

78. Spirit world

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Is it possible for the inhabitants of spirit world to be injured?

Of course not! (8/8/94)

Les: Another thing which I have often been asked is that in the next world is it possible for the inhabitants to suffer—I was going to say physical—but it's not physical, but bodily damage, as we do here. Can they hurt themselves as we do?

You mean physically?

Les: Physically, yes.

Of course not, physically—they do not possess a physical body. They can damage themselves, yes, but it is not a *physical* damage, it is a spiritual/emotional damage that they can create for themselves.

Les: I see. So, they wouldn't break a limb or anything, as we would here?

No, that is not possible.

Les: No—as I say, it may sound trivial. But it is not meant in a trivial way.

In their *minds* they can, but of course, if they don't have a physical body, they cannot have a physical brain, but the damage can be there mentally, emotionally, and that is why you do the 'rescues'. You are dealing with emotionally damaged spirit beings.

Can you experience physical world phenomena such as seasons in spirit world?

There are many advantages to understanding a little about life in spirit world where everything is known and that our thoughts are there for everybody to see. The conversation starts off with seasons in spirit world and whether this is possible. (12/9/94)

Les: I was speaking last night to a person (communicating through a medium) who was responsible for many, many people, during his stay on this Earth, and he still now is responsible for them. They continue to look upon him as their leader. I was chatting generally to him and he did surprise me rather, by saying that in his land, as he put it, they still are able to have seasons like on Earth. When I questioned him about winter, he said they are able to have snow and frost if they wish, but of course they do not suffer from the cold, as they did on Earth.

Yes, I think we have touched on this subject before, have we not?

Les: Just vaguely, yes.

Yes, let us go back to what I am always going to refer to, the importance of *THOUGHT*. If you wish the seasons, that is what you get. (*In spirit realms*) If you wish the winter, the

summer, the spring, if that is your desire, then it *can* be achieved. But yes, you are quite correct. You don't have the intensity of the cold or the heat. You have the changes, you have the colours, but not the intense feeling, if you like, that the human physical being can express and feel. But yes, of course, *all* things are possible, with the *THOUGHT*. If it is desired, then it is there. It is as simple as that.

Les: Yes, I was particularly interested, because nowhere in all my reading, have I ever come across it as specifically mentioned as that. So, I was very intrigued at what he said. I can quite understand it, but I wonder why it has never been written before. If it has been written, then I haven't come across it.

I think you would find the words written, if you were to search long enough. It is written, yes, yes.

Les: Yes, I've probably not read that particular book or books.

The information has been given to others, but yes, it is written down.

Les: And he said that they liked the winter, because of the beauty and the snow, which to them, in the season, was as beautiful as the summer landscapes. That, too, I can understand. But would it require, as I imagine, a communal thought, to produce the season they like?

Not at all.

Les: Not at all?

Not at all. A single thought can create that vision.

Les: A single thought from a normal person?

I cannot stress to you too much, how important thought is—I always will teach you that. Thought, *THOUGHT* is the most powerful thing that you possess.

Les: So, if one person were to think that there should be winter scenes, he or she would be able to see them, and others would also be able to see them?

If they so desired.

Les: Ah, they have to desire also.

You cannot intrude on other people's thinking patterns. I know it's difficult for you to understand that a single thought can create what you want to create and yet not intrude on another person's thinking.

Les: Yes, it is rather difficult for us to understand.

Yes, yes, it is too difficult for your mind to understand.

Les: But it's nice to know it can be done. (Yes) I look forward to it.

In fact, I would suggest you cultivate the habit, while you are still in the physical body. It can be done. You can create many things with your thoughts. It would be a good exercise for you.

[The spirit world spheres](#)

Les asks questions about misconceptions that people may have about spirit world being totally heavenly. These positions, in fact, must be earned. There are also many more 'spheres' than the seven often quoted. Salumet gives a little insight into the true nature of these spheres. (19/9/94)

Les: There is sometimes a mistaken impression, that the next world is 'all roses,' and milk and lovely things—I have said repeatedly, that that has to be earned. That their arrival into that particular sphere of life has to be earned, by actions on this Earth. Equally, they would not be expected to mix with people of a much 'baser' intellect or spiritual development. They are segregated automatically, by their lack of development. I think this worries people sometimes, when they hear of the bad influences, which exist in your world; that they might be in contact with them—

Why should they be afraid? Would they be in contact in their earthly body, with those who are wicked or cruel, as you would say? Would they be in that same place as them?

Les: No, I have pointed this out.

Well, it happens too, when you come to *our* side of life. These people are attached to each other and sometimes it can create quite a strong bond, let me say. But how you live your lives here, once again, let me say to you, you can only do your very best. After all, you are human, with failings. We don't expect you to be perfect, and neither have I met one who has trodden this Earth plane, who has been so. But if you endeavour to do the best that you can, then you will go to the place that is suited to you. There are many spheres within our world and of course, you will go to the one most suited to you. Let me say, all of you in this room, may not necessarily go to the same place, because of course, it depends too, on your own spiritual development. I don't mean to say some of you are 'higher' or 'lower.' I don't really like those words either. But you will be in differing degrees of development. Therefore where you go in our world can be different. Those of a wicked nature as you speak of, are together and they cannot, *cannot* interfere with those in a higher state of life. (Thank you.) But of course, once they are gathered together in our world, and they are away from the earthly vibration, there is more we can do to help. Do you understand?

Les: Yes, and I believe I'm right in saying that those in what we call the 'lower' spheres, the really diabolical people, as would be called here, have constantly the ability to progress if they wish. And those in your world have a duty to be close to them all the time, waiting for that wish to be seen.

There are those amongst us, who do the work for helping these 'lost souls.' It is not an easy task, but it is part of their own soul growth, that they do the work. It is difficult. We keep close by, but often they need to remove themselves, to regenerate, if you like, that 'pure light,' that they need to survive. It is difficult, and something I will speak on at a later stage. When you 'lower' your vibrations, into a lower one, it is always difficult; it cannot be easy. But there are those of us, who are willing to do it, to help those lost souls. Do you understand?

Les: Yes, thank you. I had heard that.

