try to understand at this point in your development, is that you have full control over your energy levels. The quietness is the time for rejuvenation, and it is important for you all, especially at this particular time of your quietening down, that you seek quietness in order for the Spirit to be uplifted and the energy patterns to maintain their levels of energy. So again I am saying to you my dear friends that I am giving responsibility back to each one of you. ‘How much responsibility can one take?’ I hear, but let me say—and if it seems a little harsh I do not wish it to be that way, but you are entirely responsible for your own well-being and your *physical* lives. When we can step in and help to uplift you, then of course we do. We will always try to support and help you in any way that we can, but as you know full well, we are limited in what we can do for you. We can, as I have said previously, we can guide and uplift you, but we cannot interfere with your own free wills. But I would like you to ponder on my words this time about responsibility for your own energy levels.

George: Yes, I think we do better in that regard as we learn more about energy and the energy of consciousness, and it seems to fit in well with my reading at the moment, but I feel the more we understand about energy and consciousness, the better we are able to handle it.

Yes. As consciousness expands so too must your new minute forms of energy—you also expand. The only difference is that as human beings you have a greater responsibility for that expansion of energy that you are. Do you understand?

George: Yes. So the responsibility is ever-increasing.

Yes. It does not become more simple, in fact I would say that life in the knowledge which you have becomes ever increasingly more difficult—because of the knowledge, you have the responsibility known to you. So you see, much of my time in the past months has been to guide you to ever-widening consciousness, to help you unfold spiritually, to help you to recognize that being within, that true self. After all, in that recognition of self, there lies all knowledge. And that is what we are endeavouring to do with you all my friends.

George: Yes. Thank you, it’s a wonderful and sobering thought.

I hope that your minds open and expand as time continues, because there is much for you to experience, provided that the love to experience comes from the heart and not from the thinking. Remember that we have spoken of this.

George: Yes there’s always the danger of becoming too intellectual and too, shall I say, detached.

Yes.

Great strides are being made of historical discovery and in the field of medicine

These discoveries will be of great value to mankind. (25/4/05)

What I would like to say to you this time my dear friends is that at this moment in time, there is a great outpouring of love directed to your planet. Always within your planet there are many turbulent times, therefore it is necessary that we clothe you in much love which will be duly felt by many, many of its inhabitants. I can therefore say to you also that within five years of your earthly lives, there will be discoveries made within your medical fields, your scientific field and also facts of historical value to you. *(Thanks expressed)* There is much for you to look forward to in the gaining of knowledge and that knowledge is for the good of mankind.

George: I think we are aware that some historic knowledge that would be of value to our understanding—there has been some indication that this might concern Egypt's ancient past.

Yes, there is much still to be uncovered, but I would like you to remember that within your next five earthly years is when all of these things will have a greatness for you, especially within your medical fields. We are approaching the time upon this Earth where man has begun to recognize the need for nurturing of his own kind and the importance of that will take precedence within his thinking. I will take this opportunity my dear friends, whilst we speak of medical matters, to thank you, all of you, for the thoughts and love which you give to each other and to your fellow man. These thoughts that you give grow bigger each time you wish to give help to another human being. As I have said many times, the light from each one of you spiritually has grown so much and this you demonstrate each time we meet. So therefore I say my dear friends, thank you from all in Spirit who are involved in these words.

George: We are most grateful to all concerned. We realize that it's not just down to ourselves.

Yes. You recognize I know that now you are part of a whole, and not single entities as such, and when you agree to work for the good of mankind as a whole, so much more can be achieved, not only for yourselves, but for those who come from my world and who are ever anxious to come to help

People are becoming more willing to speak about what they believe to be truth

We are not always aware whilst in human form, but we are reassured that the world is progressing faster than we realise. Salumet also mentions the topic of mind projection which has been demonstrated through the Bonniol visits. (3/10/05)

As we gather together again, I say to you all my dear friends, how far you have come in this year of your time.

Lilian: Thank you.

Not only have you gathered information about mind projection, but indeed your own individual Spirits have soared, at some point in this one of your earthly years. You have come together as a united group and I know you feel you always have been that, but it is only in this year of your time that this has occurred spiritually. You cannot always see or feel this for yourselves, but because we are more aware of the wider scheme of life, we are able to see much more clearly how you have grown.

George: I think there is a *feeling* that this is a very important time, but it's very nice that you tell us that things are moving forward for us.

Yes, and of course I reiterate to you that a great deal of that responsibility lies with yourselves. We can bring to you much, but without your cooperation, without your dedication it would be lost. But this growth of Spirit is not only confined within these walls, but it is something which is growing throughout your Earthly world at this time. It is a map, which is being written in time, as many individuals are beginning to recognize that they indeed are MORE than physical beings. I am sure that most of you by now have recognized that many more people are speaking of their own experiences, about what they *feel* and what they know. This has not always been so; there have been times when the words of many have been put down as 'complete rubbish' in your world, but the Truth will always survive. And this is what is happening—it is almost like an explosion of Truth within your world at this present time. No longer are people being kept quiet about what they know to be the Truth. The people of today on your planet are recognizing that each one is an individual with a *mind* and thinking of their own.

Once we have heard and understood the teachings - we are changed!

Salumet makes this important point as we struggle with mind-projection. A very worthwhile endeavour but one that requires great patience. (5/12/05)

Good evening. (*Welcomes*)

As I joined with your energies this time, the colours which surround each one of you are bright and have grown much in depth of colour, so I feel happy to say to you that you have the abilities within to make much growth in your coming months.

George: That's nice to hear.

I have told you in times past that your own individual development is as important as the words which I bring to you, because you cannot remain the same once you have heard and understood the words which I bring to you. There has to be personal growth also, if we are to move forward in the way that it has been intended. You are all working hard at trying to become part of the mind-projection and I see your struggle, but nevertheless I hope that you will continue along this pathway, because it will be to your benefit, your growth and your understanding of Spirit.

George: Yes, I think we all probably understand that there's the feeling within that this will be so worthwhile.

It is a start—there is much that you can gather in the way of knowledge and understanding, but what you do not see is how much the Spirit grows in your endeavours, and that is what interests us in our world, that each one of you becomes aware of that inner voice *which can help you at all times.*

George: Yes, I feel that the inner growth has two parts in a way, one part relating to our endeavours and the other part coming direct from your teaching as we become more aware.

Yes, you are correct in your assumption. As always my dear friend you quickly pick upon my meaning and my teaching as well. Both must go hand-in-hand if you are to succeed. I can come and I can bring to you many things, but if it does not travel *along* with your own

spiritual growth, that would not be me doing the job that I came to do—I would be failing you miserably and I hope that I am not doing that.

Sarah: I don't think you are failing us at all Salumet, I think it's entirely us failing you!

Lilian: Yes, I think that is our worry.

No, we will not use that word 'failure', because your endeavours must be congratulated—your patience and your loyalty to your own group has to be mentioned in any words of goodness that I say to you, because indeed my dear friends you are an inspiration to all others. I have to say, not all groups have that bond which is here within this room, and I do not say those words lightly to you. I have said it before and I will say it again, that you were bound to come together in this lifetime for this work and of course it is entirely up to each individual whether they accept, or they go from these teachings.

Lilian: Thank you for your encouragement.

When I return to you in another of your years upon this Earth, I will bring more teaching for you. It will be interspersed again with general *looking within*, in order that you may grow; that will also remain an important part of my coming to you. I will not speak too long this time, because my dear friends, I will bring to each one of you a very strong colour, which you should be aware of as I leave, and within that colour you should see your own individual guidance. I know we have attempted this with you on another occasion, which was partially successful, but now I feel you have reached a stage of your development when you should be in much closer contact with your own helpers.

[Paul shares his feelings that this coming year will be an important year for growth on the planet](#)

Salumet confirms that he should go with those feelings and reminds us that there are many problems, but you cannot have positive without negative. Technology will continue to help get the teachings out there. (23/1/06)

George: Yes and I was wondering—a great area of scepticism relates to elementals. I was wondering if in taking steps forward, if elementals would be coming any more out into the open in our thoughts.

All that has existed ... has existed. It is only that it has been denied, by those, who have been *spiritually blind*, if you like. Until such time as each individual opens their eyes, they will not see. Now, as we continue, I wish to say to you my dear friends, I would like you if you would when you leave this room this evening, if you would send a thought to all of those people whose eyes are spiritually closed, to help them to understand what is round and about them. They can be helped from our world, it only needs to be asked, and I can assure you that in this manner, it is not interference in their lives, it would be the rebirth of their lives. You understand? (*Affirmed*)

George: Yes. In any event it seems to be it would be in the nature of a prayer.

Lilian: It is like healing for them, isn't it really?

Yes. It is help in understanding themselves, in opening their eyes to Love and to the truth of their very existence.

Paul: I don't know why but I just had a feeling that this year would see a bit more spiritual growth on the planet. I suppose every year sees a little bit more as of late. Do you see this year as being a particularly good sort of spiritual growing year?

I understand your question and, yes, take heed of what you *feel* of that innate feeling within, because you would be right in feeling this. Each year that I have come to you my dear friends I see as a time of being special, because each year I come to you, there seems to be a little more understanding within your world, and although this world still has many problems as you see it, I have told you that all is working together for the greater good and you cannot have positive without negative. Do you remember those words? (*Affirmed*) So try always my dear friends to keep a balance, not only in your own lives, but in your thoughts of your planet and all of your solar system and as you now realize, even further. Try to expand your own consciousness and the realization will come to you of all that is *good* and all that is *truth*.

Paul: We are also hoping this year maybe, maybe this year, to get the website with all the wonderful teachings you've given over the years. If you have any suggestions for that, we would be most grateful to hear any.

I am most humbled by your words, and of course if I can help in any way, I will do so, but it will not come in the form of words; it will come to you as it has done by inspiration, and without your dedicated work, you could not have achieved what you are doing. But I wish you to understand that behind all of you we stand, we give encouragement, we give hope for your futures, and we hope we bring to you peace and calmness and goodness for your lives upon this Earth.

George: Yes, and we feel that the technology developments today are helping us immensely, and it is now possible to put the whole of your teachings over twelve years onto a single compact disc, so that all of the teachings can be thrown onto the computer screen and read and this will carry a subject index as a means of reference. So we are being helped with the technological developments.

Yes and they have been important in this development upon your planet. So often we hear people say, '*Why is this necessary?*' But imagine what I have told you earlier about the thought that has been put to film, to photographs—how would this have been possible without that technology? (Yes indeed.) So, always there is a reason for these happenings. But to all of you I give you my love and support at all times. And if you can remember when first I came to you I said to you my dear friends that if only one person is touched by the words I bring, then indeed I feel my task has been achieved.

