

58. Passing or dying

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Many people fear death but only through a lack of understanding of what happens. For the person who is passing, it is the beginning of an incredible journey back home, to where they are greatly loved and supported. Our life in the physical world is very short before we return home to spirit world. There is no purgatory, no final judgement day by someone sat

in a high chair. We do see a life review and through this we witness clearly what we have done that is good and not so good in our lives. We are surrounded by loving guidance and support, but ultimately, we judge ourselves. There is no authority pronouncing 'external' judgement. For those who have deliberately done great harm to others, they will clearly see the consequences of their actions and the impact it has had. There can be no hiding or death bed repentance that will erase the consequences. This, for some, will be the most difficult thing they will ever have to do, and there lies their punishment. In these cases, much work will have to be done in the future to redress the balance. For many others, they are amazed at the good that they have done, but never considered. This, and much more, is explained by Salumet.

What happens say, after an accident?

Jackie asks what happens to a person who has died in traumatic circumstances. And how do we recognise loved ones when we pass over? Salumet gives information about this.
(31/10/94)

Jackie: Would they look the same? I mean, if someone's been in a horrific road accident and you say that they go to your spirit hospitals—

It depends on what they have known whilst in their physical being. If they have the knowledge, then of course they leave behind that tortured body.

Jackie: Yes, but if they get a new body, would it be—what I'm saying is like when you read books, they say that when they come over to your plane of life, they see familiar faces, don't they? **(Yes)** So, say, like my dad's over there. Would he look the same to me?

How else would you recognise him?

Jackie: Yes, so if they were in a horrific accident, then, and then went to your side—
No, let me explain to you. If they had a physical problem whilst in the physical body, of course they do not retain that. The etheric body is not physical, so it cannot have your physical problems. But what *is* the restriction, is within the mind. Of course, I thought you would know of this with your rescue group. Are you not aware that that is what is happening? It is the limitations of the mind, that keeps them trapped, not the actual physical problems. It *remains* within their mind—that does not change. Once the spirit is released from the body, then it leaves behind all those problems. But, for example, if we have someone who has no knowledge of spirit, then they will retain the pain of their last moments probably, of their physical problems. And they hold onto that. Can you see?

Jackie: Yeah, until they are released, or—

Until they become aware of what is happening to them.

Jackie: When they become aware, like there was one girl in a fire—So when they are rescued and they become aware of what's happened to them—say like she wanted to meet her mum there, would she be the same girl to her mum? Look the same? That's what I'm trying to say. It's difficult to explain.

Let me speak a little on this. Perhaps we could have another time on this subject.

(Stronger voice) For recognition sake, you would meet the person who you loved, you would meet them as you recognised them last. They may show themselves to be a little younger, they may show themselves to be as you last saw them. That would be their choice. But always you will recognise those loved ones. They will not have the physical ailments that they had whilst here on your Earth plane. You will see them 'whole' if you like. But you would certainly recognise them, because of course, you have a counterpart of the physical being, which is the etheric body.

Les: And apart from that, the recognition of the etheric and the physical, it would also be, I imagine, an awareness of spirit to spirit?

Yes, that is a subject—I must come back to that one time, to explain a little more fully. Of course, it is the spirit that is recognising spirit. But for purposes that we will discuss at a later time, it is necessary to have a physical being, to be recognised. But in fact, it is of course, yes, you are correct, spirit to spirit. After all, when you have passed on through this veil called death, you are of course spirit, even if they are not aware of it at that time. They are spirit, whether they want to be, or whether they do not. That cannot be changed.

Debbie: Can I ask a question? In this book I read, and I think a few other people have read it, she said that apparently, spirit actually leaves the body before—like when the physical body dies, before it actually dies, like in a road accident. Sometimes the spirit actually leaves just before the accident would happen, if it was going to be a tragic accident.

You leave your bodies all of the time! Your spirit comes to our side of life to be, how did I say, 'rejuvenated,' before, did I not?—Rejuvenated. You are not always aware of this process, but it happens in your sleep states. So, of course, it happens. And when you become able enough, in touch enough with that higher consciousness, you can in fact do it with your own will. It is something you could all achieve, if you so desired. It is nothing unusual.

A light escort

When passing, many experience a tunnel of light which attracts them to move forwards. What follows is a 'light escort' who is that light! They come from a state of **supreme love**. The light escort is channelled through Eileen. (5/6/95)

I am glad to join you all. I have been aware of this moment for some time, for which much preparation has taken place.

Les: Yes, I'm sure it is not easy for you to do these things. And we do appreciate the trouble you go to.

Salumet thought you would be interested in hearing what I do within our world.

Les: I'm sure we shall all be most interested.

In fact, I do more than one job, I think you would say. But mainly, I am an 'Escort of Light.' Do you understand what that is? (Not completely.) I'm being told, no they do not, that is why you were sent. (Laughter) Right—I'm finding myself now. Yes, what I do and what I mean by an escort of light, perhaps you will recognise if when I say I am the unseen beam

of light, when people travel the tunnel of light. I am the vision of light that awaits the passing.

Les: Oh, that's lovely and we do thank you for the effort you put into this. We've heard about it so many times.

I think we are the unknown entities of the spirit world. (Yes—) So many times when these things are recalled, we are referred to as, 'I think I felt and could feel someone there, but we were not sure.' Yes, and people feel and think they see something, but are never sure.

Les: Yes, that's quite right, you're absolutely correct in all that, we've heard it so many times.

Well I have to tell you I am not unknown, I am real.

Les: Yes, we quite believe that. And so that is your main task, is it?

That is my main mission, yes.

Les: Yes, mission is a better word. You don't consider it a task.

It is no task, it is work, it is growth, it is unending love.

Les: Now I'm going to ask on behalf of all my colleagues here, I'm sure they would wish to ask the question, why is it necessary to have a tunnel? Is that to direct and conduct energies in the two planes of life?

Yes, it is to buffet the soul. It would be too much of a shock, too much of an energy shock for the spirit. It needs to be buffeted and that is the reason why most, I would not say all, but most people feel that love energy surround them.

Les: Yes, I see, and it is concentrated by what we call a tunnel.

You see, within this so-called tunnel, it is energy of love, I prefer to call it. It is seen as a tunnel, because of state of the soul, at a particular transition stage. That is all—we remain mainly unseen, because the soul at that time, needs to be protected.

Les: I follow. I understand that that it would be a shock. So, you appear to them just as a light, to the newly passing soul?

To those of a little more awareness, I sometimes appear as a very, very dull image, of what they assume is a person, but they are never sure. It very much depends on the awareness of the passing spirit.

Les: I Follow. So, you can appear in a varying degree of light or dimness, according to the ability of the soul to accept what it is experiencing at that time?

Yes, as you know while in your physical being that all of you vary in your degrees of awareness. Then that is how you perceive the tunnel of light and us escort beings of love. It is all to do with spiritual awareness.

Les: I see. I think I would be right in saying that it is not necessary for every soul to pass through that tunnel?

Of course not, some find themselves immediately in our side of life. It is not something that is experienced by all, by any means. But of course, we know of those who will experience this and thereby our task becomes imminent, you see?

Les: Yes, you adjust accordingly, to the one who is about to enter.

You see in the in between state, of what you term, 'life' and 'death,' sometimes it is necessary for us to show ourselves as a bright light.

Les: Yes—that would overcome I imagine, any attempt there is, not to leave this plane. The fact that there is a bright light would attract a reluctant soul?

Yes, of course. That is one of the objects of it, that there are those within their bodies, who will fight to the very last, to remain within their physical overcoats, you see?

Les: I see, thank you. And going back to the fact that some do not need to pass through the tunnel, I refer to my own wife's comment, when she came over, that there was what she described as a puff of wind and then she found herself in your plane of life.

Yes—let me say, what or who do you suppose is the puff of wind? I have many guises. You see whichever way, whatever happens in the transition stage, we are always there, whether we are known of, seen or unseen.

Les: Yes, I would imagine she was feeling an enfoldment of love, to welcome her.

Yes, and you say those words beautifully. We are an 'enfoldment of love'—that is what I am. I feel so emotional, when I say those words, whilst using a physical voice. It is something of beauty. I have experienced much—much joy, much sadness from those on your side of life. But mainly the joy it brings to those who work together, really is something to behold.

Les: Yes. I think we are quite unable to imagine the extent of joy that is possible in your world.

You cannot. One day perhaps you will, but we speak of such a long time of development, before you could achieve such bliss.

Les: Yes, I'm sure it will take a long time.

I am being told to say to you a little of how those of us are chosen, to do this work.

Les: That would be most interesting for us to know.

Forgive me if I don't seem forthcoming, but it is strange for me to sit within a physical body, trying to express what is—I don't know—seems so beyond your understanding.

Les: It must be difficult for you.

So, I am being prompted to tell you a little more. We come from a state of what I can only term, 'supreme love'. I believe you term it this—that is the closest word.

Les: Yes, I think that is the closest we can get to it.

Once that stage is reached then there are many options open to us. I will speak a little of what I felt, at the time of deciding of how I wanted to continue with my growth. I was listening to a gathering of many, when one speaker stepped forward, who would give to me inspiration for what I had to do. I had a choice. I could continue as I was—I could teach others, many who would come and gather around me, to teach. By this I was most humbled. But henceforth came this speaker of light and approach me he did. And without going into too much detail, he showed me that the way to go was to come back, not as someone visible and known, who would be grateful for such things, but to return through many spheres, to help those who are lost, who are lonely and who need help. Can you understand how shattering this realisation was to me?

Les: Yes, I think I can.

Because you see, I suppose even in the state of bliss, there existed an element of vanity.

Les: That must have been shattering.

Not vanity as you would imagine the word to mean. But you see, to have people come to you, for you to teach, is a very great privilege. And I in—I don't know the word to express to you—in my ignorance I suppose, thought that this was my soul's way of growth. So, I was left for a time, to reconsider, because I have said to you it was my choice. I had the choice and I realised that this was the way I must go. So, you see, to become an escort of light, not to be seen, not to be recognised, but to have someone know that you are something, was indeed a very big experience for me.

Les: Yes, I'm sure it must have been. And you mentioned coming back through the spheres—about coming back to lower sphere, if I can use that expression, does not have to be a permanent condition for you, does it?

Not at all, not at all.

Les: No, you go back to your own sphere, which you have earned.

I return often, to replete to replenish, to be amongst those I should be with. I need to do this—we all need to do it. I think you would term it, 'to recharge your battery.' Yes? (Gentle laughter) Someone just told me, 'say that and you'll be fine.'

Les: That's right, we perfectly understand that expression.

Yes, it's quite a comparison, don't you think? I am telling you, I'm a being of light and I need to charge my battery! (More laughter) Yes, I'd rather forgotten how amusing you beings could be. I have long forgotten. That is not to say we do not have our fun—of course we do.

Les: No of course not, I'm glad you do. So, you periodically go back and then come down through the spheres again, to become an escort of light, for a given period, **(Yes)** until you feel the need to return to the place, which you have earned so far.

Yes. There is no set time. The need is known—the need to return is known.

Les: It would be known, and you would be taken back.

This I believe, is something you don't know much about, that all needs, all time is known. We do not set clocks, we do not use calendars, but all is known.

Les: Yes, all is known. We cannot understand it, but we quite accept it.

Let me speak a little more. I hope I am not taking too much of your time?

Les: Good heavens no, you can go on as long as you wish.

You are most kind. (Pause) Ah yes, someone is saying, 'do not procrastinate, go on speaking.' (Laughter) Sorry if I am doing that, I don't mean to.

Les: No, we are really thrilled to have you speaking to us like this and I don't use that word lightly.

Thank you, I do feel your warmth. Let me speak a little, let me tell you what happens to those souls, who are buffeted by us. We escort them to the area, I think you would say—their 'destination'.