It is the same as I would not be able to stay with you for too long; too much of your time at once. I have to return to where I am from—I will use the word 'regenerated;' it is the only one I can think of, that is apt.

Les: Yes. I personally am aware of that and it's what makes me so appreciative of you coming. I know it is difficult for you.

We are always happy to come and so too, it is difficult, even in our world, when those of them, (*sic*) who are prepared to work and help those lost souls, go to those darker realms. And let me say, it is indeed a sad and sorry state to be in.

Les: I'm sure it must be.

It would make you weep.

Les: Yes. Well, on a more cheerful topic—Conversely, I believe there are those in the immediate next plane of life, if I can put it that way—I think you will understand me. They, after a period of duty, they can be taken a step higher, as it were, for regeneration in turn, and then come back for continuation of the work they are doing.

Yes, I understand. Very often when people leave your earthly existence, they need a time of recuperation. They are cared for and of course, we have our hospitals in the spirit world. Do you know of them? I suppose you do—

Les: Yes, yes we do indeed.

They are places of *Love* and *Light*. They are helped to recuperate and then they are taken to the places, where they are meant to be, where they can live. But then they are helped to decide what is best for them. They are guided, if you like. Then of course, they can return to a lower sphere, if that is what they wish to do, but only if it is to help others. But, of course, the same applies; they have to return to the state that is intended for them. They cannot stay permanently in any lower state. I know it is difficult for you all to understand these things. It is like asking you to say, do you know what it is like on the moon—of course you cannot. But I am here to dissolve any doubts that you may have. And of course, it is difficult to find the correct words, but I am doing my best.

Les: Yes, you are certainly succeeding, anyway. And I think too, that those who, in the next plane, who have a desire to travel a little, are quite unable to reach a higher degree of existence, if they are not developed for it. There is a barrier, I believe, which prevents them entering another 'realm,' if I can use that expression, of higher spirituality, and a greater light, until they have developed sufficiently to do it.

Let me put it simply to you. You can go up and down a ladder, so far, but you can't continue upwards. There is a barrier. Only on occasions will you be allowed to go further. You may have an insight of a higher realm, but you cannot be allowed to stay there. It happens to a few; they are shown what is there, but they cannot stay.

Les: No, quite. They can only enter in company with a guardian.

And only if there is a very good reason for doing so. Yes, you are correct. You can be in one state and go down to another lower, do you see? But you could not possibly go—you could not stand that vibration, because it is so much *purser*, you see? You could not stay there, but in the company of those of a higher vibration, a purer light if you like, then that is permitted at times. But always there is a reason for this.

Les: Thank you. And we hear frequently that there are seven planes of existence. I find this difficult to believe. I can't imagine that there is a limitation to the planes of existence, merely our own mental application of that limitation.

Forgive me if I smile—I hear this so often. I would like to know who first said there are seven planes of existence.

Les: It's one of those statements, which are constantly repeated, without any checking whether it is so.

I believe I have said there are many, many spheres, spheres within spheres, within spheres—it is *never-ending*. How can it be? How can you have seven stages? Who could know that, unless they had reached the highest peak? I'm sorry, but I have to dismiss that.

Les: I have never been able to agree with it, or accept the statement.

I think what has happened, that someone, or perhaps you would like to say a 'communicator,' who has been that far, has come and said yes, that is what exists. Always *reason* with what you are given. I have told you this before, and I wish to repeat it to you now. No, there are not seven planes of existence.

Les: Yes, it's a statement, which I could never accept. And I was amused to hear on the radio this morning, that some scientist—somebody has now discovered—I forget what it was quite, but they're talking about ten vibrations of the Earth now.

Have I not said they will discover more?

Les: Yes. I thought of you actually, when they were talking about this. And I had to smile to myself and I remembered what you had said about there being much undiscovered. And the excitement they are generating in their discoveries—

I will say a little on this. Vibrations—you too can have *vibrations* within *vibrations*. Does that not amuse your intellect? Does that not make you think a little bit?

Les: It does indeed.

But I leave it there. There are vibrations within vibrations, but that is too complicated now, to go into.

Les: But that has to be discovered.

I have said I am not here to tell you what must be discovered naturally; I would be interfering too much. But perhaps I can give you a little more later.

Progression within spirit world

Les asks how spirits move on between the spheres in spirit world. (17/10/94)

Les: We have discussed planes of life and they are unlimited, as you've told us, but let us for simplicity's sake say, when a person goes into the next plane of life, immediately following this, is there any stipulation as to how long they stay there? Does there come a time when they have to leave it, just as on Earth, there comes a time, when we have to leave, owing to death?

There are many deaths and many births. It is the continuation of your soul's growth, as I have said. But no, there is no time limit. Until the soul is ready to move forwards, by all accounts, with its own knowledge and foresight, it will not be moved onwards. It matters not, time is irrelevant to these matters.

Les: So there is no external influence to make that soul move on, until it itself is ready?

There is influence, but ultimately the soul makes his own decisions. Always, *always* there is influence help and advice, but we cannot interfere, as we cannot with you. We can try to help, to help them to see what they must do, but time is another subject that we must speak on.

Les: Yes thank you, that certainly clarifies it for all of us I'm sure, because in all I've read over the years, I've never come across a positive statement, such as you've just given, it has always been inference and ambiguous remarks, as to the length of time a person or being spends in the next plane and the inference has often been, that there comes a time when it has to go on and I couldn't accept that.

Why—it does not make sense, if you use your logical mind, why should it be so? And time is not of your making, as it is here. We must speak on that another time.

How is power of thought used in spirit world?

Les asks this fascinating question, to which Salumet gives equally intriguing answers. The power of thought is used to create many things and to help influence others. We on Earth do not have the necessary control to do this. (21/11/94)

Les: I would like to ask something, in which I think everybody will be particularly interested—this is the power of thought, about which you have often spoken. In the next plane of life, how does thought govern creativity? Are there special groups of people, who undertake training, to use their thoughts for particular purposes, such as building specialised places for learning, for hospitals, for learning, for instruction, for libraries and so on? And are there others, who specialise in the production of literature, or painting, or similar matters?