[Salumet is also occupied with matters in his own realms](#)

We are sometimes reminded of the huge privilege we enjoy from being visited by such an ascended one as Salumet. His work extends into areas beyond our understanding.
(20/11/06)

I have been mostly occupied with matters in our world, which you would not understand of, but which needed me to return and to join with council there. But although it must feel like some time to you all since last I spoke, of course you understand it is but a moment in time.

Sarah: Yes, we do understand, but it still seems like a long time to us. (*Chuckle*)

I know and I have been aware of your thoughts towards me on many occasions. For this I thank you my dear friends. It is good to know that you can extend your love without the voice of one who comes to you; it shows how much you have grown. I see that we once

more are quite short in numbers, but of course it matters not to any work that we have to give to you, but of course it is satisfying to know that many hear the words given out to you within this room. What I have to tell you this time my dear friends, is that as we approach your yearly end and when I naturally return to my own home, it is important for you to know that there is still much for me to give to you. But I have to inform you that the time has come, when we need you to lift your own spiritual beings, to be used in any manner, by those of us in our world. I told you a little time ago that I would be working with this instrument for other things and this I repeat to you. She will not be aware of what is happening, but I can assure you I am working closely with her on many levels, not only in the confines of this room, but at all times in her daily life. And we hope to bring to you, over the next few years of your earthly time, much more phenomenon. (*Excitement expressed by sitters*) But of course there are many things to consider, not only my working with this instrument, but with the permission of all of you within this room, because without your continued support, these things would not be possible. But let me assure you dear friends that we hope that your loyalty to us will be duly rewarded, in as much as we can help you in your own spiritual growth, because each one of you has a different spiritual mission. I know that you know of that and have sometimes wondered what is your place within this group. And let me tell you dear friends that it has been a testing time for many of you, but I can now reveal to you all that your loyalty will be rewarded.

Sarah: That's very nice to hear, but I have to say rather like you, we don't do it for any reward we do it because we want to learn from you.

Yes we understand that you seek not any gratification. But nevertheless, my dear friend, there are so many within these groups, who have only their own ego in mind. But that is not so here and that is why it is possible for me to use this voice-box and speak to you in a loving way and hopefully in an understandable way, because all matters spiritual are not easy to understand fully. But I have tried, and I have been assured that our mission is going forward and that brings great joy not only to me, but to those in our world who are watching closely.

[We are all gods in our right](#)

Our actual substance is from the Great Creator. (9/7/07)

As I come close to you this time there is a gentleness and a purity about you that is so good to feel. Again my dear friends it gladdens us to know that your healing thoughts are now much more expansive than just for individual healing, that your love and feelings for your whole planet can only be admirable, but do not forget the existence of *all life* in many universes that exist. Although many of you feel that life on this planet Earth is harsh at times, let me just remind you my dear friends, that you human beings are on an upward curve of consciousness; and although that may not seem possible when you study individual problems in your world, on the whole this planet Earth is making good progress spiritually. So I would like you to remember this—remember my words and it will sustain you in your daily lives. The angelic beings from all other planets are working hard to help humankind and it is a little unfortunate perhaps, that the people of this time have lost that knowledge and consciousness of your ancient people. It would be worthwhile my dear friends, if you would strive to attain just a little of that consciousness which the

ancients had. They, of course, were able to see these angelic beings, but they called them in your mythology 'gods' and although they may have seemed liked gods because of their great knowledge and help, they *are* in fact the angelic beings which have always been a part of this Earth planet.

George: Yes, I think there's been a tendency to refer to anything that is not human but seems greater than human, as gods.

Yes. After all, remember, you are gods in your own right, because we are all from the same source. But of course I feel you would think that not possible, but your actual substance is from the Great Creative Force. That is why in all of your religions mankind claims to be part of that god-like energy.

George: Image—yes.

Yes. So I say to you my dear friends, strive onwards to achieve evermore spiritual consciousness in your daily lives, in order that those spiritual eyes be awakened to all that is round and about you. Be part of the whole, do not have separation, but *be* love—do not only feel it, but be part of it.

Salumet gives advice to those who are new to the teachings

To begin with, they are not easy to grasp, but with dedication, all does start to make more sense. Through all the Salumet evenings, the teachings have been totally consistent!
(30/7/07)

As I join with you this time I feel your strengths, your weaknesses—all that makes you human. Again we thank you my dear friends for all those endearing thoughts for those who are in need. I am aware of many questions within your thinking at this time. Therefore, and because there are fewer of us this time, I will endeavour to answer any questions you may have.

Lilian: Thank you. Would anyone like to start the questions?

Jim: I'd like just to make a comment on the transcripts of previous meetings which I read. In these transcripts I see the teaching of Salumet, and I try to remember everything and sometimes the message really gets through to me, and at other times I just don't understand what that teaching is about. Is there any advice that you can give me that would help me during my reading of the transcripts?

I would say to you that understanding will come at its own pace. That which you find difficult will soon become understanding (*sic*) with time. So, I say to you, my dear friend: have patience with yourself. You have come quite some way in understanding from whence you first came to us. Would you not agree?

Jim: There are things which really improve my life a great deal. **(Yes)** Your teaching on not making judgements and on forgiveness has been a great help in recalling my youth. And now, without making judgements, I can forgive those who, as a child, I hated—and now that hate has disappeared, and I'm much stronger for it.

Yes, because you are allowing that love, which is after all, the spirit speaking. You have it so much stronger within your life, and you, my dear friend, can feel that benefit most strongly. Life is about love, about giving, and also receiving. But as far as my teachings go,

continue to listen or to read—whichever you find more useful, and I say to you, that understanding will come.

Jim: Thank you.

It's time to feel connection with all that there is

Even Salumet needs to seek counsel which is very humbling to consider all that there is.
(28/1/08)

George: We, too, are all delighted I know, to have you back.

I thank you my dear friends for your love and your willingness to meet with us once again. I have been absent from you for just a short time—your time—but it is most welcome by me to have that breaking-off of connection in order that I might re-join to that space in time from whence I come. It gives me the opportunity to speak and also to seek counsel about many, many subjects; and as I come to you this time, I want to say to you my dear friends that each one of you has indeed grown spiritually and I know I say this to you often, but it is true—even when you are not aware of that growth, it *has* happened. And for some it may be one of life's experiences that has helped you grow, for others it has been an awakening to things spiritual, but no matter what the cause has been, let me reassure you all how much you have grown.

Lilian: Thank you for telling us that. Probably we are not aware of it as much as you.

No, no. You cannot always see it for yourselves, but you have indeed grown much and for this I say to you 'well done'. And let us begin this, another of your earthly years on a positive note, that you may all remain positive throughout whatever comes before you, whether it be troublesome in nature or whether it is something that you feel is good for your life; let it all come and be positive, because when you refuse to entertain fear, then indeed you become stronger and life becomes less of that struggle, which I have to say, belongs to you all. This coming year I would wish my dear friends that you feel that each one of you are inter-connected with each other, not only yourselves, but all of mankind, not only on this earthly plane, but throughout all of creation; that you can *feel* that connection more strongly, because without the knowledge of inter-connection, you would be lost I have to say. Whether mankind realizes it or not, you cannot be one single entity. You understand what I say to you?

Lilian: Yes.

George: Yes, I'm sure we do and I love the way this time you spoke of returning to 'space and time' and this is something we all understand and accept so much better now.

Yes, it has taken a little *time* for you, but, as you know, that has always been my purpose: to serve you simply, to continue to reiterate those truths that stand before you, but which are not always seen to be *truth*. I would like you to feel part of every planet, part of all existence, to become aware of that 'integration of energy'. That is what we will try to achieve in this coming year. It will be taken slowly and each of you will again experience it in different ways, but you will experience that coming together, that union of energy, which I know you feel within this room, but not always when you are away from this room; it then becomes a little more difficult for you, I feel, but that will be our goal in this coming year.

Thoughts for the end of another year

As the Christmas holidays approach, Salumet reminds us about those in need, not only on planet Earth, but also in spirit world, and between worlds. Also, that there is life throughout the cosmos. (8/12/08)

All: Good evening.

As I join with you this time I bring to each one of you much peace, upliftment and great love from our side of life.

(General thanks)

I have listened closely to your thoughts again for others. Again my dear friends we give many thanks for all the good that you do, and as we come closer to your holiday time, I would ask that you continue to think of those in need, not only those in your world but those also a little lost in ours; although in our world, no one is ever truly alone—nor so on the Earth plane, but it is not always recognised that we stand close to those who are in solitary spaces. But of course you would understand that from our world we try to influence all people, and yet so many do not feel our presence. So, my dear friends, I take this opportunity to ask once more for your loving thoughts throughout your holiday time.

Lilian: Yes, we'll remember that.

George: Yes, that is a timely thought and a timely recommendation. Thank you.

I know you will be expecting me to tell you that as we approach the end of another Earthly year, which is but one blink of an eye, I will be taking my leave of you for a short time to return to that place of all-knowledge and love, and to hopefully return to you in what you term 'New Year'—New Year on Earth.

George: We do understand of course and we all, I know, wish you 'extremely well' in that period when you are I think at 'home'—it is the only expression we can put to it.

I like that, because to you human beings, *home* means so much, and we have come to recognise how important home-and-love-and-family are in your daily lives. And so it should be, after all, it has been part of your spiritual pathways. No matter what your lifetime has produced, no matter how good or bad times have been, *home* to each one of you brings a great warmth to your hearts.

(General understanding)

So I too hope to feel that love when I too return *home*, but it is not quite as you would expect. My journey home is also *in the blink of an eye*. But nevertheless, my dear friends, I have to tell you how much you have grown in this past year. I know I say this to you often, but it is true.

Lilian: Well it does encourage us, so thank you.

George: Yes, I think we're all beginning to feel an inner strength which arises from that growth.

Yes, that is as it should be, that that knowledge enables you to live this Earthly life to the fullest, and also to the fullest of your capabilities and understanding; no matter what life brings to you, you will have that innate strength to cope and to understand each and every situation.

(General thanks)

George: I think we well understand love and family all coming together and I think we've come to feel that you Salumet are part of that family.