Les: Yes, the one they have fitted themselves for, in their physical life?

No, no, let me explain. Their destination, when they first arrive in our side of life. They are greeted mainly, by those who are known to them, for recognition purposes. If not, they are met by those who have helped to keep them safe, throughout their earthly life. But in any case, there is someone, who to the being just arrived, who is solid—rather than we who are unseen, they can see, they can feel, they can touch, if they so wish.

Les: They can identify more fully and more confidently with those people, I understand.

Yes, but this is not where they are destined to be, because before that happens, they have to have a re-run of their earthly lives. Much has been spoken on this. Once this happens, then we withdraw, and they are left in the hands of those who are there to help them.

Les: And those people would be nearer the physical plane, than you can be?

Yes. We help them, but we leave them, when they actually leave the earthly realm, you understand me?

(Yes, I do.) We then return to those who need us. Let me just say something, may I? (Yes please.) So often, we hear those of you who say, 'I think I saw this, I think I saw that.' Most times they are not seeing anything spiritual, because when they do, there is no doubt, no

doubt. ***So, can I say to you, I'm being hurried along, because I'm slowing down, I do believe, I'm not aware of it—am I slowing please?***

Les: I wouldn't have thought so, no.

(Voice becomes fainter)

Thank you. When you see a spiritual light—those of us who work in that way, you will not doubt it—you will know it is the truth. If you have doubts, then by all accounts, it is not from spirit. You understand me?

Les: I see, so the vision would make such an impact, that we would have no doubt about it being spiritual.

Yes, and that is why, when you have people who are close, who are ill, who see these spiritual lights, which no one else can, that is why they are so positive. That is why no one can persuade them otherwise. Do you see what I am telling you?

Les: Yes, so other visions which people have then, would be classified as clairvoyance would they, rather than spiritual visions?

Yes, yes, that's true, yes that is what I am trying to express to you. There would be no doubt, no doubt. Yes, it is not quite as easy as I'd presumed it would be, but nevertheless I hope I am giving you information not known to you.

Les: You certainly are doing that, and we are extremely grateful to you.

When the tunnel of light is seen, it almost radiates down to the forehead of the being who is seeing the tunnel, and they are drawn—you know the spirit leaves that way—I'm being told you have the knowledge of that. It travels up the tunnel which, if you can visualise, the energies are much heavier at the bottom. As the being travels closer to us, then the energies become much, much lighter.

Les: That would account for the fact that we have been told from a number of rescues, that their journey through the tunnel, suddenly becomes faster and faster.

Yes, and their experience as they come closer to spirit side of life, there is more they feel and think they see, because of course on the lighter energies, much more work can be done. The closer we go to the denser energies, the more difficult it is, to help that spirit being.

Les: As you are experiencing by talking to us tonight.

Yes, that is why I found it so difficult, but I must say the longer I stay, the easier it becomes.

Les: Good, I'm pleased to hear that.

Yes, now would you like to ask me anything?

Les: Yes, there is one question I'd like to ask you. You have said that all is known in your world and this we can accept. In what way are you given the information that a soul is approaching the time to go through the tunnel, or to reach your plane?

How do we know?—because we see their light. We do not see you as human beings clothed within these bodies, heavy, heavy, heavy. No, we are attracted by the light energy, which become depleted.

Les: I see, so you know then that the time has come for that soul to take its journey to you.

Let us say it is not an instantaneous thing. If the knowledge is known, there are many preparations made. But of course, there are occasions on your earthly plane, where life ends as you would say, sooner than it should. In those instances, we are instructed by those higher beings of light, who have much more knowledge than we do.

Les: I see. I ask the question, because last night, 24 hours ago, I was asked by a communicator from one of the spheres nearer Earth, that if I wished to see a gentleman

friend of long standing, whom I knew would not recover his health, I was asked to go and see him as quickly as possible. It occurred to me when that statement was made, that you must have the knowledge that they would soon be passing.

Yes, of course we do. That knowledge exists beforehand, as I have said, preparations are made, because let me explain a little to you—I'm being told to explain this a little more. When you are on the Earth as you are, when you are in full health, your energies shine out to us like beacons, pure light energy, because you are spirit you see, we see the spiritual aspects of you, not the human heavy dense matter, you follow? (Yes) As those energies deplete, as illness comes upon you, so your colours, your energy, your light changes—subtly, slowly, slowly. So there comes a certain stage within your living, when we are aware that the time is near for you to join us; your colours and your lights inform us. It's rather like a magnet that attracts many to it, can you understand?

Les: Yes, I understand what you say, thank you.

That is how we are aware, and I believe if you ask Salumet, he will explain that there are many whose task it is to do this work.

Les: To advise you of the imminent passing of somebody from this Earth?

Yes, but of course remember too, that those loved ones on the lower levels, who are closer to those they have left behind, are in constant touch and they also know when their time is near.

Les: So, they will have the knowledge to interpret the fading of the energy?

They will be aware, that is how the preparations can take place.

Les: And that is how relatives who have passed on, are able to appear to the one who is due to pass?

Yes, because you see the very fact of the energy depleting, is enough to draw those loved ones to that soul.

Les: Thank you, that's very clear.

Have I helped you in understand?

Les: I think undoubtedly you have.

Because after all, that is what we are trying to impart to you.

Les: Yes, you have given us wonderful information tonight. There is one final question, I feel the power is going. (Yes) In the case of a person suffering an unexpected accident, we've always assumed their time on Earth has been cut short, because of that accident, it may or may not be so, it's difficult to say, perhaps their time had come—but in the case of somebody's life being cut short prematurely, am I right in saying they are 'cocooned' in some way until their time arises?

Yes, I understand your question. Not always, not always, it would depend on the period of time that lapsed between the passing and the intended natural passing, you follow?

Les: Yes, it would depend upon the amount of time still left?

Yes, let me give you an example:—Yes, Salumet is telling me this subject has been discussed, but he's telling me continue—Let me say to you, if you have a child, who really was destined to live much longer, if the period of the earthly years was one of long duration, then of course the child would be cocooned until such time, because you see, we have said it is a shock, you understand? (Yes) So you must not try to visualise your earthly years, you should not try to imagine time as you know it, because that does not work for you. If for instance, someone's passing takes place, shall we say, just a few years of your earthly time, then there is no reason why they should not go forward. They will be instructed, told of why that passing was sooner than it should have been.

Les: I see. Thank you that does clarify some points that had been in my mind, since we did discuss it with Salumet. I apologise to him, for bringing it up again, it wasn't that he didn't explain it fully, I'm sure he did, but it was simply a question in my own mind, and probably in the minds of my colleagues.

He is saying, that is why he comes, he wants you all to fully understand.

Les: Yes, well now we do. I'm sure it must have occurred to some of my friends here too, the same questions.

There are many, many difficult things for you to understand we know, but we try to help you.

Les: You are certainly unravelling an awful lot for us.

Yes well, I hope it has been instructive and you can give forth the information given to you, for those who feel they have travelled the tunnel and returned, who say they felt sure there was someone there, but they could not see them—(Chuckles) Perhaps you will remember me and say, well we know who it could have been.

Les: Yes, we shall certainly remember you and we all thank you, don't we? (*Affirmed*)

[A visiting communicator gives a talk about dying](#)

A humorous spirit gives more information about a much-misunderstood aspect of our existence. We are all different and so our experiences are likely to be different. Do not have fixed ideas. (12/1/98)

I think you all think you know what will happen when you die and I'm here to tell you that you probably don't! (General agreement + chuckles)

Les: Yes, we've all got different ideas I'm sure.

Yes, most people do, but it's usually different from what they expect, or WHO they expect. 'Cos you all know you're gonna be met by somebody, don't you? (General agreement) But it's not always who you think.

Les: No, it's not always relatives, because of the emotion.

Yes, not only the emotion — it's not always true what you feel when you're living here. You might think it is, but it's not always. So sometimes it might be a bit of a shock. Well don't worry cos there's people like me standing by to help, (Good —) especially when we've made some physical contact, while you're still alive — but you know all that I'm being told, somebody's saying don't keep going over old ground. (laughter) They'll get bored.

Les: No, no we shan't. So, you might be there to meet one of us?

Well not meet you, but I might be standing by. That's my job you see, helping in the beginning.

Les: So, what does happen when we come over to you then?

Depends on what you expect, depends on your last minutes, depends on what you believe and it depends who wants to meet you — (laughter) whether they've got other things to be doing. I don't mean that, I'm just being —

Les: They couldn't have anything better to do than meet us...

Well let me tell you that's not true — (laughter) not that I want to disappoint you or anything —

Les: No, I'm sure they'd have better things to do —

But if they love you, yes, they'll meet you when the time's right.

Les: So, somebody meets us and then what do they do with us?

Depends on you, again it depends on you and the conditions in which you come to us.

(Yes.) If it's been a long illness, then you'll probably awake in one of our hospitals.

Les: Yes, and they're very nice, I've been shown them.

Have you? Well you're honoured to have been allowed that. But of course, if that happens, you'll have many loved ones around you, helping to bring you back to full strength and energy, because that's the natural progress of somebody who loves you. But you'll be well protected, if that's the case. But the most traumatic moment, is the moment when you see everything before you.

Les: Yes, when we see our own lives —

Yes, that's the traumatic part of any passing. And that's why we have people such as myself, to stand by to offer help if we're needed — only if we're needed.

Les: And to help us overcome the shock of what we've done?

To help buffet you and surround you and help you over — probably the shock, because most people are shocked at what they haven't done.

Les: Quite, what they haven't done, more than what they have done!

Yes, it's not what they have done, it's what they HAVEN'T done and all their missed opportunities.

Les: Yes, that can be a shock.

It's a very big shock I tell you and of course it's very traumatic for many; there're many tears, cos we do have tears; it's not all happiness to begin with. But that soon dispels, and you go on, to where you should belong.

Les: And my friends and I know, that we go to a place suitable, that we have earned.

Oh yes, yes you can only go to what you're entitled to yes, yes. And I have to tell you that there's places that you wouldn't want to know about, but I'm not coming here to frighten you, because none of you'll be going there, if I can help it.

Les: Good, that's comforting to know.

Yes, the lady Dawn doesn't sound too sure? (laughter)

Don't you worry my dear, I'll take your arm, don't you worry.

Dawn: Jolly good.

Yes, never mind —

Les: And then we go to whatever place has been prepared for us?

Not straight away, you could meet other people you've known first, before that takes place. There's no set pattern, that's something else I've come to tell you. There are too many stories about this that and the other happening. Remember that you're all very individual people and as such, you're dealt with in that way. There are certain factors which must be dealt with of course, but it depends what your desire and expectation is. You understand me?

Les: Yes, we do understand Ernest thank you. Yes, it's interesting what you're telling us.

Yeah, you remember that before you pass in most cases, that people are waiting for you.

Les: That's the main thing, isn't it?

Yes, people are waiting there for you, so it's only right, if that is what you're entitled to, that your loved ones meet you at some stage.

Les: Yes, and then after that, it's just like going obviously into a new...phase of existence?
Probably one of your loved ones will introduce you to your new place of abode.

Les: Which they no doubt will have got ready for us, ***(Yes.)*** according to the materials we have sent them.

It all depends on how you've lived your lives.

Les: That's it. ***(Yes.)*** That's what I mean, if we don't send them the spiritual material, they can't prepare a place for us.

Of course not; I wish more people could understand that, yes.

Les: Only a few evenings ago here, I had somebody investigating our work and he was surprised when I told him it wasn't all roses, milk and honey there.

If you think that, then I'm afraid you're in for a BIG shock, big shock, big shock.

Les: They are I know; that's why I tell them.

Yes, people expect everything to change, when in fact very little changes to begin with. You'll still be YOU, just without your old body.

Les: That's it, our personality continues, just as it is here.

Yes, yes, same as I've still got mine, you see? Yes, I still use my old name when I come back, don't I?