Let me speak on this. As you are here in your earthly bodies, people who need other people, thereby following your groups, your doctors, your architects, your scientists—many thoughts created by each group, so nothing changes. When you come to our side of life, what is different? There are of course groups, who because of their awareness, their development, naturally will graduate together. Of course, we have groups who use their thoughts for *good*. But let me say, each soul is their own powerhouse of thought; that is not unusual, it is normal, *normal*. But as you have here your groups who gather, so too must we. The collective power of thought is stronger—you can understand that, rather than one single *THOUGHT wave*?

Les: Yes, indeed we can.

Thought is used as you have said, to create our spirit hospitals, for use of all knowledge that is useful to mankind. I don't like to use the word 'superior beings,' but I cannot find another suitable word, therefore I will use it. We have beings who together create much, much goodness. They are the teachers if you like, within the spirit world. They use the power of their thought, for many, many things. And so it comes to be, that when an individual shows he is ready to be taught, in the way of creative thought, then we have, how you would term, schools of teaching and learning. It matters not what the learning is for, but if the desire is genuine, then they can be helped. These beings are also used much for the work of influence. You have heard me speak of the people upon your Earth planes being influenced, have you not? (Yes, we have.) We have people who work solely for that purpose. They would work through another. This may be difficult for you to understand. They would use another soul, who then in turn would influence the person here, because of course it is difficult to come from whence they belong.

Les: We quite understand. An intermediary would be necessary.

Yes, sometimes it is rather like a ladder, taking step by step downwards.

Les: Yes. That to me is quite logical.

But we have many halls of learning, we have many groups, yes, and I say, the power of *all* thought, is so powerful, so creative and also so destructive. It is an energy that needs to be harnessed correctly. And those in our world too, need to learn just that. Is that helpful to you?

Les: Yes, it answers the question fully, thank you very much. I can see there is unlimited power to the thought, and what it can create within your world.

You see that the thought, can of course, I think you would say, 'run haywire?' So sometimes it needs to be channelled correctly. I am afraid that whilst in these bodies, the power of your thoughts, are not fully appreciated. Therefore, therefore you lack the

control of it. How often do each of you, try to exercise your thought processes? Do you have full control? I would say to you, you do not.

Les: I would agree with you entirely. I can only speak from my own thinking, but I know, much as I try to control my own thinking, it does become a random affair. Very seldom can I concentrate for any appreciable period of time.

That is why it is important to learn to exercise control. That is why it is necessary for us to have these teachers in our world, who can teach when it is necessary.

Can we still enjoy our Earthly pleasures in spirit world?

A question that has been pondered many times. There answer is yes provided that they are within our 'allowances'. Upgrades have to be earned! (16/1/95)

Les: Yes, to follow on what you said and for the sake of all our sitters here tonight, the other evening we had a communicator, who said quite emphatically, that he still enjoyed meals, **(Yes)** such as he had on Earth, and he knew he had to think of them and they were there. **(Yes)** Now that would to many people, seem strange and impossible. But it does illustrate what you were just saying. That he thought of the dishes he liked and would still like to have, and was therefore able to have them.

Remember always, that our side of life is a life of 'THOUGHT'. All of life works upon thought and mental communication. So it would seem only natural that these should be developed. It would be best for all of you, as I have said before, to try to develop these things, whilst still in your physical overcoats. It would make your emergence into our side of life, so much easier for you.

Les: It will indeed, I agree. It is very difficult for people to understand that thought can operate in that way.

How often do you 'sensitives' feel the thoughts, the feelings, that come from those you love, or others who are close to you? It would seem natural to you, yes? (Yes) So you have to think of it on a wider scale, that instead of those you love, or who are close and near to you, that with all peoples, this is possible. And we have said that thought travels much, much more quickly than the speed of light. It is instantaneous.

Les: Absolutely instantaneous—

So if you wish to have something to eat, to drink, to see someone, to do something, provided these things are within, shall I say, your 'allowances,' then they will be yours.

Les: Yes, until such time as we realise the so called, 'physical' requirements are no longer necessary.

Sometimes we have the thoughts from people still in their physical being saying, 'What will happen if I cannot do it?' Don't be concerned, you can still use the physical words, which will be understood, by those who are there to help you, until such time that they are not necessary, then you can discard them.

Les: Of course

Some insights into life within spirit world

Salumet gives information on life in spirit world with respect to our thinking and how we do not change immediately when we pass over. That takes time and adjustments. There is a grading of individuals according to their thinking patterns for balance and harmony. We are reminded also, that our thoughts can be read by all in spirit world, meaning that we can no longer hide behind our physical bodies. (6/2/95)

When you first come to our side of life, there are many trials, many, I don't say 'errors', that is the wrong word, but people need to find themselves.

Les: Many adjustments to be learned and made.

Yes, that is natural, and it is expected.

Les: And this same thought pattern would be instrumental presumably, in affecting the feeling of warmth or excessive warmth, or cold, if necessary?

Let me speak a little on this thought. When you leave these physical bodies behind, when you come to our side of life, then it is thought that you find sustains you through that stage of your life, shall we say. It is the next stage of your life. Thought is all that is needed, but of course, you cannot change instantly. As you 'think' now, so you will 'think,' when you pass to the next stage of life. Then the adjustments are made, when individuals realise that 'words' that 'food,' that 'drink,' that *all* the things you have become used to on your earthly plane, are no longer necessary. Then they will be instructed in the use of their thoughts.

Les: So there will be instruction in the direction of those thoughts?

There will be a 'grading,' I think that would be a better word—a grading of those individuals, into the *use* of their thought patterns. Because, let me say, each one of you within this room, are even now using thought, but it cannot be seen by each of you. But when you come to our side of life, *all* is known. You cannot hide with your physical overcoats, what is being 'THOUGHT**', because it is exposed for all to see.**

Les: So we would automatically be segregated into 'thought' environments, where each person would be comfortable, in the company of another?

Yes. There has to be balance, there has to be harmony. It could not be, how could you survive, with people with thoughts that are not pure, which are not good? You have to have the separation.

Les: So, it is as I have said, I think to most of my colleagues at one time or another, we are in effect, 'fitting ourselves,' in our daily lives, *by* our thought, for the place we shall occupy, when we come over to you.