I thank you my dear friend for your words. I know we have become closer as time has moved forward; but there will always be a connection with each one of you as long as I continue to visit your Earthly plane. I have said previously that anyone who has entered this room has made that connection, and that connection of *love* and *knowledge* cannot be broken. So, although those who are absent are not within this room, does not mean they are not spiritually connected to you. Spirit is in each and every one of you, in each and every being on this planet and many other planets, in all places where life exists. And life, as you know my dear friends, is not always of humankind—it is much wider, much greater, so powerful ... and before I leave you this time, my dear friends, let me say: do not forget to go inward, do not forget who you *are*, and do not ever forget ... I AM. You understand?

(Affirmed)

Yes. Now, my dear friends, I will take *my leave* this time. Know always I hear your thoughts, your desires, and although you *may* not feel that I have listened, let me assure you here and now, that no thought that is pure of love can ever be destroyed or neglected. And with those words I leave you in my love and in the light of spirit.

(General thanks)

George: Wonderful ... love and confirmation of love, thank you Salumet.

(Thanks / farewells from all)

Lilian: And we look forward to being with you in our New Year.

Salumet's words this time were delivered with a slow heartfelt deliberation. As always at the year's end, he has now withdrawn to his place in deeper spirit.

Salumet discusses the results of a spiritual exercise from the previous week

George recognises that there was a general theme in what was picked up. (27/7/09)

I hope that our last meeting was interesting for you and also that last time, as a group, you found it a useful exercise, and gave you a little more to think about.

George: Yes—are you referring to last week, when we had various impressions given?

Yes, I have to say to you that each one of you received something and that has not happened before. Did you realise?

George: Well, yes—and I was left with the feeling that the various things received were connected. There seemed to be a general theme which stems from the date given to Eileen of...

Paul: 1792

George: ...1792—yes, thank you! This was the date of the new calendar of the French Revolution, and there seemed to be a number of other things given that related.

Yes, I am pleased that you found your interpretation most fruitful, but as far as we are concerned in spirit, it is that you *did* receive those thoughts from us.

George: Yes.

The fact that there was a bond of information is good for you all to recognise, but the importance of what you received, just shows, my dear friends, that you are open and willing to receive. That was the object of the exercise.

George: It's very nice to know that we are able to operate in that way and be sufficiently open.

Yes, it is helpful to you as individuals to allow us to come close in this way. Otherwise, you will stay at a level of understanding—which is good, but much better that you allow it to develop.

Sarah: We're always pleased to get anything from spirit in this group!

Yes, and because you work so well and, as you were told, beautiful colours attract those of us in spirit, it is well that you pick up such information. And it will be our endeavour that each one of you be given these opportunities, because of the love and the dedication that you have all shown and have given me the opportunity to use this instrument. So again, this time, there will be some time devoted to allowing us in spirit to come close again, if you are so willing.

When compassion does not come from deep within – it means nothing

Help when asked for comes in many guises and is not always obvious. Discussion about how 'insular' our planet feels, especially now we know there is life out there, truly gives us something to think about. Science is catching up. (14/9/09)

Each time I come to you it never ceases to amaze me how much your love and compassion for your fellow man has grown. To you, my dear friends, it has become part of this gathering together—to give thanks, to ask for help for others, with little thought of yourselves.

Lilian: Well I think we'd all agree it's partly thanks to you.

Sara: We've had a good teacher maybe?

(Agreeing laughs)

I cannot do that—you have done that for yourselves. I perhaps have lightened your way perhaps, but if it does not come from deep within then it means nothing, and each one of you, my dear friends, glows brighter as time continues. I would like to welcome back our dear friend (Rod) who has been absent for some time.

Rod: Thank you very much Salumet.

At times you have been weary and asked for help on many occasions, but remember my dear friend, help comes in many guises. It is not always so obvious to those in need. But we have never been far from you, and it is good to welcome you back into this room.

Rod: Thank you so much. I appreciate those words, and you're right—I sit on the edge of the bed and thank everybody up there for helping us, including your good self sir.

I thank you too. Now, as I have listened to all those words, wishing comfort for others and listening of course about the other planets, I think you would agree with me my dear friends, that life now for you on this Earth planet seems quite 'insular' when so many others exist—

(Agreed)

—And having that knowledge that understanding can only help you with your own spiritual growth, and this is what is happening to each one of you—maybe in your own way, in different ways, in your own time, but nevertheless it is happening.

George: Yes, in a way it's a joy to have that awareness of other intelligences.

Yes, and you have already become aware of others who have this information (yes). Yes, it all comes together does it not?

George: Yes, and 'insular' is a nice, interesting word (**yes**) and I fancy we could be viewed by some others as 'most peculiar'!

(Chuckles)

I do not advocate *that* word.

George: We have things to learn on this planet, but then it is a learning planet.

Sarah: It always makes me laugh when the scientists say: I wonder if there's any intelligence out there?—anything that might be comparable with us—thinking that we're the most intelligent, whereas we know that we're the least!

(Laughs)

Yes, we will not disenchant them. They also are working at their own rate, and I have to tell you that many who are walking that pathway are making great strides, especially with the help of those in spirit. There is an age coming to you when your scientists will be much more open-minded, because they cannot always deny what is placed before them.

Sarah: I think actually it is beginning isn't it? Certainly some of the scientists are beginning to say: well, we're not sure anymore—they may not actually be totally in agreement, but they are hovering a little bit—so that's a good start.

They are finding their own 'proof' as they call it—yes; that is the pathway they will take. There has always been throughout your many ages, people of science who have been far ahead of others, but always have been cried down for their views. This has always been and will continue to be for some time to come. But, my dear friends, I wish to say to you this time that we feel that progress has started—slowly, slowly, but we have that first footstep on the ladder of knowledge.

Sarah: That's good to hear.

Yes. It may not seem much to you, but I can assure you my dear friends that it is so.

[Salumet reaffirms our growth from a discussion about suffering in the world](#)

Listening to our conversations gives a good indication about where we are with our thinking. We are reminded again that the best way to help the world is to focus on everything positive. (25/1/10)

We voiced healing requests as usual and this led to mention of the terrible suffering in Haiti and Iraq. Then we moved onto our Earthly shortcomings in relation to warfare, and there still remain vivid memories of World War II and attitudes towards German citizens that followed. It was stated that those people of the '40s were different—disturbed—disturbed in a particular way by a particular politician; making it very difficult to judge—if indeed we should be judging! And the term 'brainwashing' came into the conversation; also the phrases 'lack of real democracy—not yet properly defined—politicians becoming undemocratic once in power'. And we are convinced that the majority of electorate here in the UK did not wish to start the situation that we now have in Iraq—and there is just so much ongoing suffering there still. It is a strange world of mixed-up values in which minority factions seem to wreak havoc in various ways.

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening!

George: It's lovely to have you with us again.

Sarah: I hope you had a satisfactory time when you haven't been with us and back where you belong.

Thank you, my dear friends. How happy I feel to join with you once again. I have been quietly listening to you and your discussion about your world, and the thought that came to me was: how much you have changed and grown since first we met. How compassionate in you thinking and a little self-critical, I might add, about how you feel. My dear friends, it gladdens me to see such human beings—such as you.

Lilian: Well, thank you for those kind words. I think we can see a difference in ourselves.

Sarah: Thanks to you Salumet!

I take no thanks. You all have achieved what you have become—and that is human beings who are more aware of their true spirit selves. That is so important not only to you, but to us in my world who look after you, so often, even when you are unaware. But, it brings joy to us all when we listen to you speak in such a loving and compassionate way. So, let me say to you all, my dear friends: 'Thank you' and my wish for you all would be that you continue to grow and recognise your true selves.

All: Thank you.

Sarah: We'll do our best!

Even those who are absent from this group, they too have grown, and the words that you have given to the world through your speech and through your written word are appreciated by me and all those close by you, in recognition of the love and joy which you have brought to many. My dear friends, I can tell you, that you have, in so many peoples' minds opened up a vista of information.

George: It's very nice to have that realisation. Thank you, Salumet.

Thank you, dear friend! I am, of course, aware of your written book and the time dedicated to it. For this, we have your thanks, and we give to you much opportunity to enable you to put forward Truth with Love and Light.

George: Yes—I certainly felt the opportunities and have welcomed them and am most appreciative. It's so good to have had the information presented in the wonderful way that it *has* been presented. We're all of us delighted with that, I know.

Yes. As I said to you at the beginning of your last year that it was time to begin for each one of you to grow spiritually—I again say to you, my dear friends that the time is now for you all to expand your own consciousness in whatever way is comfortable to you.

George: The other expansion that I think we foresee at the present time is the website, which Paul has launched for us. It's nice to see that growing and we are hopeful that that will expand and reach many people.

Yes, the opportunity is there. We will endeavour to help that to come to fruition.

George: Wonderful! And I haven't forgotten the further website which Richard has put together. In fact, we are fortunate in having two websites of information, at the moment, and we're delighted to have the opportunity to be expanding these.

Yes, the more opportunities there are to reach many peoples, the stronger the voice. We look only to you to do what you can, if you can, when you can, how you can—we leave some responsibility with you. All I can do, my dear friends, is to continue to help bring the Truth. That has always been my mission—to bring wherever I can, a small *Truth*—a Truth that has always been, and for that Truth to grow in the mind of humankind, that they may

accept that *Truth* and find for themselves the realisation that they are *Spirit* clothed in human form. It may seem a simple task, but as you know full well, your planet Earth always has difficulties, but as I have said to you in recent times, the way to help is to **focus upon everything positive**. That way, you help to *dispel* the negativity in your world.

George: Yes, and we are so much a mixture in our world of positive and negative.

Yes, but when you have the knowledge of being positive, then you have a responsibility—not only to yourselves, but to your world, *this planet*—who is looking for that light of being positive; it needs that positivity. And although, my dear friends, I thank you for your compassion, I ask also that you do not dwell upon these things too much. The laws of all life will even things out eventually—but of course, not in *your* lifetime. But to spread the word of truth, I am filled with *JOY* that you have achieved so much in such a short space of your Earthly time, and for this, my dear friends, I continue to thank you all.