Les: Yes, you don't need to use that where you are though.

No, but you don't forget it, do you?

Les: No, you don't.

Anyway, that's what I came to tell you. Don't have any set ideas and you'll accept those conditions much more readily.

Les: I am right though I think, in saying that the soul can reproduce the physical body without any complaints, illnesses or diseases, that sort of thing, but a spiritual replica of the physical body, for recognition?

Yes of course, yes, that's the power of the thought — that is SPIRIT, it's THOUGHT — a land of thought — that's what it is. Not everyone can manage to capture that to begin with. It takes time sometimes, to discard that old body; to realise that you don't need a voice and you don't need physical things.

Les: No, we do a lot of *rescue work* here, for people who are in that sort of condition.

Oh, I see, that's very good work, that's very good work.

Les: We do a great deal of it here; we're pleased to be able to.

Yes, there's lots of it needed I'm told, yes.

Les: There certainly are some poor souls over there, in need of help.

Yes, we have those who help those in need on my side of live, of course there is, there's got to be, otherwise we'd be in a poor way, wouldn't we?

Les: We certainly would. We're all got to help each other, in whatever way we can.

Yes, of course you must. That's what it's all about.

Les: How do you spend your time mainly Ernest? What do you do?

I've just said, I'm there to help those newcomers. Somebody's telling me you've been told before, about going through the tunnel, that there's recognisable shadows. Sometimes that's part of my duty as well, but mainly I'm at the other end of the tunnel, when you've arrived and the confusion and the traumatic experiences. I'm there to help and guide and protect.

Les: Yes, somebody told us that they show themselves as lights in the tunnel.

Yes, but sometimes souls recognise them as outlines of people. It depends on their own spiritual knowledge of course. But yes, it's visible within that tunnel of light, yes, yes. So that's mainly my tasks.

Les: So, everybody has to go through that tunnel, irrespective of the way in which they pass?

Not always — that's the main function of passing. It depends if it's traumatic, sudden passing, then it could be that they just find themselves on the other side.

Les: I'd wondered about that.

Yes, it's not — it depends if it's a sudden death or an expected death for that person, then it may just be that they're confronted by someone, who's waiting for them.

Les: Then comes the difficulty of persuading them.

Yes, at least if you're travelling through the tunnel of love, then you're being prepared for that transition. (That's right.) But no, that's what I say, you shouldn't expect just one happening, because there's many ways of passing.

Les: Of course, we don't know in what way we are going, when the time comes.

No, so don't be surprised and don't have fixed ideas about what should happen.

Les: Well that gives us a lot to think about and adds to our knowledge considerably Ernest. **(Good.)** So, if you hear us shouting for you, you'll know who it is.

Well don't all be shouting at once, will you?

Les: Oh, I don't suppose we'll all go at once.

I hope not — I don't mind keeping busy, but that's ridiculous. (laughter)

Anyway, I'll wish you all good luck in your lives and I hope that you all carry on to the very best of your abilities, because that's all you can do. You can't do more; just try your very best.

Les: That's all, just as you did tonight in coming through.

Yes, with a lot of difficulty.

Les: But you surmounted them and you're glad you did, I hope.

I'm pleased to have spoken to you all, yes, yes.

Les: It's been very nice to have you Ernest and we do thank you a lot.

Just take care of you and thank you for allowing me here.

Les: It's our pleasure to have you and our love goes with you Ernest.

[The beauty of the transition — that should overcome any physical grieving that may be apparent!](#)

Sadly, this is not usually the case, as we are not spiritually aware enough to see what is actually happening. For the sake of the departed soul that is prevented from moving into spirit world, deep, deep, grief and mourning should last as little time as possible. A visitor gives more information. (18/5/98)

George: As regards loved ones departing this life, I feel there always has to be a certain sadness in parting, even in other circumstances of a friend moving away. With us there

seems to be almost of necessity a sadness in the parting. Would you feel that this is reasonable? But in the case of mourning, this should not go on for a long time.

My friend, it should not even begin. It is understood that since you are so inured, enveloped in your physical circumstances like grief, is understandable. But the strength of your spiritual wish of your desire for the one who has passed on, that the desire that he or she should immediately begin to experience the beauty of the transition — that should overcome any physical grieving that may be apparent. (Yes.) I know it will not, but it should. Please concentrate upon this. Do not feel guilt at your joy that another has passed to us. Until you become much more spiritually aware, that grief will continue to be with you for a time. Dispense with it, disregard it, lose it as soon as you can my friends, because it is important to remember that the grief you display, will unfortunately react on the one who has gone, preventing that soul from travelling forward. If you wish them to be with you, to comfort you, to remove the grief which you are showing, so the very thing that you are hoping for, that all will be well for the departed, you yourself will be preventing. Do you understand this? (General affirmations and thanks) Your grief places a shadow around each of you, when that grief is acknowledged and permitted and the one who has passed cannot penetrate that. That cloud of misery that you yourself have put unknowingly, to prevent the soul from returning to comfort you. That is why I say do not feel guilt, if you cannot produce any, what you would call, real 'depth of grief' — yes there would be tears of course, yes there would be sadness that is understandable; but deep grief, no, no, no. So do not let constant grief colour your judgement, colour your outlook, and in particular prevent the one for whom you are grieving, from progressing instantly in the new conditions in which he or she may find themselves. Do you understand this now? (General affirmations and thanks) Always we ourselves are sorrowful, when we see the darkness surrounding those who are called 'mourners.' If only you could see it yourselves, you would realise how stupid it is, to continue such matters in a physical world, which in itself is full of misery. You but add to those conditions, and those I would hasten to add, are NOT part of the plan, which was intended for you. Forgive me, but talking of grief, has in it's very self brought it to me — it will go — please forgive me for a moment.

George: Of course. (Pause)

You may not believe that there are those who still suffer from their own grief, because of the grief displayed by those who mourn them still. So I say to you, if there is anyone amongst you, who occasionally recalls a grief, which was evident at the passing of a friend, or a closer one, discard that completely please. Do not even let it come into your mind; because however long that may have been ago, it will still attract and make unhappy, those about whom the thoughts are given. Is this clear to you? (General affirmations and thanks) Now do you have any further questions? I think I have mentally chastised you enough, do you not think so also? (laughter) Now, if you wish to question please do so? (There were no further questions) But I do beg of you, give very serious thought to the question of grief, at times when you would consider it should be shown. Never forget this. Your grief is a magnet, which draws back those for whom you are grieving.

Then if you wish my presence no longer, I will bless you my friends, encourage you in your spiritual growth. Do not as the master says, be too harsh upon your living. You are executing the plan prepared for you. You could not know of it before you came, you must experience it whilst you are here. God be with you my children, help you, uplift you,

support you, give you happiness, that happiness may be passed by you to others — Bless you.

(General thanks, blessings and farewells)

Mourning of Lady Diana

Again, the message is given about too much mourning stopping the spirit from moving forward. The departed spirit is attracted back to the earth plane. Salumet gives specific information about a high-profile death. (31/8/98)

Les: Today is the anniversary of the death of Diana, and you gave us very profound information, about the absurdity — and I put that advisedly — the absurdity of all the mourning that has gone on. And I have felt very sorry for the lady, because I could imagine that all the mourning, is contributing to her being called back in spirit unnecessarily.

Can I just say this to you: We have said it is not wise that when spirit comes 'home,' that those left behind, should mourn for too long. We on our side of life, celebrate the return home, of each individual spirit. So of course, when there is an extended period of mourning by so many people, the soul is constantly pulled closer to the earthly plane. But I can say about this particular soul, that the love that was extended to her, has helped her to realise that the mourning that has been created amongst many of your people, is something that she has begun to understand, and she has accepted it and put it in its proper place. So, do not be concerned for this soul; not only is she aware of this happening, but she seeks the love also that comes to her. Do not be afraid for her, she is well.

Les: Good, I was concerned that she should be being pulled back to this Earth and not be able to do anything about it — not letting people know that she *is* well and happy.

I will tell you only this, that this soul had knowledge of afterlife; she knew that our world existed, she knew and understood great depths of emotion, but her understanding has helped her. She knew the reason why she came to this life and why she left this lifetime. Do not be sad for this soul, she has completed what she came here to achieve.

Les: Yes, I thought that must be so and it's comforting to me anyway and I'm sure it is to my colleagues here, to know that is the case.

She knows and understands that many of the people in this world have no knowledge of our world, and having that knowledge helps her to — shall I say, being returned constantly, by those people, who still grieve for her. She exists on the wider areas of love and thoughts that are sent to her.

Les: Good, that's nice to know and I'm very glad, because it could be otherwise, had she not known, but you did tell us a year ago, that she had a premonition of her passing.

Yes, she did, she knew her life would not be a long one. She is well my dear friends, do not mourn. I say this for *all* people, not just this particular soul. She may have been special to the people in your world, but she is special in our world, only in as much as she is what she exudes. Do you understand? *(Yes, I do.)* There are no rules of importance in our world as there are in yours, only the love of the soul, which shows its true self, when it returns home.

Les: Well thank you very much for those explanations, I think we all appreciate it. (*General agreement*)

More information and reassurance about passing back to our true home

A visitor speaks about how we hold ourselves back sometimes, and also about the silver cord that stretches endlessly, but which must be severed before we can return home.
(28/6/99)

I will just say a few words concerning the step through the door from this world into a greater world. Your thoughts and prayers this evening have been duly noted. You have spoken about fear to let go—a natural and understandable reaction at the end of the human life span, but as I know you are aware, it is the easiest thing for the spirit to return to its natural habitat, you would agree, yes? (Yes.) You don't understand because the lives you have led this incarnation have not experienced the journey, but I know you are aware that you are never left to make that journey alone. My dear lady, it is something that is well understood in our realms, but whenever one of them has the opportunity to return and give some words of encouragement we will do so, and should you be in the situation where you yourselves can offer words of encouragement, then they will come easier to you if you will remember words of myself and others, do you comprehend what I say? (General agreement) Fear is the key to all the holding back, physical fear. But let me say to you, the souls are old and wise, they are ready to return, but of course there is what you call a cord between the human shell and the soul and it is like perhaps a piece of elastic and although the soul is willing and able to take the step, they are sometimes held back as on elastic, because the human mind will not quite release that band. You understand? (Yes.) I do not say this lightly, but sometimes when the mind finally releases the soul, depending on the circumstances, it can sometimes be like a human catapult, you understand me? (Yes.) Whoosh, it causes no problems to the soul. They are expecting it, but it can sometimes affect how quickly they return to their habitat, the habitat that they left aeons ago.

Lilian: So, in the case of maybe an accident or in the case of war when the person is certainly not expecting it, is that with a whoosh?

Because the mind has let go, perhaps unintentionally, you understand me, it hasn't had time to expect and wait for—the soul is suddenly is returned into the realms. (Yes.) So, yes, it takes with it a fragment of the human mind and therefore has adjustments, which are not always necessary with an easier passing.

Lilian: So those are the 'rescues,' as we call them, are they?

A small part—I am only generalising here, it is not the case in all, it is mainly, mainly where the human mind is strong and does not want to release the soul—that is mainly when the catapult feeling occurs—not, and I say, rarely, when it is a sudden, as you would call death. That is a different aspect entirely, but of a similar push through the curtain, yes? (Yes.) But we come into difficult and complicated ground, part of which our master

will speak to you about, possibly at your next meeting or at another given time. (Yes.) I just came here to explain that we are aware, and we are always there to ease through the passing when the mind releases the soul. You know without me telling you that you are never alone, but it is something for you to hold onto and remember, should the need arise for you to help someone through that door. My voice is something that perhaps you will not forget and it will be in your mind and some of my words may come through and be of benefit, you understand? (Yes.) There is just one more point I would like to make before I leave: Never forget where your origins lie and they are not of this worldly planet, you understand? (Yes.) Always think spiritually, always return in thought to your origins. You are aware I know, that the incarnation you have now, may not be the first of your spirits.