Yes. I have heard said many times, 'it is the good deeds that you do,' 'it is how you present yourself whilst upon this Earth.' Let me say to you here and now:

YOU WILL BE JUDGED UPON THE THOUGHTS THAT YOU HAVE SUSTAINED THROUGHOUT YOUR LIFETIMES HERE.

You can outwardly do good deeds, but the thought within can be wrong.

Les: So again it would confirm what I have many times said, 'consider the *motive*, rather than the action.'

Always, always that is important. You will be judged by that.

Les: So, it would be impossible for one group of thinkers, who were directly opposed to another group, even to meet each other in your world?

Yes, you have it.

Les: Thank you. I am pleased about that, because it does confirm what I have said at various times and it's nice to know that I have been correct in that. And that would also account for

the phrase in the Bible no doubt, allegedly made by Jesus that in my father's house there are many rooms. **(Yes)** I suppose that is a simplification of what you have been saying? **There is much for you to know. It is difficult for you, as you are now individuals mixing, with thought patterns so different. But you see, once you come to our side of life, there has to be balance, harmony and love. It cannot be otherwise. So be careful in your thinking, and I have said to you, how your thoughts rebound. Remember too, that is an important point.**

Les: Yes, you have said that more than once, I quite agree. That is the law of **cause and effect**, again isn't it?

Yes, if you wish to call it that.

A visitor comes to describe the beauty within spirit world

And also a little about his work in spirit world. (10/4/95)

Les: How do you tend the trees?

I love them, first and foremost, can you imagine what that is?

Les: I can and I can imagine them responding to it and flourishing because of it.

Yes, it's a living thing you see and sometimes I bring the water to the trees, even though it's not needed like the trees here, they don't need water to sustain them, but like the people, sometimes we dip ourselves in the water of life and so the trees respond as well. You should see them once they've had the water, it's a joy to behold.

Les: How do they react to the water?

Oh, it's like a light bulb lighting up. The trees are much brighter anyway, but when they are touched by this, 'Water of life,' as I call it, it's just the difference from a dark light bulb to a bright one. It's beautiful.

Les: And the water is actually absorbed into the soil around them, is it?

Well it kind of just disappears, that's the only way I can describe it to you. I'm not a technical chap, I can't explain it to you, I can only tell you how it appears. What you have to understand son, is the water and the tree become one. They are not separate things. It's not an easy thing to explain.

Les: So you pour the water onto the earth around it, do you?

No, no, it's not like treating trees in your land, it's different. The tree just seems to absorb what I bring to it.

Les: Yes, it absorbs it through the air.

Yes, it's not 'air,' as you know, but that's as near as you'll get I think.

Les: And the tree is aware of you bringing that energy to it?

Of course yes, it knows, yes.

Les: And do you ever find that the tree is in need of that energy? Is that why you bring the water?

I have to say I've never come across one that NEEDS it; this is something a little special for the tree, just sometimes I bring this 'water of life,' to it. It's not because it needs it, because you see, they don't DIE. This is something that is done in love.

Les: Yes and it's an expression of your love for the tree.

Yes, it's like me giving you a gift I suppose. It's the only comparison I can make I think.

Les: Yes, that's quite clear. And this 'water of life,' is that flowing in special places, or is there a lot of water around?

There are many places, but the 'water of life'. I use, is in what you would call a special place, with a special waterfall, which is continually flowing.

Les: I see. So you do have different types of water there then? That would be a special energy I imagine, the 'water of life'?

Yes

Les: And others?

It is basically all the same energy I think, but we have pools, seas, rivers, which people enter.

Les: And they are dry when they come out?

Yes, it's all different from what you know, no need to dry, no, it's not that kind of sea or river.

Les: By immersing themselves, they can absorb the energy, just as the tree absorbs it?

Yes, yes, same thing. It's beautiful.

Les: And I was told once, that there are special gardens, where the water is in a conical shape, because it takes up less space than if it were flat, in these particular gardens and with the point of the cone downwards, the water revolving around, in many colours and playing many different tunes.

Yes, this is something else you see. When you think of water, you think of this grey dull water—water, it's the only name I can give it, I think son, because there is no comparison here; it is full of colour, full of noise—beautiful music, beautiful colours. Yes you are right, there are many different shapes. There are gardens where it is in the form of a whirlpool, there are conical shapes you have mentioned, there are the waterfalls you can stand under. There are many shapes, many shapes; it is something to behold I tell you.

Les: And I believe there are people in the higher realms, whose duty it is to take care of such things? To take care of the water, as you take care of the trees?

I couldn't tell you that son, I don't know about that, I just know it's there.

Les: Do you ever have anybody overseeing your work, or are you left to do it alone?

There are people around me, but I work on my own.

Les: You don't have people coming to see that you are doing it properly?

I know what you mean. I was guided to this work at the beginning, so if you want to say that I have an overseer, well yes I suppose I have had that happen, but if you mean does someone come and say, 'Don't do that, do this,' then no.

Les: No, so it's all based on love for your job?

That is why I was entitled to do it.

Les: What a change from this Earth, isn't it?

Yes, anyway sir, I think you've made me rather serious. I think before we leave you, there is one more to communicate and I think this other person is going to speak, as far as I know. But now I'm being told, my time is up too.

Les: Thank you very much and we do appreciate what you have told us. And we have thoroughly enjoyed having your visit.

Well, thank you son and I appreciate it too and I hope I didn't offend anybody.

Les: Good heavens no, you should feel our love coming to you, I hope you do.

Yes, I hope you all know, you're well looked after. And now I really must go.

Les: Well thank you for guarding the trees and God bless you.

A visitor comes to speak about his work in the dark realms

A visitor describes the work that he does in the dark realms and also in protecting astral travellers who have no idea where they are, or of the dangers. (18/9/95)

I ask your name.

Les: Leslie Bone.

Thank you that is what I need to know.

Les: And you are the colleague our friend Salumet said would be speaking to us tonight I believe.

That is so.

Les: Well may we all welcome you sincerely and with love.

Thank you, I have taken some time for readjustments. I do not find it so easy as the one who comes to you.

Les: No of course you wouldn't. He has had much practise now.

I have to tell you, I was reluctant to come at first, but now I have seen that herein lies an opportunity to instruct.

Les: Yes please, that is our wish that we shall learn and be instructed.