The work that goes on to help alleviate the suffering

We must not fear for our world. It is not possible to be free from disaster, as this is part of the Earth's evolution. We must stay positive. George goes onto ask after a lady, Estelle Roberts, who helped trace relatives at the end of WW2. Her gatherings were enormous, but she was just one of many. (13/9/10)

As I join with you this time I am aware, my dear friends, of the love and joy which you bring with you. As always, those of us in this world, wish to thank you for all the healing thoughts that you give. Your world, at this moment in time, is in much need of help. Of course, you must realise my dear friends that we in spirit are working at all times to enable that suffering to be lessened, as much as we can. But I wish to say to you still—do not be afraid for your world. I have been aware, in recent times, of the gloomy forecasts of many people in your world, who see only suffering; who see only negative situations. Your world, at this time, cannot be free from disasters, because it is still part of the Earth's evolution, but I wish you, my dear friends, to retain within yourselves, that all will improve; and if you remember my words when first I came to you, they were of a positive nature*. And, although, we fully understand how much these happenings bring you pain, you must always be strong, my dear friends—be positive in thought, and that is the way you can help most. So my message for you this time is to keep amongst yourselves that strong bond, that strong unity of knowledge for positive measures in all that is wrong in your world. Do you have any questions, my dear friends?

George: I was just going to say that I feel there's a general realisation that big changes are happening in relation to our world and mankind's way forward—and elements of fear seem to creep into imagination in relation to this change. But I feel the *change* that's happening is positive and is realised generally. Does that sound reasonable?

Of course—it unfortunately, is part of humankind's nature to be fearful. Mankind does not release easily those innate fears; but yes, I do agree with you that there are many steps being taken. That is encouraging mankind to go forward with a much renewed sense of knowledge, and with the ability to be much more positive about their future—not only the future of your Earth planet, but also that of your universe as a whole. Much more knowledge is being gathered, is being given at this time in your existence on this Earth.

Therefore, once more I say to you: continue to be strong in that perfect knowledge that all can be well.

George: Yes, I think, as a group, we're probably all quite strong in our feelings about that.

Yes, you can only, as you have already done, try to help individuals with their own struggle for knowledge. And again, I say to you: sow the seed and allow that seed to germinate—you can do no more my friends, and I once more thank you for the endeavour and the effort that you have made so far.

Now, I do not wish to stay with you much longer, because I feel this evening, because of the small number that you are, that there are those who are willing to come much closer to you. I would say, as you go into that quietness, each one of you will be given one word, which is relevant to each one. I ask, my dear friends, that you ponder upon this word which is relevant to you, and then, perhaps, you would like to discuss it amongst yourselves.

George: Yes, thank you! Could I just mention that three of us recently, have been reading a book by the medium, Estelle Roberts (**yes**) who was working in the last century and, in particular during the period of World War II—and she had an enormous following and the Albert Hall and, other halls were sometimes filled with people coming to her meetings. It left me with the feeling that there were so many people during that war period who were so desirous of news of their loved ones who were very often missing, and her services, as a medium, were very much sought during that period. One could almost see that wartime period, terrible though it was—one could almost see it as a good thing, because it stimulated such interest in the spiritual life—in the spiritual world.

Yes, she was one of many at that particular time. You say 'the world', but I will define it a little more and say that your own country, at that particular time, was ready for the information that was available to them. She was only one of many who were ready to impress the people with the knowledge that they needed.

George: Yes, we felt she did a wonderful job in that and the three who read the book were very much impressed ourselves with her work.

Yes, but never just take one person when, then and now, there are many who work for the same goal, and you will always find that some will gravitate to one more than others—but that is not important—the *message* is important.

George: Yes, and there was one 'Red Cloud' (**yes**), who spoke through her. I think we understand that Red Cloud still operates.

I am not aware of that at this particular moment. Perhaps, I can clarify it for you another time.

George: Thank you, Salumet!

And now, we will let you continue with your evening. As always, know, my dear friends, always I am close by you, even if you are not aware of it. I offer you my love and my protection at all times.

General thanks

Powerful changes

Discussion about how members of the group could probably identify at least one powerful change in their lives as a result of the teachings. Salumet tells us that responsibilities grow with greater knowledge, but this gives us more opportunity for growth. (11/7/11)

How far you have come my dear friends that you have progressed so in such a short period of your Earth time. I know that you are well aware of the subtle changes which have occurred in your individual lives; no matter what that daily life may be, each of you has moved forward.

George: And I know we all thank you so much, Salumet, for your teaching which has been highly instrumental in this—thank you!

Our thanks go to you all. Without your dedication, without your striving to give the truth and knowledge, it would not be as simple for us. So therefore, I thank you all, and to you, dear friend, for the many hours devoted to putting into written word all that has been given to you.

George: Thank you Salumet. I try in that respect.

All of you are responsible for these happenings, and I would encourage you my dear friends to continue, not only in spreading the word, but in your own self-development. That is important also, and we have endeavoured to help each and every one of you in that course.

(General thanks)

I am sure that if we were to speak individually, you could all name one powerful change in your lives that you are aware of since becoming much more knowledgeable about spirit.

George: Yes, speaking for myself, I certainly find in writing, that ideas come from spirit and it makes that part of my work so much more interesting and refreshing.

Yes, we will always be close by whenever there is dedication to our work. Does anyone else wish to say what they feel has been their greatest asset?

Lilian: I think for myself it would be knowing the power of thought **(Good)**. It probably has impressed me, among other things as well, but that one perhaps, especially.

Sarah: I think you telling us not to judge, because we can't see the whole picture—that's had quite a big influence on me too **(Good)**.

Paul: And a sort of *freedom* when you feel that the only real thing that matters is the awareness you gain in this lifetime and the help you give with it. All the other daily matters are far less important than this Truth and Love that we're seeking **(Good)**.

Jan: I feel, on a daily basis, that my life is still very complex physically—the things I have to deal with on a day-to-day basis—and I don't always feel in control of those thoughts, but I *think* I've become more placid and I think I'm less fearful—I think that's the biggest one—I'm less fearful of the future. I put my trust more in *spirit actually*, and look at it more through spiritual eyes, rather than physically being fearful of what's going to happen in the future.

Daphne: Well, I can say the same as Jan. She's taken the words from me actually, because I'm not as fearful now. I have more faith and I trust in what comes to us from spirit, and especially with healing. And I feel that since I've been coming here, which is not all that long, that I have grown somewhat to be a better person all round. Thank you!

Ann: I think I'm less anxious than I used to be and, like Lilian, I'm very aware when my thoughts are wrong and I seem to get a tap on the shoulder and 'delete' them, if I feel they were bad—they were wrong—not always I know...I know when I'm 'out of kilter' and not on course I think.

Jan: I think we all feel that Ann. That's a good way to put it.

It is wonderful for us to hear each of you speak and I give back to you the credit for *that*; because without your love, without your openness and willingness to listen we could do

very little. Therefore, I say to each one of you, my dear friends: Please do continue along your pathway, because you are all on the right pathway now.

(Murmurs of thanks!)

We will always try to influence, we will always try to protect, but ultimately whatever happens in your Earthly life is your own responsibilities, and although we can help, we are limited in what we might do for you. That is *why* it is essential that you *voice* those needs for healing, for love, for guidance, for all of these things. I can only say to you that it brings to us great joy, to know that there are within a group of such diverse peoples, a unity of love and knowledge; and I do thank you all.

(Pause)

Sarah: I think I've said this before, but you've thanked us for listening to you, but in actual fact, it's helping *us* to lead an easier life I would say, because we've had the teachings. It's nice of you to thank us for listening to you, but in fact it's very much to our benefit to do so—so our thanks have to go back to you, even though you say you don't want any thanks. Without you, we wouldn't have gone this far.

You cannot see, my friends, the transition that occurs in your own daily lives, because you are too involved in that life; but from spirit we see that wider picture, so I can say to you, each one of you is on a pathway of deep knowledge and love. I am sure you are all aware of the different types of love that you encounter each day of your lives—you are aware of the many problems which are placed before you—but that is part of life. No one said that your lives would be *easy*, because in overcoming difficulties you gain an inner strength. I am sure you would all agree.

(Agreement all round!)

But with that spiritual knowledge, comes a much deeper responsibility on your part, because the more you know of spiritual truth, the more responsibility it places upon your shoulders, and that is not always an easy thing to accept.

George: Yes, the progression that is necessary to have a certain amount of, shall I say, suffering—several of us are continuing to read the Lobsang Rampa books, and that gentleman suffered so much!—and overcame so much!—and had such spiritual development (**yes**); that it makes our little problems seem trivial by comparison.

Everyone's problem is individual to *them*. To overcome and surmount any difficulty in your life can be lesser or greater on the spiritual growth pathway. What is important, no matter the problems, is that you do understand and overcome them. Then you are feeding that greater light within—you are becoming brighter each time you take charge of any difficulty. So, although there are many people on this Earth plane, who would seem capable of much, do not denigrate your own abilities—no matter how small the problem, the important area is that you overcome them.

Sarah: I do think, well speaking for myself, that your saying that we don't realise how we're developing, and I think that is true—but what I have found is that, when you're not doing the right thing, you become very aware of that. *(Agreed)* So that in itself helps to put you on the right path, I think.

Yes, that is part of the responsibility—the recognition of that responsibility. That is why you have that great awareness, because it is your spirit speaking, not the physical being. And I know you all understand these words, but sometimes we feel we must reiterate these things for you, not only to repeat those words, but to encourage and to uplift you—to know that you are travelling your pathways in the correct way.

Sarah: Thank you!

Paul: Relating, to what Sarah said that you know when you're *not* living your spiritual truths, is it like when you feel bad inside—that's when you haven't been doing it right. But when you're feeling good that's when you probably are making the right choices.

Yes—we do not expect you to be perfect beings.

Jan: Oh good!

(Laughter!)

Yes—I am aware of your doubts, but you have come far, my dear friend. Don't be afraid—don't be afraid of what is to come.

Jan: No, as I've said, I'm trying not to anymore. But there's one person in my life that you have mentioned before, but that's where the fear is centred around **(yes)**, and I worry about—I'm getting emotional, but I'm among friends so it doesn't matter—I worry monetarily **(yes)** about our future. I worry about him leaving me and passing on early like his Dad, and he works so hard that I sometimes feel that although I support him, I know I do, that I don't do enough and that's where most of my fear comes from.

Yes, but you cannot fear for another, because they have to live their lives as they see it. You can support, you can encourage, but you cannot change another's life pathway. So my dear friend, you have to try to understand your own self, you have to go deep within; only there will you find the strength and the encouragement to go forward. You must—it is the only way. Life upon this Earth is but a fleeting moment in all of existence. You can never lose someone that you truly love.

Jan: I know that—sensibly, I know that—but...

I know your fear is great—that is one of your life's challenges—is fear. You know this, we have spoken before.

Jan: I know it.

But you have to change that pattern of thinking.

Sarah: Because, fear doesn't help yourself, but the fear doesn't help the one she loves either, does it? Her fear is a negative thing and that surely must be influencing the one she's talking about?