Lilian: Yes, we've been told this.

Your spirits can be multitudinous, and you may have other parts, which you will join with in time. Think of these, think although you do not know who or what you may have been, it is a good lesson for you in quiet times to think of your origins and wonder a little about what you may have been. I can only say this to you, because it is deep waters and I don't think I have the words at this time to explain further, but it will help your other parts of spirit, if they feel that you can join in mind with them. Do you understand a little of what I say?

Lilian: Yes, it is interesting.

You are aware I know of perhaps one incarnation.

Lilian: Yes, we've been told of one. (*The monastery – see 30/06/97*)

You know therefore that that particular part of your spirit has well gone on to other realms but is still joined to what you are now. (Yes.) That cannot be severed no matter how far on in the realms other parts of your spirit go. They cannot be separated from what you are now. You are joined, joined by a completely unbreakable cord, which can shall we say in human terms stretch infinitely, but cannot be broken. And they will—I say 'they,' to make it easier for you to understand, 'they' will know if your thoughts are with them. It is complicated I know, and I hope in future meetings we may be able to elaborate further on this subject, possibly through myself or possibly through someone who has greater knowledge and can explain more fully. But I ask you, will you do this for yourselves and for your soul?

Lilian: Yes, we will.

In quiet times, give a thought to what you once have been, and who knows, in quiet times you may be able to visualize what you may have been. Would that not be quite an achievement?

Lilian: Wonderful yes—we will see what we can do.

Now, if you will forgive me, I must leave you. I hope I have given you some food to think upon and I thank you for your time.

Lilian: You certainly have, thank you very, very much.

As I say to you, always give your love to those that need it and other's lives will have a smoother path. I send you love from spirit and wish you health and happiness, until I come to speak with you again.

Lilian: Our love goes with you, bless you.

In times of earthly death, you feel these great surges of emotion rise to the surface

Should we not, instead, be giving thanks to the Great Creator for the spirit returning to the soul? We should celebrate that life, rather than become immersed in deep mourning. We get things the wrong way around on this planet! Salumet explains. (5/7/99)

Good evening. (General welcomes)

This time I wish if I may speak to you about the emotional body, which envelops you all at the time of what you call ‘earthly death.’ I spoke briefly last time and there was communication from another briefly on this subject. The time has come my dear friends, for you to understand a little more of the workings of your emotional body. You know that the emotional body is at times intertwined with your spiritual thinking. This is as it should be, but what is lacking within your human beings is this: That you do not fully have control of your emotional thinking. I am sure each one of you would recognize these words and what I try to say to you. Let me continue therefore and say this to you my dear friends: Each one of you here knows and understands well that when you leave behind these physical bodies that you continue within our world, that you are coming *home*; you know and you understand this—this is not the problem. The problem with many of you is that you do not have control of your emotional thinking. Know also that when you come to our world, you do not instantly change, and that is because of your lives upon this planet and the way you have allowed your emotional thinking to take hold. Can you understand and accept what I say? (General agreement) This is why in times of earthly death you feel these great surges of emotion rise to the surface of your being. Why should you feel pity and sorrow for a soul who is returning home? Should not instead you be giving thanks to that Great Creative Force for returning that soul from whence it came?

Lilian: Yes, I can appreciate that. I do feel that a lot of the sorrow we feel is a selfish sorrow for ourselves.

It is indeed, but of course as human beings you were endowed with freewill and with all the earthly emotions that go with the human frame, but that is not to say that you should allow the energy of emotional thoughts to control your lives. If you are to grow spiritually my dear friends, you need to capture the strength to control your thoughts and emotions. Once again, I am stressing to you the power of thinking, the power of each individual thought, not only the affect that it has upon you, but the affect that it has upon many other people. You must take the power into your own hands; this is most important for each of you.

Lilian: So, could we help say someone who is dying, could we help that person with their thoughts and prayers?

Of course, you can, but that is not what I am speaking of, I am speaking of control of your own individual emotions. You know the power of collective thought, you all have understood and accepted this aspect of thought, but what you have not fully grasped is the fact that individual thinking is your own *responsibility* in all things in life. Until you take control of your thinking of your own emotional body, there will always be stress, there will always be distress, there will always be hurt within your hearts, and after all as I

have said, why should you grieve for the soul who is returning home? I wish to go further now my dear friends and say to you this—and this may be something that has not entered your thinking to date, but what you grieve for when you grieve for one leaving this plane, is in fact the memory of your rebirth into this world. You have not given much thought to this, have you my dear friends? (*No.*) This is what I would wish you to think upon this time. We will return to the subject when I will give you the opportunity to put questions to me, but for now I wish that you take my words with you this time and think about them carefully.

Lilian: Yes, we will.

I will try to make it clearer for you in your states of silence, if you will but think upon my words. But we will return for questions another time in order that you can fully understand. I hope for all time how important it is for each individual to have full control and full power of their own thinking.

Lilian: It would certainly make life much easier for us.

That is not the purpose if I may say, the purpose is that you grow spiritually stronger, that is the real purpose. So now I will leave those words with you this time.

Aspects of the soul can become separated

An 'unlearned' soul aspect may not be able to join with the other aspects at time of death until such time as it has regained its status. These deep questions were presented by Sarah to Salumet. The subject of Hell and where we go is also discussed. We judge ourselves and are not placed by an external force. We see every second of our life on earth during our earthly life reviews. For most, there will be surprises, not least the amount of good that they have done. Often the tiniest incident can have the most spiritual significance. It is far better for the soul to put wrongs right, especially hurts towards others, whilst in the physical. The best way to achieve this is through the power of loving thoughts. (15/11/99)

Sarah: Only one or two aspects of us come onto this Earth as human beings. If one part has done wrong and is back in Spirit World, is it possible for another part to come here to learn whilst that other part is back in Spirit world?

Of course. You might confuse yourself if you begin to individualize each aspect of the soul. I know this is probably the easiest way for you in your understanding. Although there are many aspects to the soul, until each aspect is joined in what you call *Spirit*, the knowledge of the other who takes the human form is separated from all knowledge of the rest of the soul. Try not to see the different aspects of the soul as individual—they are not; it is a whole which at certain times becomes separated. We are speaking of deep matters when we speak of the soul, because the understanding upon this earthly planet is such that you see only one aspect which is in human form. But do you not realize that all aspects of the soul, as you say, *are* within the human form, but to a minute degree. (Yes.) The whole aspect of the soul remains in the subconscious of the human being. Do you understand or are we becoming too complicated for you?

Sarah: I think I understand, thank you.

It is not what you would term black or white. These answers I give sometimes may seem vague, but that is only because your understanding would not be capable of receiving the information—not at this moment in time anyway.

Lilian: Once we are back in the Spirit world, we do understand, do we?

Yes, a much wider awareness, of course and the conjoining of all aspects is of course quite natural. There is nothing separate or individual about that union.

Sarah: But when one part that has not done so well here—

May I be so rude as to interrupt your question? (Yes—) May I say this to you: You cannot judge whether a soul has done right or wrong, we have discussed this topic I believe on numerous occasions. So do not fall into the trap of trying to say what the soul has done right or wrong. You do not have that knowledge or the understanding or the awareness to make such a critical judgement. So be careful in your thinking.

Sarah: Yes, I wasn't actually pin-pointing anybody, but I thought that I understood that, if by chance you had not done as you had intended to here, **(Yes.)** you went into a lower level, as it were, into darkness over on the other side until you could get out. You haven't then rejoined your Spirit? **(No.)** How does that work?

No, well, you must not consider that all aspects of the soul are at the same stage of evolution. We really are on deep matters here. Of course, the part of the soul which has come to this Earth to learn, if that soul remains free of any teaching, of any learning, then of course when they return *home* they must take the station which they *deserve*. And of course, you are right, the aspect of the soul which remains, shall we say, 'unlearned'—is that the correct term? (Yes—) They would not return immediately to the whole aspects of the soul, but that does not mean that they are ever *lost*. But yes, I see your meaning now, yes that one aspect of the soul would have to regain its status, if you like, before it can grow and join other aspects of the soul.

Sarah: So, it would have to come back here again?

Not necessarily, we have spoken on this too. It is not always compulsory to return in human form, but most souls when they return to our world know what they must do for their own spiritual growth.

Lilian: Do they?

Of course. Yes, they are given advice, they are *helped* to come to the realization of what is best for them. But that is not to say that they are always keen to come back. (*chuckles*) We have spoken briefly again, but they do know whilst they are in Spirit form what they must do. I would say very few wish to return to the human form, but we have said before there are many reasons why you would wish to come to this planet of learning, and of course, we must *give our respect*, if you can accept that phrase, to those who come under some degree of—how shall we say, I think you would use, '*pressure*,' pressure, yes. I don't feel that is an apt description, but it is one I think you might understand.

Sallie: Encouragement? They are *encouraged* to come back.

Encouragement, I thank you. Has that helped you in your question?

Sarah: It has yes, thank you.

Sallie: It was something that Sarah mentioned and I can't see it in the same way: Talking about *levels of darkness*, I don't see that it can be like that, because we are, as I see it through your teaching, that we are responsible for our own judgements and we make our own judgements on our own behaviour, **(Yes.)** and we have our friends like yourself who will encourage us to look at what we can do. **(Yes.)** But these places of darkness, they are self-imposed, aren't they?

Of course—yes, you are the judge. Your actions in this world will determine your placement in the Spirit realms. Of course, no one places you in places of ‘darkness’—that is what you have sought for yourselves; it is self-inflicted, but many of the teachings that have been given to you human beings over many aeons of time, have described these places of what you term ‘darkness,’ not very well. They have been termed—shall we take an example of your Christian teaching, being called ‘Hell.’ Yes, I think you are familiar with this term, and of course, there is no *burning fire* as that religion would teach you, but of course there is the Hell of your *own* doing. But you are fully responsible for all places that you find yourself, but you are never left alone.

Sallie: We talk about forgiveness and understanding— (Yes.) —if that’s the case, even if we have made grave errors of judgement in our behaviour whilst we are here, (Yes.) I can’t see why it is necessary for us to put ourselves in places where we would go through mental torture—punishing ourselves—

I know what you are trying to say, but what you must remember, try to forget as I have told the lady about individualizing the soul. The soul is *energy*. What happens is that the soul who has led a lifetime of what you would call ‘*wrongdoing*,’ is in fact extinguishing the light energy until *all* becomes darkness. Try, my dear friend, to see this on the wider scheme of things. We are on difficult grounds, I know. If you try to see the soul as human, you will never fully understand; try to see it as light and dark. All is energy, that is why in times past, I have tried to explain the wrongdoings of others and why they poach upon innocence. It is in spiritual terms the seeking of the Light. Always try to seek the *spiritual* answer. Look within; try not to make for yourselves these complicated issues.

Sallie: I know you are right, and I suppose it is just a human failure, but I could not bear the thought of—

Yes, I understand what you say and yes, if you look at it in that way then you would never, you would never, ever be able to forgive in that sense.

Sarah: But you know yourself when you go over then you immediately see what it is that you should have done, so, as you say, *you* put yourself in that position yourself, because you know that is not what you intended to do.

Yes, some souls, but those that are lost within the mists of their own wrongdoing, are not aware at the time of coming to our side of life, because they are in effect, *lost*. You should have some understanding, after all because you have done what you like to call ‘*rescue work*’ with those on our side of life. (Yes.) Therefore, your knowledge knows that not all crossing is easy and instantly recognizable to the soul or others.

Sarah: Does that mean that all the rescues that come through that have got lost in the mist, have all done wrong?

No, no, you cannot class together all lost souls under the one umbrella of *wrongdoing*. Some are lost because they do not believe that there is existence after the human form. So, be careful in making judgement there.