I want to say to you, it is good to be within a lighter vibration than normally I work in.

Les: Is that so? You do this work frequently?

I do not, I have chosen to come this once, because I think you might find it instructive and because I have been asked to do so.

Les: Well we do appreciate you making the effort and I hope you feel our love and sincerity around you. I think you would not have come anyway, had you not been sure that you would have found such here.

I have been told by the one who comes to you, that this would be a lesson for you all, if I would agree to come this once.

Les: Thank you.

So now you are wondering what it is I do.

Les: Yes we are.

I can feel, 'Why should he be in lower vibrations?' Because it is the pathway of help which I have chosen to do.

Les: I follow and I'm happy to know that this is somewhat of a lighter experience for you.

I have been instructed that talk has been given on those who travel from their bodies when the soul departs yes?

Les: Yes.

I am one of those helpers who try to protect such people, because they do not fully appreciate what dangers are around them.

Les: I can understand that and I do thank you for the protection you offer.

Now you begin to realise my work is within those lower realms.

Les: I do understand now yes thank you. I don't know whether my colleagues have been trying to induce Astral Travel during their sleep. Have you been trying anybody?

George: Not with any success.

Les: No but you have been trying.

George: Yes.

Yes, but within the love of groups such as this, there will always be protection.

Les: Thank you.

And I am one member of such groups.

Les: So we could all make efforts to cultivate Astral Travel during our sleep, knowing that we shall be protected, am I right in saying that?

Provided it is for your spiritual that is to be understood by you all.

Les: Yes indeed it is.

Let me tell you, there are those who are anxious to influence those souls who are travelling and know not where they are. They will latch ON to any opportunity, which comes before them.

Les: I see, so we could be instrumental in them latching onto us, unless we do the work properly.

Unless you have your protection and that is where my work begins. Not only do I protect those stray souls, who wouldn't normally be there, but I am there to try to influence those souls for 'good,' instead of negativity which surrounds them.

Les: So you have a dual responsibility in that case then? ***(I do.)*** Now I wonder if you can give us any suggestions as to the best way in which we could induce astral travelling, for the right purposes of course.

I have to say, there is no one set way, only remember you are all individuals on differing stages of development you know. But when you want to travel, I can offer you some suggestions, yes?

Les: Yes please.

I suggest you try, just before your sleep state, when your consciousness is raised in any way; because as you know, you do leave your bodies in sleep state, under protection. But to do this willingly, firstly you must retain good thoughts, you must retain what you are trying to achieve and why you wish to do so. Once this has been ascertained, then I say, you need to lay prostrate, you need to have your limbs relaxed, you need to focus your energy on love.

Les: Yes I see.

I would suggest that you try to elevate that aspect of yourself, by firstly visualising yourselves looking upon your shells—that is your first step. You will not achieve it quickly, like all things, you need practice. But once you have achieved this, then I say go a little further, go a little further, take each step carefully and slowly.

Les: And always ask for protection, before beginning any way at all.

You must focus on that light of love. Please, I ask you most sincerely, do not attempt to force that from your body, unless your thoughts are right.

Les: Yes we understand.

But I am not here to teach you the mechanics of travel, I am here to tell you of my work.

Les: Thank you very much. I'm sorry if I asked you to digress from what you wanted to say, but we are all sincerely interested in doing this work, in absolutely the right way.

I ask for a moment just to balance energies with this one please.

Les: Yes of course, we shall wait quietly for you.

That is better, thank you. You say sometimes it is difficult to keep, how you say, an even keel?

Les: Yes, is there anything I can do to help you? Is the light too bright, or would you like it lowered?

No, conditions are fine, it is up to me to keep the balance, but I do thank you for the offer of help. Now, let me continue. I know you have a fear when you hear of our 'lower regions;' it is natural that this should be so, but let me tell you all, that the majority of you

people upon this Earth plane, will not even see any such beings, because you do not belong there. We have a situation of souls who have gone terribly astray, within their assigned lifetime. Sometimes these souls become worse in each lifetime. Can you believe it? So many opportunities given and each one destroyed.

Les: It is difficult to believe.

But it is so. Let me tell you, once the soul strays, it is difficult for them to come back to that goodness and love, which is their right. So when we have these 'distressed souls,' I like to call them, because they are lost within their earthly lives, but when saying that, I don't mean lost forever—never, never. That is where my work comes into play. There are many of us who willingly go down to these lower realms to help such peoples. You already understand that like attracts like, do you not?

Les: Yes we do.

I have been told you do.

Les: Yes, we have had many examples of it.

In this way, they are attracted to their own kind. It is a pitiful sight, but yet we do not abandon them. Sometimes it is difficult to get close to them, but always we will continue to try. I wish I could express to you all, what these regions look like. If you can imagine a bottomless dark pit, with neither light, nor love or happiness, then you begin to have some inkling, of what these distressed souls are about. (Voice becomes louder/almost booming) And because of the intensity of this work, it calls upon souls who have much strength and knowledge. I do not mean that to sound how it must to you.

Les: No we don't think so for a minute. We appreciate that you must have had tremendous strength in the other direction, in order to be able to do it.

We travel some way to help these souls, because you see, we need that knowledge and that strength, to be able to help them.

Les: I can quite understand that you would not be able to, unless you had been occupants of what we would call, 'The Higher Plains,' where such knowledge and strength is obtainable. *I would like to think I come from a Higher Plain. I just say I have more experience and knowledge, but I wish I could say 'Higher Plain,' but of course I understand what you say to me. And yes, because it would be too easy to be drawn into these great depths of despair.*

Les: That's what I was going to ask you, it would be possible for you to be drawn against your own will?

That is why we need to go back from whence we came, to replenish that strength and that love, which is our own entitlements and we do so often. But there are many such as I, who find great strength in doing this work. But I would say to you all, this is my chance to try to help you. Whilst you inhabit these earthly overcoats, nurture that side of you that is good, that all-consuming love, you should share with each other, because it is too easy to turn your back on that love, which is your spiritual right. And so we see these fallen souls, who come in despair and I tell you, I can hear them now cry out. They want to leave such despair behind and yet they will not accept help. I know that might be difficult for you to understand, but it is so.