There are only two ways—'Love' and 'Fear'. They are the two sides to the same coin—'Love'—'Hate and Fear'.

Jan: But, it's because I love that person that the fear goes with it.

Yes, but you cannot put upon that person—

Jan: I don't think he's aware of my fear.

No, you cannot put *him* forward as being the cause of your fear.

Jan: That's a way of putting it.

Yes, you have to take that responsibility yourself, and the only way you can achieve this is to go *inward*. You can influence with love by going inward (yes), you can change, to a certain degree, his way of thinking, with love and with quiet solitude. You understand? (Yes). That is the best way to deal with your fear.

Jan: Right. It *has* got better.

Yes, you have become stronger, but it is a very deep fear, and I will say something which I do not like to do, but this fear is not of this lifetime.

Jan: No I've already sussed that one out for myself.

Yes, so now is the lifetime that you have the capability of changing those thought patterns. You understand?

Jan: Yes. Internally, I've had that conversation with myself many times.

Yes, you know—you all know really when there are problems. You all have the answer to put them right.

Jan: But the fear is what causes that spiritual emotion to tumble like it just did (**yes**). In a normal everyday setting that doesn't happen, but it's like going to counselling, when that emotion is allowed to come out of the box, it's overwhelming.

Yes, but you have been true to yourself. You have allowed those feelings to be *expressed* and in some way, relinquished.

Jan: That doesn't happen very often.

Yes exactly, so do not be too harsh on yourself. Recognise your fears and try to deal with them. You understand?

Jan: Yes, yes I do. Thank you!

Now, my dear friends, I feel for this time, I have spoken to you long enough. I feel great joy this evening in being with you, in being part of each one of you, and know always I endeavour to help and encourage you at all times.

George: I'm sure we all feel that joy, Salumet.

Thank you.

Lilian: Yes, thank you, once again, Salumet. You've helped us again.

(Agreed)

George's Notes:

Diversity within group: *Scientists/busy mums/hotel pianist/co secretaries/ex-military/gardener/school teachers, computer-conversant ones and Chief Chemist at the factory of a very well-known firm (That was Jim, now in spirit).*

Lobsang Rampa hardships: *Left home aged 7 for Lamasery training, long arduous further education working all hours, lost dear ones in Chinese invasion of Tibetan homeland, two periods in Japanese prisoner-of-war camps, periods of torture etc.*

There are times on this Earth when people feel overwhelmed

Despite this, we must remember that the soul sings through hardship and challenges. A good way to dispel negativity is talking about any doubts we may feel, because in speaking honestly, we are better able to control our thoughts. (26/11/12)

As I come close to you, I feel laughter and also pain. Each time I come to you my dear friends, it is never quite the same. The diversity of love and feelings is immeasurable, and I wish to say to you this time, that upliftment is needed in your world at this time. That is not to deviate from the pathway of knowledge and love, which still continues to grow, but also there are times when people of your Earth, seem to feel overwhelmed. We have come to accept these conditions, but as always, we focus on all that is good. Therefore, my dear friends, I say to you, continue with your love, continue with upliftment, continue with your prayers and you will see the returns of that love. It may not be tomorrow in your time, it may take some hundreds of your years, but I am here to reassure you of these happenings—of the great joy that will come eventually to many. So place aside your earthly worries and give to others that great joy that you feel at times, within this energy. *Share* with others, not only your knowledge, but those doubts that you may have, because in speaking words, you are then able to control the thoughts. Do you understand?

George: Yes, the speaking of the words, seem to reinforce our thoughts and convictions somehow and I guess it helps us all to work together in that.

Yes, and to dispel any negativity—by expression, you can then let go.

Paul: Yes, it's sort of *acknowledging it, by speaking it*.

Yes, that is exactly what I mean.

George: It's a very good thought for us, that even if things don't seem to be happening necessarily in our lifetimes, a process has begun, which will eventually lead to its maturity.

Yes. Be secure in that knowledge, be secure that what we in spirit are endeavouring to do, is to bring many more people back to the truth; and what they do innately know and recognise. It indeed is a task that few would wish to undertake, but I of course, as you know, bring optimism to all of you. I strive that each one of you recognises within yourselves that spiritual aspect of all knowing.

Words of encouragement both general and individually

Salumet delivers a Christmas message. We are informed also, that the visits will start to become less often now. We still have much to learn, but not necessarily on this planet. (3/12/12)

As I come before you this time my dear friends, it is to say to you, that as we are fast approaching another one of your earthly years, it would be advantageous to look back and to see what you have achieved personally in your own lives. I have told you on previous occasions that the time for your own personal development is necessary and those words still stand. We of course in our world, are engaged with those of you who are looking forward to the celebrations at this time of your year. Of course not all nations celebrate your Christmas time, but nevertheless the love that abounds on your planet at this time of year, is indeed something to behold; even in times of trouble and stress, that love cannot be diminished. So I will tell you my dear friends, that this visit with you, will be the last one of this your earthly year. As always I will continue to fill you with hope and with love and I will return to that time from whence I came. We will of course come together in your new earthly year, to which I will of course be happy to do. So, other than to ask of you, my dear friends, what do you feel your own personal achievements have been?

Sarah: I just first would like saying Salumet: thank you for coming so often this year, because you did say perhaps you wouldn't be coming quite so often, but we really have appreciated all your visits to us—so thank you for that.

I will continue to be drawn to you of course. But so much I feel has been given and so much yet you have to learn, but not always on this planet (yes).

George: Yes, I think I'm much more appreciative of the wider picture now. And let me say, I'm sure you're aware that a further book is underway and that book reflects on two decades of your teaching and your introduction to others and it is a wide picture indeed. This is not so much personal achievement, but it is *group* achievement, but it's wider than group achievement. You yourself obviously feature so strongly in this and many others whom you've introduced to us for their valuable words, and the others from across the universe who have further enhanced that wider picture. So, yes, I would say: thank you so

much for all this! And on a personal note, yes I appreciate much more the wider picture now.

Yes, you have all grown so much—I have told you this often of course, but I now want you to go more inward and to find those true selves, which I know each one of you has endeavoured to do, but I feel that this coming year, should be focused more on those abilities of spirit. I would like you my dear friends, to think and to consider that spiritual gift you feel to be of *more* importance for yourselves and to think about it very deeply over this your holiday time. Are you aware?

Paul: Aware of?

—Your own developments.

Paul: I think this year for me as well, this has been I'd say, a very *fertile* year—very challenging, but very fertile. I feel quite *earthed* in a way—earthed and more connected and appreciative of the people around me and somehow deeper rooted, so that I'm trying to put together things in my life now, in a more directed way in a spiritual sense—trying to pull all these teachings into my life as much as I can—it's little steps—

Yes I see for you there is much more *balance* between earthly living and spiritual life. That balance has grown this particular year for you. I would say well done to you, because I feel, at the beginning you struggled, just a little (yes). Yes, but I say: well done to you (Thank you.).

And I know our dear friend who is by you (*Mark*) has had some absence, but nevertheless never neglected, or forgotten (Thank you), and his gifts have been shown through his own family.

George: Yes, and I would say, your name often crops up in conversation, Salumet.

Yes, well we know that names are of no importance. The only reason names are given, are for recognition purposes only, not because we wish to be remembered by a name. But we know that, as human beings, that is your way of contact, and therefore we find that by supplying a name, it gives us all connection.

George: Yes indeed. I think we humans tend to stretch that identity in order to associate with the teachings, which are so valuable to us.

Yes, and of course we know, with human beings, that name-connection continues well after they have returned home to spirit, for quite some considerable time. So I know, and *thank you*, because I know it is a gift to me, in the sense that you wish people to hear and understand my words. So, I feel my thanks to all of you is appropriate at this time.

Sarah: That's very kind. It's reciprocal, but I remember you saying before that we both need each other in a way—you learn from us, as we learn from you.

Of course, learning is never done with, whether you are here, or on another planet or whether you are in spirit—that knowledge grows and expands and continues.

George: A particular name that I have noticed recently is that of Dr Stephen Greer, who leads what is known as 'The Orion Project.' He has studied what he describes as 'new energies', which can be so useful to Earth in future years. He has written a letter of proposals to the President of the United States, to make him aware of such 'new energies' and I couldn't help thinking that you have spoken on new energies to us in this last year, Salumet (**yes**), so I felt there to be a connection.

Yes—there never is 'new energy', as I have probably told you (yes), all energy has always existed, but the point being that Earth will *re-discover* the energies to be used.

George: Yes, it is our awareness that is new.

Yes, so it is new energy in as much as it is being discovered. But yes, I did say that there would be new findings, and I am pleased that that is ongoing.

George: Yes, I was impressed by the fact that he has passed the information to the American President

Yes, that would be influence from our world.

George: I rather thought so **(yes)**.

Jan: Mine would be, I think more than anything else, I think my 'fear' has dispelled somewhat—a fear for the future, that I realise was a very negative force within my life, and although I have occasional days when I lapse—I think that's the biggest thing this year.

Yes, you have indeed grown in that direction. But we have and will continue to work with you on this (Thank you), yes. But to recognise, is indeed a great step forward. Yes, you are all going forward, but it is good for you to recognise it for yourselves, rather than for me to tell you what you must do.

Jan: Yes, and I think the other thing is that I don't question quite so much anymore, *my* purpose, because I *know* that my purpose is of paramount importance, not only to those around me, but to myself and those in spirit.

And do you see what has happened, that you have forgotten the 'I' —you are now involved in the 'we,'—thinking of others and understanding where all of this comes from. That is a great step forward.

Jan: Do you know, I wasn't conscious that I was—but yes...

It is a big step forward for you.

Jan: Yes, I've removed the—
—**The blockage.**

Jan: The blockage—so I have!

Yes. You should be proud of yourselves, my dear friends. If only you could see yourselves as I see you, you would be surprised.

Jan: Thank you, that's made me feel quite humble inside—being able to recognise **(yes—good)**.

Sarah: And I feel that I've been very aware this year of the guidance that I'm being given. And I'm trying to follow what I'm being given. So that's the main thing that I've found this year.

Yes, you my dear friend, although you speak well of spiritual matters, at times you have not allowed yourself to *fulfil* those words; but as you say, you now recognise that you too have grown, and as long as you keep that to the forefront of your mind, all of life's difficulties and tribulations will fade into the background of your life.

Sarah: Yes, thank you. I do find that the things that might have distressed me in the past, they haven't distressed me at all this time. I feel it must be absolutely right **(yes)**. Thank you. And Emily, my daughter, she's also had an awful lot of help. Anyway, she's very grateful, and you did say to her that wherever she went, there would be help for her, and indeed that has been the case, so thank you very much.