Sarah: Yes, it hadn’t actually dawned on me that, but when you said they were lost in the mist, I just put the two and two together—

Sallie: I suppose it’s similar to people here on this Earth level. Some of us feel lost in the mists here, don’t we?

**And may I kindly say that that also is your own responsibility. Is that helpful to you?
(general agreement)**

Sara: Even if by the time we leave this Earth, we have evolved much spiritually, do we still have to relive every moment of ignorance—all of the ignorant things we have perhaps done

in our lives, even if we may think we have tried to correct some of them. Do we relive everything in our earthly life when we come over to your side?

Yes, all is made clear to you—

Sara: What a shame! (*chuckles*)

Yes, you cannot just see the good moments.

Sara: I don't mean just the good, but I wonder if *everything*, I mean the *whole* life.

Every second of your existence will be shown to you. (Oh!) Many things that would, at this time, seem very insignificant to you, all of these things become magnified. But do not despair, because most souls return to our world and realize how much good that they have done. When we speak of darker realms, I want you to know that it is the minority. Don't be afraid—do not place upon yourselves fear or guilt—we do not wish you to do that. Most human beings have more *good* than *wrong* within them. And after all it is the gestures that you are unaware of which spiritually are the greatest. You seem surprised?

Sara: So, it isn't always a very harrowing or painful experience to relive the earthly life—to look again?

I would not say painful, but to most I would say there are some surprises. (I'm sure!) Yes, but all of this happens very quickly and quite soon after you come to our world.

Lilian: So, if there's something we're really, really, sorry about at that particular time, we can put it right, can we?

Of course, the opportunity—can I say this to you, that the *recognition* is the greatest part of the *putting right*. (I see—) In recognizing that your actions or your words are wrong, you have gone most of the way in correcting. But can I just say this to you, that if you *know* you have done something—and you *do* know, you intuitively know when you have—and I would say this to you before I continue, that the worst thing you can do is to hurt another human being, not only with actions, but with words and above *all* with your thoughts. I would say this to you, my dear friends—and this is important for you to know: If you can put right a wrong, then do so while you are upon this planet. And, I will repeat myself: it *can* be done with the power of your *thought*. It is much better for the soul if you do that whilst in the human form.

Sara: If you have a situation where you would like to communicate love and peace to another person, but you really don't know if they are receptive to the written or spoken words, then is it best to just send thoughts?

Again, you are trying to judge. If you know that you need to send loving thoughts, then by all means do so. The only thing I would say to you is you must *never* interfere with your thought onto another.

Sara: But you can send your love—

But if it is loving thoughts, of course you can. Loving thoughts are always good.

Sara: Yes, because occasionally there may be a situation where it may be more comfortable for me to send loving thoughts, than perhaps do it in a physical way—or it's easier perhaps? **Yes, this is a misconception that to put right something you know you have created that you need to create action; this is not right. The power of your thought—after all, what happens is that the spiritual aspect of yourself is in contact with the spiritual aspect of the other person. It is nothing to do with the human form. That is why it is much better to put right anything you feel you have done to hurt another. Use your loving thoughts to put all right.**

Sara: That's very nice to know, because in many ways it's easier sometimes to use the mind.

If you use that thinking it is easier, then you will not create what you are attempting. Has that helped you? Sara: Yes, it has.
(general thanks and farewells)

How quickly is the silver cord severed?

This varies from seconds to days. Usually, however, it is almost immediate. (24/7/00)

Lilian: I was talking to someone the other day about the Spirit leaving the body at the time of death. As I understood it, it was immediate as the body dies, so the Spirit leaves. She had the idea that it took three days of our time.

The Spirit leaves the physical body only when there is a severance of the cord. The Spirit can leave the body, which in your world can be said to be dead, but until that cord is broken, the Spirit remains close to the body and on some occasions, this can take seconds, this may take minutes and even days. On most occasions I can tell you that when the time of what you call death, the Spirit is freed almost immediately, but again, you are both correct.

Lilian: You know that our old friend had two circles. It was in the other circle that this query came up. That is interesting.

Yes, remember my dear friends that you should never be so closed-minded that you cannot accept other viewpoints from other people, because there oftentimes includes many things from Spirit which are correct. So do not always assume that other people are wrong. If you have doubts, then please to ask questions of me. After all I am sure that each one of you here have heard many cases of someone who has been pronounced deceased and returned to life. (Yes.) So, the physical pronouncement of death is not always the actual moment of severance of the cord. Is this clear to you? (Yes.)

Mark: Would it be partly the power of thought of the person?

Yes, not only the person, but the power of thought from those close by. And again, we return to interfering thoughts. Do you now see some connection? (Affirmations)

Lilian: So, if in a particular religion it was said that it would take three days, so the thoughts from the people surrounding the body, would that affect it?

They can but they pull back the Spirit and try to keep them, but when the time is right, there is nothing or no one who can stop that return home.

Sarah: So, if that is the case, if people are brought back to life as it were, is that not their time to go then, otherwise they would have gone?

Yes, it is as simple as that. It is lack of knowledge of you human beings in understanding the process of what you term 'dying', but nothing or no-one can hold you here when your time has come. No person, no thought, no healing, nothing at all will keep you upon this planet if it is truly your time to return home to us.

How are we able to judge ourselves when we return to spirit?

When we return home, our vibration is quickened, which enables us to see the past, present and the life that has just passed much more clearly. The inner knowing comes to the surface and it is the coming to terms with that, which can be a very difficult moment for some, but a wonderful realisation of what has been achieved for others. (31/7/00)

George: You have told us much about past lives and there were some words that Jesus spoke: *'When you meet your past images which neither die nor are manifest, how will you bear it?'* That raises a further question perhaps and it is nice to read in the scriptures something which agrees so well with what you have told us, but is there likely to be any difficulty in meeting up with our previous images when we return to Spirit? Can you tell us something about that?

Yes of course, yes, the words were most apt at the time for understanding over continuance of life. You all know only too well that I have told you, when you return home, you yourselves will be the judge of all that has taken place—past, present and future. You understand that each one of those times is intertwined. Therefore, when you come face-to-face, as you say, with past images, what is happening is that the vibration when you have returned home has quickened. Therefore, you are able to assess not only past times, past existence, but you will be accountable for the life that has just gone. It is only a judgement within your own eyes, that is all. To simplify the whole issue, you come face-to-face with all that has existed within your own living.

George: Interesting. Perhaps this is another reason why we should not be judgmental in ourselves.

It is not that you are faced physically as you would know it with past images, but the inner knowing comes to the surface and all, my dear friends, becomes accountable. That is why the words were chosen that it would be difficult, because many of you, when you return home, are shocked and upset and sometimes very pleased with what the Spirit has achieved. It is a coming to terms with the inner knowledge of your very being. Do you understand? Is that helpful to you?

George: Yes, thank you, that clarifies rather nicely.

Light escorts

A gentleman wanted to know about the chain of command that exists with light escorts. Salumet confirms that there is a chain of command. All is organised. (9/12/02)

George: A gentleman asked a question of me which I said I would pass on: On learning about the work of *light escorts*, he was intrigued know, in his words, *'who overshadows the light escorts?'* By that I think he is seeking information on the chain of command above the light escorts. Can you help us with that?

Yes, I understand the question. There is much spoken of and many words are used. I understand when you use the words *'light escorts'*. To many they mean the light escorts from other planets. Am I correct in my thinking?

George: I know he was concerned with the light escorts who oversee at the time of physical death, the passage from this planet.

I see. I understand your question. This is always the problem when we have earthly words which are used to describe *our* world. Those who are present at the passage of the human being to our world, those workers you mean? (Yes.) Yes. Those workers can be many. There are of course degrees of workers in the light. It begins with people who have inhabited your world, inhabited *other* worlds and then they graduate to the beings of light who have never existed on any planet. You have to see that there are many and not one explanation. All of these beings of light are there to help those souls who return home to our world. It of course depends on the passage and the person and the time, and of course these light beings *are* overshadowed by those light beings from our world who look out for them in the same way as you have Spirit beings who come to your world, but there always is a regime of order—there *has* to be, nothing happens haphazardly, all is organized. And I would say, and I do believe that what your friend means is ‘*who is the governing power?*’ And I would say that that the governing power is that **all superior universal being from which we all come. That is the simple answer.**

George: Thank you, I shall pass that on.

Sometimes angelic beings can manifest whilst waiting for a spirit to pass

This question was based on events in Myddle, Shropshire, where members of the Salumet group had incarnated around 1700. (16/5/05)

George: Lilian recently came upon a book written in the year 1700, about Myddle in Shropshire. And there is within its pages, mention of one who remembered that there had been a small monastery near Myddle, and described its location. We all accept that we had a previous life at that location, but it’s nice to have historic mention, written down, of that small monastery. But what caught my eye was a story about a nearby farmhouse, where six people had been taken ill at different times and died, and on each occasion, two pigeons came to the farmhouse and perched on the roof and remained around the garden until the deaths until 2 weeks prior to the deaths and then they departed. There’s one other who fell ill and recovered and during that period, no pigeons were seen. There seems to have been an interaction between the birds and the deaths. Can you say anything about that?

Of course my dear friend, I will try to tell you why, on that occasion there should be birds present. The answer, also as always, is simple that on many occasions, but again, not always on a conscious level—remember our talks about angelic beings, (Yes.) how their form can be changed at will? (*affirmations*) It, I would say to you, was a form of an angelic being, being present and waiting for the Spirit to depart.

Lilian: That is interesting. (*affirmations*)

It can be a butterfly, a bird, an animal, a human being, but they belong to the angelic realms which help people to pass to Spirit.

George: Yes, thank you for that explanation. That had not occurred to me.

Yes. Of course, you must not assume that every bird you see perched upon your window ledge when someone is ill, is an angelic being. But remember that they *can* change form, because you see, the pigeons at that time, or any bird, is well accepted by most people.
(affirmations)

George: Yes, and I have noted there is a very similar story written down by Carl Jung at a different time, so I felt it had to have some significance.

Yes. But it is a simple explanation.

Lilian: It's strange George mentions about a death, because there's a man up the road who is obviously near the end of his time here and he's talking about the strangest things, some of them not very pleasant and I also noticed it with my mother in the last few days of her life—hallucinations—would that be the drugs or is that something to do with when they're near?

Yes, it can be a combination of both. But, I would say hallucinations in the way that you say, is down to the chemicals given in their strong doses prior to passing. But it is known that certain human beings, because of their beliefs and their upbringing, see what they want to see, and therefore their so-called hallucinations may be their own thinking.

Lilian: Some things are quite distressing really, **(Yes.)** for the listener

Yes of course—she must distance herself from this.

Lilian: Right—thank you.

If she can, she must stand back and allow it to flow over her. (Yes.)

[The Spirit does not travel through a *physical tunnel*, but it is the *experience of being free from the body*](#)

This is a better explanation as to what happens upon death. There are those who have no knowledge of what to expect and all experience of leaving this world is down to their own freewill. There is always help at hand, but those at hand are not allowed to interfere. The spirit itself must realise what it must do. Sometimes, those in spirit and those in the physical have to coordinate their efforts during spirit rescues. Salumet explains these many concepts. (5/9/05)

I would like to say just a few words this time about something that puzzles so many in your world concerning the transportation of your Spirit from this world to ours. So many times have you heard that when the Spirit leaves the human body, so many describe the journey of the tunnel and Light. You full well know my dear friends that as the Spirit departs from the body, there are many who are ready and waiting for that Spirit to come home. There is some talk amongst you human beings in your world about why the majority of people who depart, and who have returned to the body, come back mainly with the same conditions of seeing a tunnel that is filled with light at the end, and feeling of great love. Many say that the Spirit actually travels *through* this tunnel towards the light. Many refute this explanation, but as you well know, when the Spirit leaves behind that overcoat of the body, it is immediately lighter, and the Spirit does not travel through a *physical tunnel*, but it is the *experience* of being free from the body that the Spirit is

expressing—the feeling of lightness and leaving behind the fear and the darkness of your Earthly world. After all, it is much darker and denser in your world, is it not? (*affirmations*) Therefore the Spirit immediately feels this lightness and the feeling of travelling through a tunnel, but it is not a *physical tunnel* as you would expect, it is the *experience of lightness*, the *experience of the Spirit being* and the *Love which surrounds them* at that time. Therefore, I wish to say to you that whenever these experiences are denied, you can my dear friends say: ‘No, it is a *genuine experience of the Spirit.*’ And although it is described as a tunnel, it is the experience of Spirit being free.