Les: It is difficult to understand, because if they've been crying out as you said and I believe what you say of course, I should have thought they would jump at the chance of accepting your help.

No, they want to leave the conditions behind, but they do not want to change, that is the difference, can you see what I am saying to you? (Yes) They do not like the conditions, but they have not reached the state where they want to change for the better.

Les: Are you able to influence them in any way to do so? I know normally you are not allowed to interfere, because free will comes into it, if they want to stay they stay, but I wonder whether under these conditions you would be permitted to offer them help?
That is exactly what we do. It is a subtle thing; we surround them by the love energy, which penetrates their darkness. Very, very slowly, they come to the realisation that there is more to them, than at first they have accepted. It takes a long time. Normally, if someone has reached that stage of degeneration, then they will not come forth so quickly. I am not speaking of the realms where people have done minor misdeeds, you understand? (Yes) That is different. We are speaking of those realms, where many, many are reaping their rewards if you like. That is rather a sad way to say it to you, but that is what is happening.

Les: So they have been responsible for sin and evil, perpetually throughout their lifetimes. **They are the evil-doers, of probably more than one lifetime. You see, it becomes almost like a disease to them. The evil of one lifetime, carries forward to the next, until such a time, that—I will not say ‘pure evil,’ because there is a spark of love within all—there has to be, that is the Universal Law. But let me tell you, they are close to as much evil, as you could possibly imagine.**

Les: It must be extremely rewarding to you, when one does decide to come out of the depths and be taken away.

Can you imagine the sunshine after the storm? (Yes) The smile that is placed upon your face, that is how we feel. There is much rejoicing for one soul to leave that behind them. Once that spark is there, once our influence enfolds them, then indeed we are overjoyed.

Les: I’m sure you must be. We know only a little of your feeling, from what we call the ‘Rescue work,’ we do here—assistance for those who are not in the greatest depths, but who are in what we call ‘Limbo,’ and then wish to come back and learn more. We know the feeling of joy, when they do accept their new conditions.

If you can feel that joy, then feel it, feel it one hundred fold that will give you some indication of the love that abounds. It is difficult work, it is sad work at times, but the joy compensates so much for it.

Les: I’m sure it must do.

That is what makes it so good.

Les: And it is work you volunteer for?

Of course, no one—(Pause, then more strongly)

No one would be made to do such work, it has to come from the heart, it has to come from the necessity to grow, it has to come from those of us with strength and with knowledge.

Les: Quite. Do you work as a group, or are you able to go individually, into these depths?
I have to say both. We have the ability and the knowledge to work individually, but I believe you would say, a back-up team, yes?

Les: Yes that’s right.

Yes, that is how we work. Always there are others to hand.

Les: I should think it must be an essential part of the work, to have a back-up team?
But sometimes one individual spark of love, is all that is needed to help those, those so much in despair—but sometimes you can approach them individually. When I say

individually, I don't speak as you imagine, in an individual form, but in the form of love energies and vibration—that which can be exuded and can be given to one individual.

Les: Would these people to whom you go, see you as an individual, or just as light and energy?

We would decide what would be best for them, but normally they are drawn by light and by a love energy, which is difficult to describe to you, if you are not aware of it. It is a brightness, it is almost like heavenly music to the ear who wishes to hear, to the one who seeks to leave behind all that he has done, that he is ready to make amends for those evil doings.

Les: And because of the essential spark which is always within him, then he would feel a reaction to what you are radiating to him.

Yes, that is what he does react to, it is the love energy. That is what draws him away from all the negativity, from all the evil doing that has occurred.

Les: I should imagine that sometimes he is not even always aware of why he is being attracted to the energy you are sending?

You are perfectly correct in that assumption. Once they are drawn into this energy of love, then work can be done, on a different scale. And of course they are not always aware of what is happening. But let me tell you, their awareness that they have left something behind them is great—that awareness is great and only then, when they have left it behind, can they begin to understand just a little, where they have been.

Les: I see, so it's slow step by step, according to the circumstances of each individual.

I cannot generalise for you, because each case is individual.

Les: You must have been doing in our terms, this work for a long, long time, in order to have achieved sufficient strength and knowledge to bring to it?

It is work that is not readily acceptable to many, but to those of us who do this work, there is much to be gained spiritually, not only for those lost souls, but for us. It is a big step, I have to tell you.

Les: I would imagine it is a tremendously big step, because you have to do the work, without it being primarily for your own spiritual development, don't you?

We would not grow if that was what was in our minds and you know by now, ALL is known, all is known—you cannot pretend in our world, because you are exposed.

Les: That's what I was saying, it must be extremely difficult for you, because you mustn't think along those lines and yet you have a job to do and it sounds almost condescending, I don't want it to, but I think you'll understand when I say from what you have told us, we all marvel at the work that you do, just for the sake of doing it.

There comes a point in development, when thoughts of that nature, barely exist. There comes a state of being, when your own individuality becomes less important, when what is truly important, is that each soul develops to that love which is truly theirs. So that becomes the ultimate objective.

Les: Yes, and though we can't fully understand it here, we do accept—it sounds paradoxical, but we do accept that by assisting others to find their spirituality, since we are all of necessity part of each other, then you are automatically developing your own spirituality, without having to think about it.

Of course, that is what I want you to understand, that has been my instructions for you to know and to understand.

Les: I think we do.

Now I have to say, how much it has given to me, to have joined you all. I thank the one who asked me to come. I thank you all for your love and your tolerance of me.

Les: It's no tolerance—we could listen to you all night.

I have indeed learned much. It is a joy to be with you, to experience your love in silence, because sometimes the work that I do, if you can believe, is full of noisy, noisy vibrations. They almost pierce you like an arrow. So to have spent this short time with you, has indeed empowered me more, with great joy. I thank you all and now I must take my leave.

Les: We all do most sincerely thank you, don't we? (*Affirmed*)

And forgive me if I leave you with this, I don't think we will meet again.

Les: I'm sorry about that.

It is meant as a complement, because you will not come where I work. (Laughter) I don't have good earthly humour! (More laughter) It is my little joke to you all. But now I really must depart.