Yes, once you make contact with us, even if you reject it for earthly years, there is still that contact there. And we do not let go easily. (*Mutterings of thanks and a few chuckles*) We cannot interfere with your lives, but we can inspire and lead you and uplift you. So, it is as you Earth people would say, 'a long piece of string.' So we will never abandon you once this contact is made.

(General thanks)

And now we come to our dear friend (*Serena*), our lady-friend, who has not been with us so long as the others, but fits in very nicely to this group—yes. The name is so similar to ‘serenity’ and we feel that is what this lady brings, although she may not agree with that—(*Smiles and chuckles*)—but she does, she does. And perhaps she would like to say just a few words on what she *feels*.

Serena: I *feel* that people are disappearing, not dying, but just leaving my life. It’s almost like a clearing. I feel I need to be more focused and find *one* direction, instead of going all over the place. I’ve looked at lots of different things, but nothing’s really held my attention, but I’d really like to focus on something and perhaps find a new avenue to do with energy healing/energy work, that sort of thing.

Yes, the desire and the love to do that is already apparent. Now all you must do is to allow yourself some patience. Yes, your life is structured and going in the right direction (Thank you).

Which now brings us to two people, who really have not been with us too long, but I would say, if it is right for them, they will continue to return. Would you like to speak to the others?

Mark G: I’m very shy.

(*Giggles*)

There is no need to be shy with friends.

Mark G: Okay. I’d like to say that I’ve experienced lots and lots of violence in my life and I’ve kind of learnt to deal with that by studying violence and studying the martial arts. But with my studies I’ve found that the highest form of martial art is healing; and I’d like to develop that area and I’m hoping that attending here will help me with that.

Attending here will put everything into perspective (that’s good). That is *one* of the reasons you are here (okay), to find the life that you search for. And when you *seek*, when you are ready you will find. Those words are so commonly known, that people do not always take them seriously. But give yourself time, my dear friend; again, as I have said to the dear lady: *patience, patience*. You have at times, not always been so.

(*Chuckles*)

Mark G: No, that’s true—thank you.

Yes—but yes.

How about the little lady?

Natasha: I come here just to regain my strength really, because I do see spirit a lot (**yes**), in between living life, and a very demanding job and looking after a lot of other people on this Earth, that it’s just nice to come here, and I do feel re-recharged when I go home (**yes**). I do live quite a hectic life, but I do really enjoy coming here and I do feel recharged when I go home (**yes**) and I try not to *not notice* spirit, but sometimes I’m just very busy—it’s difficult. **Yes, we do not wish to intrude upon anyone’s life, but everyone should *realise* that there has to be a period of surrendering to spirit. And therefore I would say to you, just to take it as it comes and you will find, as I have said to the gentleman, a balance, which is fulfilling and creative and will suit *you*. You are, after all, individuals and we would not expect it to be otherwise. But if you are not happy with seeing spirit, you have of course the right to ask them to leave.**

Natasha: I’m always happy to see them, it’s just sometimes feel I’m letting them down, because I’m so busy.

Yes, but of course they will take any opportunity to be seen, but you *do* have control of these things. So I say to all of you, my dear friends, thank you for sharing your information

to each other. I am sure that each of you finds it informative to listen to the others and to see how you have, and *our* growing.

So now my dear friends, I take my leave of you, and I know that *you* understand that my love is always with you.

(General thanks)

George: Wonderful—yes, we are most grateful—thank you Salumet, and I'm sure our love goes with you.

Jan: Salumet, are you still there?

Yes.

Jan: Sorry, before you go—because Lilian is not with us tonight, for upliftment, is there a message I can pass on to Lilian please?

Our dear friend Lilian, is being taken care of. She has her own fears at this particular time. But she knows that we are with her.

Jan: Yes she does, yes.

So, my message to her is that she is surrounded by not only *my* love, but all of those who come close to her.

Jan: Thank you very much.

[A reminder that our world is evolving as we are](#)

Salumet starts by stating that his wish for us this time—that we become much more aware of who and what we are. We need to become much more aware of our own spirituality. Salumet states that he has laid before us the seeds of love and the seeds of knowledge. It is now up to us to go forward. We must never judge, but to lay those seeds of Truth, and for those who are ready, it is time cultivate their own Truth. We must learn to accept that not all are ready to accept yet, which is a great step of learning. To be able to achieve this indicates a level of acceptance. Help is always available, but the responsibility lies with us. (14/1/13)

I am happy to join with you once more.

Sarah: We're very pleased to have you back, thank you. Hope you've had a good time back where you belong.

I always enjoy that phrase, 'Good time'.

(Chuckles)

It is perhaps not the way I would phrase it, but nevertheless I thank you sincerely for your wishes.

Sarah: Thank you. How would you have phrased it in your words, as a matter of interest?

I would have said, I have had a '*blessed bonding*'.

Sarah: Oh yes, that sounds very good—I'll try and remember that for next time.

Yes—Of course, when I have returned to the world of Spirit, a coming back to this energy, always feels so heavy to begin with, but it does not take long to adapt to this Earthly plane.

Sarah: Well we are very grateful to you for making the transition for us, it's very much appreciated.

Although I have been absent from your lives for this space of time, you have not been forgotten in thought. And although your numbers tonight are small (*six*) it matters not,

because I try to be with you all, in different places, at different times; and that brings me to what I wish to say to you this time: The past year on this Earth, I have tried to encourage you to develop those gifts of Spirit that you each have. I have left you all with the responsibility of doing that. I want to say to you, my dear friends, that this coming year of your time I again will not always be with you, but hope that when I am, I can be of service to you. I would like you, to this year of your time, to cultivate whenever you can, that sensitivity of Spirit, that *awareness* of Spirit that encourages you to look *further* than you have done so up until now. There is within each one of you, an innate knowledge, which is still to be tapped into. That is my wish for you this time—that each one of you becomes much more aware of who and what you are. I know you have come quite some way in your spiritual development, but there is so much more that you need to know, for your own development and with this, I will endeavour to help you.

(General thanks)

Now, I will just say to you, if there is anything you wish to say to me this time, now is the moment, because I will not stay with you too long this time.

Sarah: I was just wondering Salumet—you're not going to be with us so much this year—is there another group maybe that you've found?

No, that will not happen. I have endeavoured to come to you with 'Truth' and 'Love', you know that.

Sarah: Yes, we do.

But when that has been achieved, I will return to where I come from.

Sarah: Ah—so you've just returned to help *us* really?

Yes, because the opportunity to spread Truth, here amongst you people, who have blended so well together—it was an opportunity that we did not wish to miss.

George: I was going to say, it's much more than a mere 'us', because it spreads from here **(Yes)** and is touching so many.

And that is why I wish you to now be much more *aware* of your own spirituality. You have the tools, but you must use them.

George: Yes, I have the feeling that there is much more to be tapped within **(Yes)** and it's very near. I'm not quite taking the big step, but I have this feeling that it is very near.

Yes, there will come the time, when you will not be able to rely on us for your information. The time is approaching when you must seek further for yourselves. I have laid before you the seeds of *Love* and the seeds of *knowledge*, and we in my world are so grateful that we have found people such as yourselves, who have been so dedicated and who have wished to spread Truth.

George: Yes, I find those seeds of Love show in several ways. I find when I'm out doing the shopping—well there was one small child recently who fell over and became very glum. I was able to make contact and said, '*Well you're a big boy and am sure you'll get over that quickly.*' There was then a big smile on that child's face, after being so glum before, having fallen over, and I find I'm making more contact in that sort of way now and I think this must be part of this Love thing.

Remember I have told you on previous occasions, that my dear friends, you have become beacons of *Light*. It is important in the world that you exist in, with so many dark areas, that those beacons of *Light* shine brightly. I have to tell you that we are so happy with those of you who have worked tirelessly and given *much* to the Truth and knowledge of Spirit. We know that probably you have encountered disbelief and puzzlement by what has been said, but that only means that those people are not ready to receive Love and

Truth. So as I am always telling you: Never judge, but to lay those seeds of Truth, and those who are ready, will cultivate their own Truth. You understand?

George: Yes, those are wise words.

Sarah: The teaching you've given us, we know the truth that you've taught us and we know that if we do try to help others in some way and it's not taken, it actually doesn't affect us anymore, because we *know* it's right. We just have to give them love that they can move on in their own way. Sometimes in the early stages you felt, '*Oh dear,*' when somebody couldn't take it, but now, because it seems so natural to us now, it's just nice when somebody *can* accept it.

Those words that you have just expressed, show my dear friend, just how much you have grown. Yes, in the beginning, it was difficult, when you are enthusiastic and you want others to know what *you* have found out, what *you* know. But to recognise that not all are ready is indeed one great step, and you are all at that stage of acceptance.

Sarah: Well, thanks to you Salumet. Thank you!

But hopefully, in the coming months, there is much more for you to learn. I will of course help in any way that I can.

Rod: Sometimes it comes up in a conversation, something one of us says or is about to say and one of us says: '*Who are we to judge?*' The number of times that comes up is incredible. **Yes, but it is a very good *life* lesson for all of you for all of you.**

Rod: Yes it is. I think you know everything that happens—I fell over on Monday and I can't understand how I went from vertical to horizontal, without hurting myself. Was there a young Angel helping me down softly?

You are always surrounded by those who love and support you, whether it be Angels—and I would just like to clarify for you, that the true Angels of the Angelic Realms, have never lived life as a human being. But in saying that, sometimes they can transmute their energies at times of trouble. No, the lady you speak of was not an Angel, but a *good* human being. And you know, there are so many *good* human beings, whether they know or accept the *Truth of Spirit*, it does not matter. What matters is what is in their *hearts*. But *yes*, the Angels are around each and every one of you, and you *do* need to *call* on their help, whenever it is needed. They cannot come into your lives and interfere. But so often we hear the question, why did one have help, but not another? That is a very good question that I shall leave you all with this time and next time we meet, we will discuss it. Are you happy to do that?

(General agreement)

But yes, you are looked after quite well.

Rod: Thank you. So, we can't wish you a *good time*, when you go back?

(Chuckles)

You *can* wish a good time, if that is what makes *you* happy. Yes, it just relates to the Earthly saying of a '*good time*'.

Rod: Yes, I was being a bit waggish.

Waggish—what is waggish?

Rod: Cheeky, I guess Salumet—you can reprimand me if you like.