George: So, the idea of the tunnel suits our physical way of thinking?

Yes, it is a description given when the Spirit then returns back to the heaviness of the body.

Paul: We have an expression a bit like, emerging from a cave, from a dark place.

Yes, darkness to lightness, but that is what it is. And of course, my dear friends, well you know that there are many experiences when the Spirit departs this Earthly plane—that many experience instantaneously, standing with those who have gone before. There are many experiences, which belong to each individual Spirit, but I would say on the whole, those who return to physical life say that they have experienced a tunnel. It is because they have been allowed to experience for some short time that lightness of Spirit. You understand? (*affirmations*) Do you have any questions at this point?

Graham: A soul who led a life of wrong-doing, would their experience be any different in their destination in Spirit world—would it be different?

Again, we are touching upon something which has so many explanations in your world. So often we hear of *good* and of *bad*. I would rather say that the experience of Spirit in your world is varied so much that when Spirit returns home, then it goes to the place which it has built for itself by its own experience. For some, as you know, that may entail a ‘darkness’, but it is not a darkness as you would understand here, but a darkness of Spirit.

George: So those who experience what we sometimes call ‘near death experience’ or ‘temporary death experience’, they might well come back and report the ‘light tunnel’.

Yes, but you have a minority who also experience some form of heaviness or *darkness*, as you call it, but as I have taught you on many occasions, that darkness is the *fear* which they hold onto. So, what I am trying to say to you all my dear friends, is that you must not consider these things on a physical level, but always look to the spiritual explanation and things will always become much clearer to you.

Sarah: You did say once before that we create our own light and we also create our own darkness. (**Yes.**) The darkness that we create then, you are really saying is fear?

It is *based* on fear and the way that their life upon this planet has been conducted.

Remember I have told you *all* of life’s experiences depend either on love or fear. Darkness or whatever you may wish to call it, stems from acts of fear. Therefore, the Spirit remains in the darkness of its own making, until such time those in our world can reach out and ‘touch’ them.

Sarah: I remember reading once of somebody who had had a near death experience and who saw lots of animals—not very nice animals that they didn’t really recognize, and they were in this pit with these animals. That was just *fear* then, was it?

Yes. The fear is their creation, which then becomes their reality. Remember that your thoughts are so powerful, whether based in fear or in love—whichever one you are based in, that creates your reality. Therefore, if you remind yourselves, *all* experience of leaving this world is entirely at your own freewill, and although there are many who wait to help,

as I have said many times, we are not allowed to interfere. The Spirit must recognize for itself what actions it must undertake. Do I make sense to you? (*affirmations*)

George: So those waiting, just have to continue waiting until the Spirit moves forward?

There is much those in our world can do to help, but we cannot step forward and say you must do this or that, because so often those in a state of darkness will not listen—they do not *want* to listen and we must respect that freewill, which has been endowed to them.

(Yes.)

Sarah: On a slightly different tack, a friend of mine said that she had heard that when you have Alzheimer's, part of you has already gone to Spirit. Would that be true that the part that they seem to forget, that they don't seem to be aware of what is going on in this world, have they already started coming into the Spirit world? Is that true what she was saying?

I would say to begin with, no, it is a *physical degeneration* of the physical brain, and only at a later stage of this condition does the thinking then begin to remove itself. But in the majority of cases, no, it is no different from any other disease in your world.

Sarah: So, when you say at a later stage the thinking begins to remove itself, is that the stage when it *is* starting to go into Spirit?

When the body begins to close down, then the Spirit becomes closer to our world, as in many conditions of diseases within your world. For example, those who are unconscious for any length of time and their thinking is not in this world, but it is only in the latter stages of these diseases that the Spirit is preparing to return home—and there are many who stand close to help. But yes, I believe I have spoken before about returning home, and that as the body ages and begins to break down, then those human beings begin to be closer to our world than to yours.

George: And the silver cord would still be in tact at that stage...

Yes, you cannot be in Spirit until that cord has been severed.

Sarah: This friend who I was talking about, she is beginning to get paralysed, she's got bone cancer, and she *feels*, she is beginning to feel that her Spirit is beginning to get purer. I know you don't normally say things about people, but would you have anything to say about her?

It is her thinking which is creating these conditions, and if her thinking is saying: '*the Spirit is rising*', then of course it will happen. It is, I would say, a good way to condition yourself, preparing for that ultimate *move*. Yes, I agree with her.

Sarah: Thank you very much.

What she must not do, is doubt and become negative, but to allow the Spirit to rise.

Sarah: Thank you very much, I will pass that on to her.

I hope those few words, although we have spoken in past times, I hope it has triggered your memory of my words and again clarified the position on these things. (*affirmations*)

George: Yes, you've now given us more detail and clarification. Thank you.

Paul: You've given more reason to it for our understanding.

It is only because your understanding has become greater that we are now able to, how would you say, 'infill' with the detail a little more.

Paul: I'm sure there's lots of that to be done!

Yes. The more you grow, the more you begin to understand and the more that we can elaborate on these details for you. Therefore my friends, I will say to you that each time you come together and give thoughts for help for those in your world, you are indeed growing in your own spiritual natures.

Lilian: Yes, we'll remember that, thank you.

Now, if you have any questions, I will take them before I take my leave of you this time.

Graham: I would like to ask a question about Spirit rescues. I am sure this has been covered, but you were saying that you're not allowed from the Spirit world side to interfere with a soul that is passing over to your side. With a Spirit rescue, is the situation created, where we are able to help and guide somebody who is passing over to do the right thing, but they're reluctant to do so—is it that they would listen more to the physical voice?

Yes, when we bring to you rescues, it is because the Spirit has shown a glimmer of light in the way Spirit is thinking, but because it has been encased within the darkness of its thoughts, it is closer to your world sometimes. Therefore, we *need* your help and the easiest way if that individual Spirit will not listen entirely to us or one who has gone before, is to return it through a medium who the Spirit normally will accept, although not always, but it allows that Spirit to think about what has been said to them.

Graham: Yes, thank you for that.

So you see, in rescue work, it is imperative that our two worlds work closely together.

George: Yes and those Spirits involved, they could perhaps think of them as being delicately balanced between worlds?

Yes, that is why it is of utmost value that there remains in your world people dedicated to the work of rescue, because without you they may well remain in that darkness longer than they need to be.

Sarah: I must say that the majority of rescues that we have, which aren't that many these days, but the majority they do find the light, which is very encouraging.

We would only try to bring those to you that would not create too many problems, but I can assure you there are those individuals who would resist and fight any attempt to free them into lighter conditions. That is why it is important for you all to be secure in the knowledge of your safety with us.

[We should always visit those who are ill](#)

This point is raised by Sarah and could include conditions such as advanced Alzheimer's Disease. Salumet confirms that spiritually, their awareness is even greater whilst in this condition. (3/4/06)

Sarah: I'm sure I know the answer, but I will just ask anyway. When people are ready to pass over back to spirit and they're not in a very good physical frame of mind, they don't know the people who are perhaps coming to visit them, it's still important to visit them because the spirit would recognize the other spirit as well.

Of course—of course! When the time comes to discard the physical overcoat, whether they can speak or communicate matters not, it means only that the spirit is closer to home. Therefore, their awareness is heightened of all things that are happening and they would of course recognize who, on this side of life, is speaking to them. In fact, I would say to you, they would probably be more aware than when they would be more physically aware. Does that answer your question?

Sarah: Yes, thank you very much.

What happens when people are so ill they are totally confused as to their situation

We do not need to worry as this condition is cast off at the moment of passing. (25/6/07)

Rod: One thing I'm a little concerned with is when people like that pass over, Salumet, they have got to make for the light to be called over. I get a little bit anxious; are they aware of the light—do they get a little bit extra guidance?

When they come to our side of life, they come as spirit, not as physical beings—that is left behind.

George: So, I think you're saying, in effect, the Alzheimer's or forgetfulness is left behind... **Is part of the old clothing, yes. It is a physical condition that the spirit can cast off at the time of passing.**

Rod: So, no matter how ill they are, they can go through...

It may be that they need some spiritual upliftment or healing, which is available to all who have been ill for some time, but we are speaking on a spiritual level when they come to our side of life.

We are greeted on passing by more than those who know us this lifetime

'Those who pass are happy and they are greeted by all who love them, all who love them, not only family members, but those of us in spirit who have been with you for many lifetimes.' (20/8/07)

Di: Yes, I would like to ask a personal question if I may. I feel, because my mother's is very ill, I just feel that she has *already* passed over, but the body is still on this Earth. I'm due to return back to my home (*New Zealand*) next week, is there anything else I can do to help her on her journey or is the journey *her* journey?

Of course, you can help as each one within this room can help another human being. You can give loving thoughts to those in our world to make her passage easier and quicker for her, but ultimately it is dependent upon her freewill, when she decides that it is time. But yes, always loving thoughts will be received, and help will be given. But as you may know, that as the spirit leaves the physical body behind, there is more time in our world than is spent in yours. So, it becomes for some a more gradual process, but of course, continue to help with your loving thoughts; that is all that you can do. (*Thanks*) And do not be afraid of your own emotions, because you are holding back at this time and that is based my dear friend upon your fear, your fear of losing a loved one, which is of course natural to the human being. But it would be much better if you could *deal* with those emotions whilst she is still here. Do you understand?

Di: Yes I do, thank you.

Lilian: It's a very difficult time.

Yes. If only the people upon this Earth plane could rejoice as we do at the passing of your loved ones. We see it as a return *home*, to *all* that is *real*, but of course it is a slow progress for human beings to reach that state of acceptance—but it is possible and you all should strive to see passing to our world as a natural function of living, because those who pass are happy and they are greeted by all who love them, *all* who love them, not only family members, but those of us in spirit who have been with you for *many* lifetimes. But of course, we know and understand that for most people that earthly and human comfort is necessary. I hope that helps you all this time.

General thanks

You must try to avoid fears of passing to spirit

Fears can cause unwanted situations to develop. (19/11/07)

Sarah: Somebody who was dying a little while ago, I don't know if he was frightened of dying in the beginning, but eventually he kept saying, he didn't want to go there because it was a terrible place, it was awful. It was obviously his fear at that point why he didn't want to let go. What exactly was he seeing? Where exactly was he going? Because he said he thought he had sort of died and gone somewhere horrible. He wasn't a bad man as far as I know, so what exactly was ...

No, but it was fear.

Sarah: It was fear.

Fear created the conditions and although he was not, as you say, a bad man, remember my words: you either have fear or love. So if you approach your passing with any kind of fear, then your surroundings as you well know from your rescue work, it creates many situations of being lost, of being uneasy, of just not knowing what is happening to you; and that is all that it is—that is why it is important that we have good mediums on the Earth plane, who can help these people to pass into our world safely and with love. You understand?

Sarah: Yes, I do. I did say to my daughter to tell him to look for the light, which he did, and he did actually go soon after that. It was actually my daughter's boyfriend's grandfather and I had meant to ask before what it was, he was actually seeing. I knew it was the fear, but I just didn't quite know how to explain to him.