More on the dark realms

There needs to be more than a cry for help by the distressed souls. There has to be an attitude and a genuine desire to change. Only then can something be done to help them. They are always surrounded by love and are never left alone. (25/9/95)

I would like to go back to our friend of last week and his talk of work in the lower realms. Would there be—we quite understand that interference in another person's life here or there is not permitted as a rule, but would there be any circumstance where interference would be considered correct, in order to help a soul in those terrible conditions?

I am not sure what you mean—'exceptional circumstances'?

Les: Well, you would know better the reason for which a person is confined to the lower realms. I accept that it is his/her evil wrong-doing or actions that has caused him/her to be there, but would there be any circumstance which would enable you to help by interfering with his sojourn there and bring him out of it?

There is only one reason why we can help those in the regions below, as you think they are, but of course you are surrounded by it. But let me explain a little: Those who help those souls, are guided from those *higher beings*. When first they accept their role of help, it is *very* difficult for them to see such tortured souls and they cannot step forward to help them. There *has* to be recognition by the soul in question, that they *need* and *want* to change. That is the only criteria for help. If you mean, that can they step forward and choose one soul from the others, then I would say to you, no.

Les: I see, well that answers my question. Thank you very much.

The soul himself needs and has to cry for help and as was explained to you last time, just crying for help is not enough. There has to be a change of *attitude*, there has to be a *want*, a *forgiveness* within that soul. Once that is recognised, then those who help can go forward, to separate them from the others.

Les: I see, it still comes back to the fact that any sort of interference is not allowed, unless asked for.

Not allowed. There is the temptation sometimes I am sure, when so much distress is seen, when souls cry out for help, it is only natural that you want to reach out to touch, to help,

to cradle them. But the reason for help has to be a *genuine one*. I know this may sound harsh to your listening, but believe me when I tell you, they are surrounded with a love energy, but if it is denied and rejected, there is little that can be done for them. It is not that they are left unaided and unloved, that is not true. Indeed, the love energy flows around them, but remember it has to penetrate the very depths of their soul.

Les: Yes I do understand that.

I hope this has explained it further for you.

Les: Yes it has. I didn't think it would be allowed, but I don't presume to find answers for things of which I am uncertain, which is why I asked and I do thank you.

I welcome your questions, it shows that you need to expand your knowledge of spiritual matters.

We all belong to the oneness

After a question posed by George, guidance was given about a better direction for our thinking. We are reminded about the importance above all, on how to give, and how to acquire love. (2/10/95)

George: Perhaps we could talk about the geography of the various realms in relation to Earth plane. I've got a mental picture, that we are all primarily spirit beings, we have a life on Earth plane as a small part of our spiritual development, and I've got a picture of ourselves here on Earth plane and if one could think of it as a diagram, perhaps wrongly, with a number of spirit realms, with a number of spirit realms, with the lower spirit realms being lower than the sort of lot we have here on Earth plane and the intermediate spirit realms, progressing to higher spirit realms and we believe that St. Paul wrote an Apocalypse, where he had a vision, it didn't get into the Bible, but it did turn up, but he described a passage through ten of those spirit realms, so yes, there are more than seven. Anyway perhaps we can't count them, perhaps it would be wrong to count them, but there are a number of spirit realm levels, shall we say, and then there is what some books refer to as the 'Oneness,' or the 'Beyond.' Now, I have the picture that it is not necessary to reincarnate from the Beyond, but Jesus did on a special mission and that is the only condition where one would reincarnate from there to Earth and when he says he is at one with God that is a reference to him being up there in the Oneness. Now, there are other masters who walk the Earth, like Sai Baba, Mother Meera, Mohammed. Now I suspect, and perhaps you can correct me if I'm wrong, but I suspect that they would not be from what one would term the Oneness, if that really is just one, without further strata, I don't know about that, they would be from somewhere advanced in spirit realms, but perhaps not quite up to the Oneness where Jesus came from. What do we all think about that, or what do you think about that Les? Could I put that as a sort of question?

One then begins through Les:

My friend, I understand, but I do not understand your speech. I understand what it is you wish to know, but I cannot understand why you still wish to know. It has been said that you must consider yourselves as a whole, AS A WHOLE. Your Masters of which you speak, were no more and no less belonging to the 'Oneness' as you call it, than are you, who belong to the Oneness. You do not seem to understand that you are part of the whole, therefore the whole is part of you. You will try to separate the pieces into pieces of a

puzzle, which you can never within this physical life, hope to place together correctly. Do you understand me?

George: Yes thank you, yes—

You place far too much importance upon the appearance of a Master on this Earth, or upon other places which exist, and of which you have no knowledge. Those Masters performed a duty which was required of them at the time, as each of you here are performing a duty required of you at this time. The duties of the Masters, were proclaimed to them, because of their spiritual awareness was higher much higher, than those whom they were sent to teach. You in your turn, you may not believe, but are of equal importance in the scheme of the universe, as were those Masters. It escapes your memories perhaps, it escapes your thinking, that those Masters at one time, were in the same stage of development as you now are. Do you understand? (Affirmed) So I beg of you please, do not try to think of the universe as a piece of confectionery, from which you can abstract one almond, from which you can take one piece of fruit, from which you can take one grain of flour. If you do so then you have no cake do you? (Agreed) You destroy the very thing you are trying to analyse, is that not so?

George: Yes, so we have tried to do too much analysis?

Concentrate on feeling, concentrate on thought and above all, far above all, concentrate on learning how to give and how to acquire love. Love binds the universe, as the oven binds the ingredients of your cake. Think only of developing love, love, love. You will not succeed, it is not possible for you to succeed fully, but the trying to do so, is in itself success. Do you understand?

(Affirmed + thanks)

I trust my visit has been of help to you.

(Affirmed with thanks)

I offer my blessing, I offer my love, which I also had to learn how to acquire and how to give and which I am still learning and shall learn for much time to come.

All is 'THOUGHT' in our world. It cannot be otherwise.

Les asks a question about what happens to the organs of our physical bodies when we return home to spirit world. Do we still need them? (6/11/95)

Firstly, let me clarify some of your points. You know, of course, that your physical make up is entirely different from that of what we will term, spirit. (Yes) You know that the energies are much more refined. You also know, that when you pass from this existence, into those spiritual realms, that you leave behind your physical bodies. So, let us continue so far. It is not necessary that you take with you those organs, which you have become attuned to, whilst upon this Earth. But for many, they retain the 'need,' if you like, to function as they always have done, you understand?