(More chuckles)

No—you human beings are known for it, so—

George: I think we human beings are living in a world that is undergoing a few energy changes (**Yes**) and we've noticed that there is a slightly more exaggerated weather pattern

around the world and I suspect that the energy changes may in part at least be an influence on this. Any comment on this Salumet?

You cannot change your evolution, and at the moment the Earth planet is involved in many stages of change. Yes, if you wish to correlate it all together and say there is a reason, it is only that the Earth planet has to evolve, as do all the others.

George: All part of evolution, yes.

Yes, it has to evolve in a natural way. So do not be too quick to associate these changes with anything extraordinary. That is what you were alluding to, I take it?

George: Yes, thank you for that.

Yes, there always will be dramatic changes in this planet as in others—that cannot be stopped—that is part of evolving.

George: Yes, that's part of an evolving planet **(Yes.)** and—

Evolving people—and after all, people have a great responsibility for this planet as you know.

George: Yes, how they treat the planet **(Yes.)** comes into this.

Of course, it is all part of that change. (Yes.)

Sarah: And also when you get catastrophes or crises from the planet evolving, it does bring people together that perhaps wouldn't normally have got together. So it does make the human race get together a bit better **(Yes)**, because we should all be one, working for the planet, as you've said before. So this is an opportunity to get some more people together. **Not only are Earth people fragile at times, so too is the Earth planet fragile at times. Hence you have what you call the 'disasters', which we have discussed before and I am not too happy to call them disasters. It is all part of a *moving, changing* planet.**

George: Yes, so in overview, it is all part of the *evolution*.

Yes and that is what you as human beings find so difficult to accept. But as you look at the much wider picture and scheme of life and evolvment of planets, then your understanding becomes greater. But you see how difficult it is to take you on a journey without this knowledge—it would not be easy. So my dear friends, I feel for this time that I will take my leave and when next we meet, we will discuss the Angelic Realms and Angels.

George: And thank you for steering our thinking into wonderfully logical channels.

Yes, you have the ability, all of you, but sometimes you are a little loath to use it.

Sarah: Well I must say, I've passed some of my knowledge onto my daughter Emily and I think she has worked very hard with Spirit and is getting good results from it and she is also very good at keeping me in check and says, '*But mum—.*' So that's also been very good for me.

Yes, again you are all part of *change and evolving*. No matter which area or person or purpose, it takes place no matter—no matter what, *you* will evolve, as will your planet and there is no stopping that in any way.

Sarah: So would you say that some people who have troubles within themselves and they work at getting better, that is a really good part of their evolvment—their way, or their Spirit's way of helping them evolve?

When you come to this Earth, you know what your task must be. Some people become a little lost, shall we say, on their journey. So yes, if someone is troubled, perhaps they need the help of Spirit to help them to focus on the right pathway. Help is always available to people of this planet—yes.

Sarah: Thank you.

But as I leave you, I will say once more, that the responsibility lies with each one of you.

(General thanks)

So, I leave you with my love.

Salumet does not wish to take all the credit

The evening starts with Salumet stating that not all that happens is through him, although he is aware. There are many involved with our evenings. He goes into a little background concerning about his choice of trance medium, who was most reluctant to begin with. Hard to believe now...! (25/3/13)

I have to say to you this time my dear friends, I am aware that sometimes you feel that I am responsible for all things that happen within this group. I want to say to you I am involved a great deal with what occurs here, but not everything. When I leave you, I return to where I belong, in order that I can continue with my own growth. Therefore, I just want you to understand that there are *many* people who wish to join you on these evenings that have nothing to do with *me*. Although I, of course am aware of what happens, it is not always through my *helping* them. You understand?

(Affirmed)

George: Yes—we had an interesting visitor last week, named Joshua, who took up our prior conversation (**yes**). That was very helpful, and we've had a number of responses from our readers about that one.

Yes—as you should, because if you are wise enough to share the knowledge, then hopefully, the replies would also be uplifting for you (yes). There are many who would wish to join you in this work, and I know always that you are happy to make them welcome.

George: Yes, they are always welcome (**yes**).

I of course, if I bring someone to you specifically, I will always inform you (thank you). I do not wish to remain with you too long this time. I just felt that some clarification was needed about this—because you are giving me credit where none was due.

(Chuckles)

So, I say to you, my dear friends, accept those people who come to you with love, and they will continue to want to join you on many occasions. In the same way, it has given me much reason to join with you, time after time. I wish, at this present time, to again work with this instrument that I use. I am also working, and she will not know this, but I am also working with her in her healing state, and hopefully, to work through trance, but as I have said, *she* does not know this yet.

Lilian: But she will, with this transcript—

But she will in time to come.

Sarah: She had a reading from somebody a while back, and he told her that she hadn't chosen to do this work—she had *been chosen* to do it.

Well, I can only say that *yes* she was chosen by those of us in spirit, and *I* in particular, for *us* really I should say, to be a channel—as are all of those people who are used in any kind of trance—yes. But of course, they still have to be willing to give of their bodies for a short

time (yes). I know—I don't know—perhaps if she has said to you, but to begin with she was most reluctant.

Lilian: Yes, she has mentioned it.

But, as you know, we take care of those who work with us—as all of you within this group, must have felt at certain times, that we try our utmost to uplift and protect you.

(Affirmed)

Yes—so now, for this time, I will work quietly with this instrument, and I will leave you to see what comes for the rest of your evening.

Sarah: Could I Salumet just share something with you—I think mum was very much searching for things in this lifetime, and I came across a note she had written. She had obviously copied it from somewhere. And I thought it was a very nice summary of things you've said to us concerning: nothing is ever by chance ... *'Nothing in our lives is haphazard. Every event dovetails with another. After one experience, another is born.'*

And I just thought that was a very nice way of—

Yes—those are wise words, yes. They would have come from someone who was aware—aware of the spiritual life (yes)—as you all have become—and hopefully continue to grow.

[A message for the whole planet](#)

Every person on this planet, without exception, should find something deep within. Further medical breakthroughs are coming that will further alleviate people's suffering. It appears that there is going to be a planetary shift; small, but the start of something very significant. (8/4/13)

Like last time, I need to work with this instrument, and I need the energies that you provide, to do so. Therefore, I will not stay long with you this time. But what I do wish to say to you my dear friends, is that the coming twelve months of your time, will see many changes; not only personally for everyone, but also there will be medical happenings in your world, which will help many who are suffering at this time.

Sara: Lovely news!

George: That's very nice to know. Thank you for telling us.

Every being on this Earth planet, should find within this coming year, something deep within. It will come to the forefront of your *minds*, in many areas, either which pathway you should take, or something significant about yourselves—no one will escape these happenings. Therefore I say to you my dear friends, be watchful of yourselves and others, to see these changes that are about to happen.

Sara: Interesting —

Lilian: Are they happening already in a small way?

People are beginning to recognise a deepness within themselves—a kind of knowledge which they have not as such accepted yet—but they will.

George: Wonderful!

Lilian: It's just that twice just lately I've met two ladies who are definitely on a spiritual path. **Yes, that is to be so, when you yourself *mirror* that spirituality. Yes, you will meet others of *like mind* and as I have said on previous occasions, there are never really any accidents and this also includes the meeting of others.**

George: Yes, I've certainly been conscious of that just lately and I've had some very good exchanges with people, through blogging sites on the Internet lately. There was one today on a scientific site, who was asking some very probing questions and we were able to exchange views very nicely and it was in the interest of science and spirit coming together. **Yes, I understand that the communications that are made in your world today are quite diverse, but I do not always see that these machines that you call computers are always the *forward thinking* way to go. But as you have said, they allow much contact when communications are good.**

George: Yes, these are communications, which without the computers, would simply not be possible.

Yes of course, and that is why they have been sent to your world, that they can be usefully used. But as in all things in your world, there is always an element, of not being used in the correct manner.

George: Yes, I appreciate they can be used for *good or bad*.

Yes, but it is good, do you not agree, that you can be connected in a way that is so simple, (Yes —) whereas in time gone by, communication was so much more difficult.

(General agreement)

George: A very lengthy process by sending letters!

Yes, but I am happy to say, in whatever way you make connection, that can only be for the betterment of mankind.

Jan: Salumet, I'm aware that while I'm sat here **(Yes)**, that what you're speaking of, because you've said every human being on this planet **(Yes)** will feel this change in the next twelve months—I don't even think I want to sit here and explain what I'm picking up. It's a positive, it's not a negative **(Yes)**. It is the way we're going to view one another—out of something negative will come something positive.

You have to remember that for every individual, this recognition will be different (yes—).

You have to remember: your world will not suddenly become perfect in twelve months time.

Jan: No, in fact I think it will do the opposite for a little while. I think it has to go through a transitional period —

There is always processes happening in your world; there always have been and for some time to come there will be, as part of your Earth's evolution—I have told you this.

Jan: This is big, this affects everybody.

Yes, but individually it may seem insignificant, but what I am saying to you, is that on a spiritual level, EVERY HUMAN BEING ON THIS PLANET WILL BE TOUCHED IN SOME WAY.

Jan: That's what I'm picking up **(Yes)**.

Sara: Touched because of the changes—energy shifts?

Yes—many things—from the work that we do from our world, to the work that is being done quietly in your world—many aspects to it.

Jan: This is part of the evolution of the planet. This is the start of that large shift, as it were, that you were speaking of that we've been working towards for some time.

There—it is a very minute change, hardly noticeable by many, but I can say to you my dear friends, that it is beginning—a very slow beginning.

Paul: So I guess—is it good to look at it as a particularly *fertile* time for spiritual growth?

Only those of you with spiritual knowledge will truly recognise these changes. Those people in other places may not recognise it as such, but I am here to tell you that spiritually they *will* be touched, even if they cannot see it for themselves.

Jan: Yeah I think the word is ‘tangible.’ They might not understand the tangible (**yes**), but it will be there.

It is there—it is so subtle that it may not be noticed.

Sara: I feel already a sense of unification going on between people. It may not be very strong yet, but I feel that it’s beginning—people are beginning to think a little bit differently (**yes**). And I also feel within myself that I’m looking for a stronger purpose at the moment and I’m thinking a lot more globally than I am used to and I’m thinking more —

More spiritually —

Sara: More spiritually —

Yes of course. When you place yourself to one side, then the true spirit begins to show.

Yes, when you can forget the ‘I.’

Sara: Yes, and I do feel a big change already in myself actually —

Yes, well that can only be good.

Sara: I’m just allowing it to—I’m just feeling my way until I know what it is I want to do (**yes**) that’s going to perhaps help others more.