So many people say they are not afraid of dying, but deep within their hearts, it is the unknown which creates the fear. Instead of allowing the spirit to go forward, they create fear and anxiety and therefore their own conditions. I hope that is helpful to you.

Sarah: Yes, that is, thank you very much.

When some get close to end of life, their minds can become confused due to fears

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

Sarah: Have you any questions, Diana?

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

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

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

Ask a prayer for the ones who are left behind

Salumet states that it is the ones who are left behind who need those loving thoughts. The departed ones are now in a much happier situation. (23/2/15)

All: Good evening.

As always, we thank you my dear friends, for all the love and help that you ask for others. I would like just to say to also remember those who are left behind on your Earth plane. They truly are the ones who suffer. Those who come to our world quickly recognise what a beautiful and wonderful situation they have found themselves in—they have returned to knowledge and to all of those who love them so. But they are also drawn back to this Earth plane, to those who are suffering at their loss—no matter how many times you tell them that their loved ones are safe and well, still so many mourn and mourn for much too long. So therefore, it is imperative that you, my dear friends, remember to ask for them also in your prayers. If only you could hear the cries of those left behind, you would understand how much and how much more that they are the ones to suffer; and yet it is a mourning which is unnecessary, because I can reassure you, each one of you, that when you return home, there is so much light, so much love, so much happiness.

George: Yes—Jim who sat with us, his wife has recently rejoined spirit and I guess they are happily reunited. And I must say that I've been in touch with their two daughters, and they are much heartened by the many messages of love that they have received from their friends and relatives. And this I feel can be a nice factor relating to the Earth's feelings.

Yes, of course it is important for support and extra love at these times. But you see, my dear friends, I say sad times only exist on this Earth, not in our world. It is a rejoicing that keeps us in our world—rejoicing that another soul has departed the body and returned to the place that is much more real for them. But of course, any help that can be given to any human being, not only at a time of loss, but at all stages of Earthly life—that can only be good—yes. Does anyone wish to ask a question about this?

George: I'll just comment that it's very nice to receive that reassurance which I feel is not *generally* felt on the Earth plane.

No. I am speaking to people who have knowledge and understanding. But I say to you, the thoughts are needed for those who do not have that knowledge—that understanding. They are the ones who suffer, even although the suffering is brought upon themselves.

Sara: We can try to increase their awareness perhaps.

You may try to do this. It may not always be accepted, but—yes, to speak easily about death and passing can only bring more knowledge to your world.

Sara: I will try to do that.

We know that you all do this in different ways—a touch, a smile, a word—it takes very little to uplift the soul—yes.

George: Perhaps the people who are difficult to find upliftment—perhaps they are the ones who have benefitted from and have needed the church. We know the church has had many faults, but I guess, for some—

It is their comfort—if they find that is the place for love and comfort, then so be it, yes. But for many, they will never be convinced that there is life after death, and all you can do is to say a few words of support, and allow them to make their own minds up. That is all that can be done. Are there any more questions?

Lilian: I was just thinking, I bet in most cases where people are grieving on the Earth, there are strange coincidences which should give an inkling that the parents are okay, or the children are okay—just a book I read—strange coincidences come along and make you wonder.

Yes, there will always be an opportunity given to those who are left behind (yes) in order that they may begin to think why (yes). But then, of course as you know, it is entirely up to them, whether they accept or deny. You cannot do more than to offer your love and your sympathy. But if you imagine how many have passed to spirit on this one day alone, then you will have some idea of those who are in a state of grief.

George: Yes, perhaps those who've passed to spirit in the difficult circumstances of war and politics—these are the ones who are felt for particularly.

Yes—you cannot make any difference between a person in grief. Grief is grief, no matter where or what the situation—yes. But I will say thank you once more, my dear friends, for all the love and thoughts that you send for others. Let me tell you they are well noted.

[What of those who had strong religious belief](#)

A question about a devout follower of a faith was asked about what happens when they pass back to spirit. Are they segregated until such times that they no longer hold such views? (23/11/15)

Ben: I recently lost a relative of mine, who passed away, and they were a 'Jehovah Witness' and quite a devout follower of that religion—I wonder if you would be able to comment on how they are getting on in the spirit world?

Yes—I will say this to you: that there are so many religions within your world, no matter what title you choose to follow, whether it be the Christianity or any other—all peoples are destined for the same place—with that, I mean the world of spirit. Your dear relative, if they were happy to be, as you call them: Jehovah's Witnesses, was happy with that life—was happy that they had a good life, that they harmed no one nor pressed another to take their point of view, then they will of course come directly to spirit, but what happens sometimes, is that when they are so set in their ways or have such strong beliefs, that they are drawn to the same kind of people. You may not realise that this can happen and that everyone intermingles, no matter who or what they are. If their religion was so strong that they would still retain it for a while, then your relative will be with those like-minded people, and what eventually happens is that they begin to recognise that there is no need for religious names—that each one is in the image of the Great Creator, no matter who or what they are. This is what is important. Sometimes it takes a while, but what I would like you to remember, my dear friend, is that each and everyone is entitled to the love of those that they have known. So, I can truthfully say to you, my dear friend, that whoever this being is—and you must not use them in the past tense, they are still with you; they will have been loved and guided from the minute they passed to spirit. So, I say to you: if you are involved in any way with those who become a little fanatical about

their religions, just to gently remind them that we all came from the same place, and we will all return to the same place. Has that helped you just a little?

Ben: Yes, it has—thank you.

Yes.

Lilian: So, would a like-minded person be waiting to greet them when they pass over?

Those with strong thoughts of what they expect, as you know, my dear friend, will *find* what they expect, but if the feelings are still so strong, they will gravitate to those of like mind. It may only be for a very short time or it may be longer. It depends on the individual and how deep is their religious belief. But as you know, if they have lived a good life upon this Earthly plane, there will always be someone who lovingly greets them.

Lilian: Yes, only last week there was a rescue and for the very first time as I remember, I was saying: you'll see someone in the light waiting for you, and it was an angel! But I guess really, they were seeing the light of spirit, were they?

Yes, sometimes with traumatic passings that—they become confused (yes—), especially if the passing is very quick—they become confused. And do not forget that they are still very close to the Earth plane.

Lilian: Yes, but he was frightened too—a little bit frightened.

Yes—because he obviously had not thought too much about what happens when the time comes for them to pass. You understand? (Yes)—yes.

George: Yes—those who have been severely indoctrinated by the older Roman Catholic teaching of really heavy punishments (**yes**)—they may have an expectation of heavy punishment on passing to spirit. But I think I would be right in saying there are many who are looking out for them and wishing to assist and influence?

As you know, because you have dealt with some rescues, that those of that religion sometimes pass to us confused, because many believe and fear of the place called 'limbo'—which causes confusion, but always there will be someone to greet you, whether it be angelic, whether it be someone who has been close—mothers, fathers, sisters—all are there and ready to help. But sometimes it is those beings who have always been with you throughout time, who will meet you if there is great difficulty. And the question the lady asked: why an angel? — because that would be one association that the gentleman would have recognised. All children are taught about angels and good people, and that would be a thought within their thinking. You understand?

George: Yes—yes, thank you.

Those who have recently passed are not always willing to communicate

Luckily Sarah's parents were willing to come forward. (12/9/16)

Sarah: It's not really a question, but that dad came through—I saw him put his hand out to me. So, both mum and dad have been through, so to thank you.

Yes, you are fortunate that they both wanted to come. Not always do people wish to make communication so soon after their passing. People are always a little wary when

they are told this and will often say, *'But we were so close'*. It would depend on what spirit feels, whether they truly believe that communication even is possible. So, you know, I would say thank you to both your parents, who have come to you so soon.

Sarah: Yes, I was grateful. I did say to them both before they died, to come back and say 'hello'—so they have done that, yes—I was very happy to see they both.

Yes. If only people would develop that side of them, where they would not need mediums, or people of that kind, where they could make communication of their own, because my dear friends, you all have that capability.

Passing (dying) is a beautiful thing, but there still remains so much fear

Lilian asks after her friend who is close to passing. Salumet reassures that there is no need for fear, and it matters not what the belief of the person is. In more enlightened cultures, death is celebrated as a release of the spirit back to the heavenly realms. (9/4/18)

Lilian: Yes, because I've got a friend who's coming to the end of her life, quite quickly, she didn't want to know anything about Spirit, or anything to do with religion or especially Spirit. So, me and another friend, we just didn't talk to her about it, but she's coming to the end of her life and she has shown a little interest, so that's good—partly because she was frightened of what was happening. But I got to thinking, we begin to sleep a lot as we come to the end of our lives, and I remember when George was going, you said that when he was asleep, he was already being prepared to go over, I guess for good, **(Yes)** but if like my friend, they don't have those thoughts that George had, or the knowledge, what happens when they sleep? Do they still go over to Spirit and learn?

They still come to Spirit whether they realise it or not. What happens when there is some kind of fear, is that they hold back from crossing, but they still as they sleep, as all of you do, each night of your lives, that the Spirit leaves the physical body and returns home to Spirit. It matters not whether you have the belief or not, it is the matter that you must transmute and change and believe in where you are; and this will happen eventually, whether your dear friend doesn't want to join us, it is inevitable that it will happen. (Yes) But they will always be comforted so...

Lilian: ...and her husband has gone before her, so am sure he will be around.

And trust your own words, both you and the other friend, that Spirit will help you to find the words that are necessary for the passing.

Lilian: Yes, thank you very much, my other friend will be thrilled with those words.

Yes. If only we could convince all people, that is a beautiful thing, but there still remains so much fear.

Lilian: Yes, she's been adamant about listening to anything we may be talking about—she really...

We will encourage you for your words to be ones of Love and Truth.

Lilian: Thank you very much, because it is rather difficult.

Yes. People shy away from it, because they find it difficult, not the person who is approaching 'death' as you say, because there are so many beings around them, that they almost become buffeted from anything that seems unpleasant. So, just allow your words to flow.

Lilian: Thank you.

I hope that helps you.

Lilian: Yes, very much, thanks.

[A spirit worker who likes to help fearful people pass over](#)

Apparently, there are many who are very fearful, but do not want to admit it. (6/8/18)

Good evening. When I first came, I was a nurse (yes) helping those who come who've had illnesses for a long time and need some spiritual healing, because it's slightly different here than it is on the Earth; but the people are still the same, the people are loving and kind and good—mostly. Yes, so, when I asked if I could call here, I knew that there would be healing that would interest me, and I intend when I go back to Spirit that I will be involved in the healing methods for these people.

Lilian: That's very kind of you.

Yes, but, I find that I'm becoming more interested in 'older people' upon the Earth, who are afraid to say, they wish to return; so I find that work very, very good.

Lilian: You mean older people (**Yes**) on the planet, (**yes**) when they go over and wish to return?

No, no.

Di: They wish to return to Spirit.

Yes, there's quite a lot of people like it, although, they would probably never admit to it.

Serena: Do you think they're medicated out of actually realising what an awful situation they're in?

Yes, people even when they deny things, they are still prone to, whether it's meditation or listening, whatever it may be, that is how they go about their lives.

Serena: I didn't mean 'meditation', I meant 'medication', like tablets that would keep them drowsy most of the time.

Yes, I understand, (Okay) yes, but I meant a meditation. Yeah, there are so many people in the world who are afraid; and if they are not, shall I say 'religious' in any way, it is even more frightening for them.

Serena: Do you think they don't want their loved ones to be without them, do you think?

Some may feel that way, but I would imagine it's just, it's like any fear of the unknown; it just becomes an all-encompassing feeling.

Lilian: And they can tell you the opposite as well, I know, my mother—Salumet said she was frightened and hanging on (**Yes**) and, yeah, then I could see it after he reminded me, but she would still say 'no' she was not frighten, (**yes**) and it took a little while before she decided she really wanted to go.

Yes, many people, especially in your hospitals, are saying: 'I would like to go', but, they would like to go on their terms, which they could do if they truly believed, if they truly felt

loved and protected, which they are anyway; but they don't see it that way. It's a big problem on your planet.

Paul: Yes, there aren't enough guiding—the earthly religions don't prepare people for the after (*life*), well for the *real* life, when they leave the physical body, they're misled a bit about, you know, talking of not very nice places like 'hell' or whatever...

Yes, I too would be afraid if I was told that, wouldn't you be?

Agreed

Yes, instead...

Paul: It's all a bit of a nonsense.

Yes, very much.

Paul: We try to explain it, you know, to people we know, or come across, but...

I know, I have been told, you are one of those groups of people who are 'spreading the word', if you like, and telling people the truth about death.

Paul: Yes, but it's a slow job, there's a lot more work to do. **(Yes)**

Serena: We need more 'soul midwives' or 'death-doolers' or something that ease these people into the real life, the way midwives ease babies into this life.

Yes, DYING is really your BIRTH, it is a wonderful process, but people hang on to life upon the Earth, which causes them, I almost said 'suspicion', but that is not the word; but, they do not always believe what they are told, they want proof before they will enter into that passageway into Spirit.

Sabine: And sometimes they are expecting somebody to come and visit and say a word before they decide to let go.

Yes, but what happens to those who do not truly believe in anything is that those loved ones are held back, and the person suffers even more, instead of thanking for their lives upon the Earth and shedding off those overcoats of humanity, and just GO...

Serena: Lots of people just before they die, want to see a priest or a vicar when they've not really been religious...

Yes, it is like people will always call on God, even if they have denied any such thing; when they are in trouble or dying their words are usually, 'God help me'. It is very sad. Yes, so I like to do that kind of work, I like to come close to them until they can feel me with them and just gently ease them from their 'overcoats', if you like.

Lilian: I always thought that, you know, there was a time to come and a time to go, but...

You can, there is time...

Lilian: But you have free will, **(yes)** I learned that with my mother.

Yes, there is a time to go, but it can be eked out a little, if the freewill is determined to stay, (Yes) and of course that then—people suffer from that viewpoint.

Jan: I prepared my father, who's been with us tonight, I prepared my father for years before, with answering his questions, **(Yes)** and when it came to his passing, it was the most beautiful death experience, because I helped him, I helped him to go.

Yes, that is how it should be, death should be a wonderful experience; of course, there will be the personal sadness, the missing of the 'human touch', all of those things, and of course you are only human, and you will be sorry to lose them.

Jan: He did everything I asked him to do, **(yes)** he was profoundly, almost deaf, but I believe that the last hour or so of his life he could hear completely, **(yes)** so he listened to everything that I said and you could just feel him, listening and letting go; **(Yes)** it's an experience I'll never forget, never.

You did the correct thing and I'm sure your father will always be grateful for that help, I'm sure he will be, but, yes if only you could listen to the soft words of someone helping you, then it allows us in Spirit to come even closer too. (Yes) It is a beautiful experience.

Jan: It's something that I'd actually like to do actually, in hospices or hospitals, **(Yes)** and I know the instrument that you're using has also said in the past said that she would like to help people.

Yes, she has been used for people, not many because it's a choice that you have to personally make, but I can, I'm sure she won't mind me saying that she felt great Love for doing that.

Jan: It's a feeling that stays with you, you're right, the grief started to set upon, but I felt that he'd expanded and taken me with him in some way.

Yes, you would be allowed to go so far and then the soul, the spirit must go forward on its own; as I'm told this group also realises with the 'rescues' that sometimes take place. But it is something I am very pleased to do and hope to continue for some time.

Jan: Well, if we can help you in anyway then you let us know.

Thank you very much, that is very kind of you. Now, I will take some leave from you, I'm so pleased to have met each and every one of you.

Serena: Could I ask a quick question before you go? **(Yes)** If people have made perhaps a pre-life contract, or even something they've said or done in this life, could they just be given the opportunity of being with people when they die, rather than actually actively looking for people that are dying? As an example, a friend of mine has had 5 people die in her arms, and she just does it now, but it's not something she would have actively said 'yes', I plan to be with X, Y and Z when they die?

No, but she has found that in doing so, she's expanding her own spirit, so even though it is something she's not conscious of, it would have been something that would have been talked about or discussed, before she came to this life.

Serena: Thank you.

Yes, there are people who come to this planet who are natural healers, there are other people who come to this planet, who refuse to believe anything at all, but there comes a point where you cannot deny what you know. And as the dear lady before you has said, she helped a loved one, because of what she had learned, and that is open to all people. The Love of the Great Creator is with all of you, and if you use your own free will, much can be accomplished. So, she, that lady, I would say, and I know it is an expression in your world, is an 'Angel in disguise'.

Serena: How lovely, she'll love that. Or she'll be too modest to accept it, probably.

Yes, very often it is the modest of people who are great healers, because the ego is subdued, even though they are not aware of it, it is something that the Great Creator has blessed them with, when they return to an incarnation. I hope that has helped you.

Agreed + thanks

[With all the tools or modern medicine - keeping somebody alive is not always the best thing](#)

It is quite possible for the spirit to have already returned home whilst the physical body is still here and apparently functioning. In truth they are actually dead because their spirit has already departed. (25/3/19)

Serena: Could I just ask a question before you go? **(Yes)** We've been told that everybody dies at exactly the right moment for their death, but, increasingly I hear of older people who seem to be kept alive, I'm not going to say 'against their will', because I don't know what their will is, but to all intents and purposes, they're not actually 'living'?

No, it would be much better if they would let them go; and, influence would come from Spirit to help them if that is the right time.

Serena: From their Spirit or from Spirit in general?

For all, each individual, there is a time when you cannot hold on to life any longer; they may try, but no matter what the problem may be, there is a time when they must return Home. Yes, your doctors have the capability of 'holding' people, and I say 'holding', because generally the Spirit is not there within that physical body.

Serena: Yes, they seem to be keeping the functions alive...

Yes, because they have the will to try to help to, they feel they are doing what they were meant to do, as all doctors and people who work in these establishments wish for. Do not worry, they are safe, they are well in Spirit; so you could have someone who's body is still here with functions that seem to be alive, but they are not, they are most of the way with us in Spirit.

Graham: Would that mean that their silver cord was still intact?

Yes, only when the cord is severed, does the Spirit leave.

Serena: Is that the same for people who are kept in a coma where their organs are viable?

Yes, yes they would still be attached; Spirit and the human form are intertwined, as you well know, but the time of severance is when they can no longer be kept here upon the Earth. Do not worry about people in comas, they are watched very carefully from our side of life.

Thanks

The rainbow body

The rainbow body is not something that is widely known about, but Sara asks about this topic concerning ways to exit the physical life. (24/2/20)

Sara: I have one question: Recently, a friend was talking with me about the *Rainbow Body*, which I think is something the Tibetans, traditionally know something about, and I just wondered, is there a good purpose behind this rainbow body, a way of exiting the physical body, and how common is it in fact on this planet? Do you understand the term rainbow body?

I know of what you speak, I cannot say more than it is a form that has been developed by many of the people who come to the Earth plane. The word 'rainbow' should give you the clue to the answer, because as you know, pure energy is full of many colours and it is a way of utilising these colours for whatever purpose they wish it to be used for. So, I would not say it was widely spoken of, but it depends on individuals and what they are looking for in this life, to help them to go to other places or in fact to help them to pass. (Ah, right.)

There is nothing complicated about this, but what you need to know is that it is quite natural to be able to use the beauty of Light and colour and Energy. Is that helpful for you?
Sara: Yes, definitely, thank you.

Sara's question on the Rainbow body: This Tibetan technique connects with a question George asked on 29/01/1996:

George: It has been documented in Sanskrit writings, that certain Holy men are sufficiently in tune with their spirit-selves, to know their time of departure from this life, and can actually use spontaneous combustion, through a method of contemplating the solar plexus and they will use it as a method of disposing of their body at the appropriate time of death. I'm not sure if this is a particularly useful thing to do, would you have any comment on that for us and could you say if those writings are correct?

Yes, my friend I will speak. I did tell you when we spoke upon this matter, that this combustion, this name you have given to this burning, this action is not understood by those of you on this Earth plane as yet. I told you then and I will tell you now, that it is only a change of energies within the body, which makes this happen. When you speak of these men, who I must say have gained such insight and knowledge about themselves, then they would be capable of changing energy patterns within their own bodies. We have spoken briefly I believe, about how these people can leave their physical bodies behind, have we not?

Les: We have indeed.

We have spoken about many things. I have to say to you, I do not think that to leave the physical body in this matter, in this manner, is very good or wise. I do understand the reason why they do it—they think they are sacrificing themselves, that they can leave the physical being more quickly and more neatly, by reducing it to ash, because you see, in ash they see purity. You understand?

Les: Yes, the purification of the fire.

Yes, yes, but I would not totally agree with them, but I do understand why. Providing they do not hurt others with their ideas, then it cannot be wrong for them.

Sometimes it can take a while for a departed one to make contact

Ben asks after his mother who had died of cancer and wanted to have it confirmed that due to her having a protracted illness, she would need time in a spirit hospital. This is confirmed by Salumet, and the need for 'patience', when it comes to contact. (12/8/19)

Ben: I was thinking about my Mum recently, Sally, who passed away just over 3 years ago. **(Yes.)** And, like George from the group here, she suffered with a cancer at the end of her life and was very ill, and I understand that when you do pass to Spirit, if you've suffered from a very long illness you very often go into what has been described as a Spirit hospital, **(Yes.)** to recover, and that can take some time before that Spirit is then strong enough to maybe show a sign or make contact with us back here in this Earth; but then I was a bit confused, because we're also told that 'time' in Spirit doesn't really exist, so I was just wondering... I'm not really sure where the question is leading, but I was just wondering how that works really?

Yes, 'time' is one of the hardest things for you as Earth people to accept. Time goes forward and time goes backwards, it is integrated. Yes, if you have someone who has suffered with long illness, they do come to Spirit hospitals, where that Spirit energy is given to them for as long as they need; time does not come into this, because in Spirit, there is no time as such. So I feel your question is: how long should it take for a human being passed to Spirit, (to) come back? Let me say to you my dear friend, some Spirits do not wish to make contact for quite a long time; it's not only to do with whether they have had illness, but sometimes it is just that they do not want to do and return. But, I feel as I speak to you, your mother, I believe you said, must have made some contact with you, but has not been *felt* by you. That is true is it not? (Yeah, probably.) I feel sometimes you block, when she is around you, mainly because you are not sure, or you're not quite sure of who it is.

Ben: Yes, I was thinking the other day actually, that I hadn't dreamed of her—I imagined I might have done, but then I did have a dream at the weekend, where she was there.

Yes, it takes time, everyone wants it to happen immediately in Earth time, but, as I say, 'time' is not the same in Spirit, so what to you may seem like forever, is but a blink of the eye.

Ben: We had agreed on a code word, so I know that's admitting doubts—there isn't any, but we always joked that we had a word she would use, or a sign...

Yes, lots people do this; hold onto that word or sign and it will happen—just give her a little more 'time'.

Ben: OK—if you could have a quiet word as well?

Chuckles

I'm not really involved with that, but I understand how you feel.

Ben: Thank you, that's very helpful.

Yes—she will come, she will come.

Serena: I thought she had been back at least once here?

Ben: I think Eileen's had some clairvoyance, hasn't she? I was thinking of something more 'dramatic'.

Yes, that is not the same as wishing for it. Most people want to *feel* or *touch*, or *see* even, but it is just *time*. I can tell you, she is still in the Spirit hospital, nearing the end of what we call her treatment, which is beautiful, beautiful energy. Ben: That's nice to know, thank you.

Yes, so be a little more patient and your experience will come.

Ben: OK, thank you—thanks very much.