That should be your purpose—in helping others.

Sara: Yes, it always is anyway, but I feel I want something extra (**yes**) to do. I’m trying to decide which direction to move in.

It should come to you.

Sara: Yes, I hope so. Yeah I think I’m getting there.

Yes, it will come to you.

George: And taking up the ‘helping others’ Salumet, have you any comments on the new Pope Francis, and is he a factor in the changes that are about to happen?

I would rather say that no *one* person in your world can make those changes single-handedly, but when you come to the connections that one man has, then of course he has to make some kind of impact. I would say about this gentleman that he has to some degree a sense of spirituality that has been lacking thus far (yes**)—for some time. So in that respect I would say to you—that I would say—that he is a good man.**

George: Yes, he does seem to exercise humility (**yes**), in various ways, which is nice to see.

Jan: From the little I’ve heard and seen of him, he seems to have removed the ‘I.’

Yes, he is a man I believe who is true to himself, who spiritually is in the right place for himself (yes**). Yes, but the world is not led by one man (**no**). In fact as you all know, there are many individuals who are not quite so spiritual—*recognised* to be spiritual—but let me hasten to add: *Who are you to judge?***

(Much agreement)

So always, my dear friends keep those words in mind.

So I hope that has been a little useful to you all—in the months to come.

(General agreement)

And the object of this exercise is to allow you to be aware of what is happening.

George: Thank you for opening our eyes to these changes that are about to be with us and we shall be watchful with great interest.

Yes, I will now work with this instrument for a short time, whilst I hope the others here will be open and aware to those who are *here* and surround you in much love. If only you could see the brightness of their love you would be amazed. So until we come together again, I leave you cloaked in my love.

(General thanks)

Ond Kulla reassures that we are on the right path this time

Then one followed through Sarah who had visited on several occasions—one of his incarnations had been ‘Ond Kulla’, who had farmed in ancient Egypt. (6/5/13)

George: Good evening, please feel free to speak if you wish.

I am most happy to be with you once more.

(General welcomes)

There has been much discussion about what is good and what is not good (yes), but let me tell you that all has been accounted for and it has been so in times gone by, that mankind has made bad mistakes. As you know, these mistakes cost mankind quite dearly (yes) and it is taking much time to recover what has been lost. But it has not all been in vain, because we can see that the path has been slightly altered and mankind is making good progress, which we can now see; but which in the past, when as an Earthly being, it was difficult to imagine. I wanted to come back for a short visit, because I was aware of your disquiet and I can understand your feelings. But I do not have any fear myself.

Paul: Yes, we have to accept that we live in a world that’s still not going to reach it’s true potential for many, many years to come, but we are on the right course, so we can’t be critical.

George: Yes, there is this general feeling that we’re on the right pathway, but it’s a long pathway.

Paul: It’s *all* part of our learning.

Yes indeed and it is also important that you keep to this good pathway. So you are receiving much help in order that you do not make the big mistake of previous times.

George: That’s very nice to know—that others are watching over, are aware of the course being taken, and it does give one a pleasant feeling of confidence.

And also I would like to mention that those who made the greatest errors are those who are now doing so much to help you move in the right direction.

(Much appreciation expressed)

Paul: That’s lovely to know and we’ll try to do whatever we can and there’re many groups like ours I know, trying to help —

Mark: —get on the road to Truth.

Rod: Could you tell us your name?

(The communicator did not manage to stay any longer for some reason, but we think the main points had been given before the communication ended.)

Take responsibility for every word, action and most importantly, every thought!

We know that this is our task - but it is not easy! (24/11/14)

George: We are most happy Salumet to have you with us.

To feel the union between you all this time, gladdens us all. I know that you feel that time has passed so slowly, but I assure you my dear friends, that what you have been up to has been known to us also. As you know, time in our world is so different, so different that it

is difficult to explain, and I know that on this Earthly plain, it is a hard lesson to come to terms with; but I am so happy for you all that the strength of your love for each other and therefore for this group of people, is strong. I would like you just for a moment or two, to feel that energy that exists between you. I would like you to just feel the energy; do not think about it, but just *feel* what it is like, how strong it is. All of you my dear friends, have joined together and no matter how far you travel, or how little you come together, that union is so strong and can never be broken. So let us take this moment to feel the energy between you. If any of you do feel different, then please say so to the others.

George: Oh yes, I'm sure the energy is there amongst us all.

Lilian: And the feeling of (being) pleased to see one another.

Sara: Yes, a very comfortable bond.

Graham: It almost feels like coming home.

(Affirmed)

George: It seems almost a stronger union, for having not had meetings for a short period.

Sara: Yes, I think possibly we are hungry for each other!

(Chuckles)

There is a saying on your world about *absence* and I believe it is apt on this occasion.

George: Yes: '*Absence makes the heart grow fonder.*'

We will replace the heart and say the 'Spirit'.

(Affirmed)

Lilian: Yes, it's a different kind of togetherness, isn't it?

Yes—it cannot be seen with any physical eyes, but as I have told you many times: to *feel* rather than to *think* and it is beautiful to behold. I can tell you that all of you are shining like beacons of light. I think because it has been some time, that I will not take questions from you, but allow you just to build upon this beautiful energy, which has been created by each and every one of you. But what I *will* say to you, is that in the months to come, there is much to give to you, there is much for you to experience, and it is up to each one of you, to fulfil whatever it is that you feel your lives are about. I wish you now to take full responsibility for every *word*, every *action* and most importantly every *thought* that you have. This may sound like an easy task, but let me reassure you my dear friends, it is not.

(Agreed)

[Changes are happening through the Universe](#)

There are about to be many changes, many discoveries, but most of all within human beings. These changes will help settle many disputes and other problems in the world. There is much to look forward to. (13/4/15)

The feeling of joining with you is as always of great love and upliftment. I try to bring to you, my dear friends, all the hope that you have within your hearts for your lifetimes here. I wish to say to you this time that this coming year will be one that I feel you will *remember*, because many changes are taking place, not only upon your Earth, but in all of the universe.

George: Oh!—several of us have indeed mentioned between ourselves that we *feel* this will be a very good year.

Yes, indeed it will, and upon your Earth it will almost be like balancing against all those areas of trouble which are in your world at this time (yes). Many discoveries will take place—people will become more aware. It will include not only Earthly skies, your deep oceans, but in the change within each and every person. Whether it is noticeable in all, we cannot say as yet, because, as you know, free-will plays a very big part in all of your lives. I know that these words are repeated often, but I feel it is important to say them. Not only will there be changes in medicine, but the greatest change will be in the human being. So there is much my friends for you to look forward to in this coming year.

George: Wonderful!

Paul: Yes—very good news.

Yes, I feel that there will be a settling of many of the disputes in your world, (ah!) because of these changes. So be aware, my dear friends, of these words which I have given to you.

Paul: That's like a breath of fresh air, because we have over the last, I don't know how many years, seem to be causing more problems than solutions, so finally to have some progress—

Yes, unfortunately mankind has always pretended to himself that all is well. He can no longer do this when this great surge of energy will happen in your world.

Graham: When you say there is going to be a change in humans, do you mean that our vibration will increase?

Yes—it may not always be obvious to you, but it will be subtle changes, but nevertheless it is something to be aware of. And people such as yourselves, will be much more open to it.

George: Yes, some of us have felt that the Internet is playing a part in this and knowledge is progressing as a result—and I imagine this all contributes to a better understanding of how we should be.

Yes, it is giving people *food for thought*, as you might say. It is allowing them to open up spiritually—to recognize that that is the important part of the human being, because too many still are unaware of this. There are too many who are listening to the voices of others, when indeed they should be listening to that inner voice of their own.

George: Yes, sometimes we have felt there's a lack of government understanding, coupled with heading in wrong directions, while there is a great improvement in general people-awareness.

Yes, that has been a problem, but you will find in time to come that those in power—and unfortunately it is power that attracts them to the role of serving others—not because of the love of the people (yes). But these things, as I have said, will alter slightly, only to increase the love and the light which should surround you all.

George: Yes, we've felt there's been a love of power, as you say; also a love of money, and I've actually heard the expression voiced at times: money is viewed as the god.

Yes, unfortunately power and money can go hand-in-hand—not always of course, but I would say generally—yes. It is something to become aware of, but I know I need not say this to you, because you are already spiritually aware and having innate knowledge of what is right and what is not quite so right. But I wished you to know this, my dear friends.

George: That is much appreciated.

Yes, it is hope for your future, so I feel it is good that you know these things.

Paul: Presumably, with more awareness, we will begin to take more care of the planet and maybe take a few more steps to stop polluting?

Yes, as I have said, Earth has always been a problem as far as mankind is concerned, but if you look back in your time, which I do not generally advocate, but sometimes if you look back, you can see how much you have moved forward and in doing so, you become more fully aware of what is happening in your own world. So my dear friends, I say: look inwards to your own thinking—look to your own hearts and you will be guided in the right direction (thank you).

With the prospect of Coronavirus sweeping the world Salumet gives some words of encouragement

Start starts by giving the group some words of upliftment to help combat fears that are growing at the moment. (24/2/20)

All: Good evening.

It is good to join with you all once again.

Paul: Always *wonderful* to have you back talking with us.

I am always happy to listen to what you are doing and saying, and very much take it onboard of all the worries that you have; but before we go any further, I wish to say to you all, do not despair about your world, the Earth planet has always suffered many setbacks and complications. There is much fear in your world at this particular time, but I say to you, my dear friends, uphold the faith that you have in all that is good and the wonderment of this world will always begin to shine through for you. You understand what I am saying to you?

Agreed

Never allow yourselves to become so despondent that it affects the way you live in this world. I am not here to tell you that everything in the world will be gentle and good and an earthly word 'rosy'.

Chuckle

It never will be, because if it was, you would not still be here. So, my dear friends, look forward, give upliftment to all those people who need uplifting, and that includes yourselves, after all, are you not only human as well as Spirit?

Agreed

So, take the time my dear friends to, as I say, give upliftment.

Before I leave you this evening, I will send with each of you the **feeling of joy and happiness and the feeling that you can create the most beautiful peace throughout your world**; and you *can* my dear friends, if only you will dedicate yourselves to this task. I hope by now, you have realised that what I have given to you, always is a fact, even if it is not immediate, it is always the Truth; (*Agreed*) and for this, I thank you all, because in listening and dealing with my words, you are creating a **beautiful light, beautiful light**. So, I say to you, just be quiet at times of troubles, allow yourselves to go inwards and all of your problems will not seem so bad. (Thank you.)