Les: Yes, I understand that.

So for many who come to our side of life, the functioning of the lungs, as you call them, still becomes a necessity for them. So the power of the thought is actually what maintains this reaction within the spirit body. You follow what I am saying? (Yes—) So although you have left the physical overcoats behind, you have a counterpart body, which functions in the ways you have been used to, for some considerable time. Sometimes it is less stressful

for that soul, to continue to use the words, to use the functions of the body, although it is not as you would imagine. Although the lungs still function, the soul is breathing, it is not necessary. It is the mind power, the *mind power* of the soul, which makes it react to that very thought. Can you understand?

Les: Yes, I understand, thank you.

So you see, when you ask about breathing underwater, you are speaking about a physical thing, not spiritual. It is possible for those souls, to enter into seas, rivers, pools, ponds in our world and to think—and here we come to the crux of the matter, they think they can breathe. You follow? (Yes) When in fact it is the refined energy of *thought* that is creating it for them.

Les: Yes, this is what I thought must be able to happen.

You do not have a physical lung, you do not have physical organs, when you come to our side of life. But depending on the state of the soul and their expectations of life, then it is the power of their *thought*, which creates all for them. You understand me?

Les: Yes, I thought it must be like this, otherwise the power of thought would be, from what you have said, contradictory. I considered that the power of thought should enable us to explore underwater, without any discomfort.

All is ‘*THOUGHT*’ in our world. It cannot be otherwise.

Les goes onto to ask how much of an advantage is it to develop ourselves before we return to spirit world?

Les: So, it is up to us all to enhance our own development as much as we can, so that when we come ‘home,’ as you call it so beautifully, we are in a fit state to take full advantage, of all the differences, that we shall find awaiting us.

If only you would allow yourselves to develop these ‘gifts,’ as you call them, what I term is your ‘right,’ what is truly *you*. If you would only allow yourselves to develop them whilst on this Earth, you would see things so much more clearly. You would be ready, when the time came, for you *all* to return home. You would have no need to retain these counterpart bodies for recognition, because you see, your thought patterns would have become so refined, that instantly you would be at home. Can you see?

Les: Yes, thank you for that.

Spirit world and celebrations

Christmas should not be so commercial where the true meaning of this special time can be lost. There are celebrations in spirit world but not in the sense that we know on the earth. It would be good to teach the meaning behind our celebrations rather than becoming too engaged with materialism and greed. (27/11/95)

No need to be downhearted, the great one will return to you. Let me say in your vernacular, ‘He is a busy, busy bee!’

Les: Yes he must be and does our time of the year, our celebrations, have anything to do with his withdrawal? Or are there duties to perform, in that connection?

Not in the sense you may be thinking of. You have this time of year, to celebrate what you know to be the birth of the Christ. It does not always fall at the same time in our realms. It

is difficult to explain to you, when you have no concept of the various time-planes which exist. But be assured that your celebrations here, are mirrored in our world, but at different times and for different purposes. We of course do not have the same celebrations.

Les: No, you don't have the same materialistic outlook, that we have now on it—it's purely a spiritual celebration, I imagine?

Indeed, we do not wish to sound as if we are interfering, but the greed of your people, at times, can leave us very sad.

Les: Yes, I agree I think it's far too commercialised, I would rather it was a purely spiritual celebration.

Nevertheless, it does bring pleasure to see the faces of the young children, when they see the lights and the colours.

Les: Yes I would agree with you absolutely.

Looking into one of your glass baubles, reflecting the lights, try next time you do this, to imagine all the shards of light, spreading around above, below, to the sides of yourselves. Imagine you are bathed in those lights—that is the true spiritual meaning of this time. Enjoy yourselves, but stop and think of the true meanings.

Les: Yes of course. Yes we should keep that in mind I'm sure.

You have been told before that colour and light are all important. Therefore let me say, that at this time of year, there are colours, there are light. So, you will grow and expand in spirit, regardless of whether you share in a spiritual belief, do you understand?

Les: Yes I do.

It is a colourful time, and colours can only improve on the spiritual growth of each one.

Les: I follow, so whether we are aware of it or not, it is happening.

That is right, but it is more—excuse me—beneficial if you can FEEL your growth, do you understand?

Les: Yes far better if we do feel it and become aware of it.

For yourselves, you can FEEL your spiritual growth, you can BATHE in its light and its warmth. So may I say to each here, enjoy your festival, enjoy your food and your drink and the giving of gifts. But as you give your gifts to others, give also of your spirit, and you will feel the growth of love within. May I ask that you do this, this time?

Les: Yes surely, I think everybody's heard that, haven't they? (Agreed)

It seems a lot to ask, but you will feel the benefit of expressing your spiritual love to all around you, at this time.

Les: Yes I'm sure we shall, thank you for reminding us.

[How do we know when it is time to move forward in spirit world?](#)

This is not a question that can be answered as a specific time, because the past, the present and the future are one. Salumet speaks of our progress towards 'non-existence' as we journey into the far, far future. This is the path that we must all tread through our many lifetimes and beyond. (11/3/96)

Now I wish to address a question that comes to us so many times. You understand why you are within your physical bodies; you know that beyond this clothing, life continues. But so often comes the question, 'What are we really striving for?' I have said to you all, in

the time gone past, that what you are about is Love. We have spoken a little about the refinement of matter, have we not?

Les: Yes we have indeed.

When you join us in our world, in your spirit form, so often we hear, *'How do you know when we are ready for the next stage of existence?'* Again, I instruct you that there are many, many planes, this I have told you about also. So, how can you know when it is time to move forward? I have to say that awareness is innate within each soul. It is not something that happens in one particular stage of your growth. I have told you, *ALL of existence* belongs to yesterday, today and tomorrow. So, can you see that the transition to go forward has to be so smooth, that you would not be aware of it. Do you understand what I am trying to say?

Les: Yes, I think we understand that.

I don't think you do.

Les: Not completely, but I was just going to suggest, it is rather akin to what we say here, *'What time is the Present? When does the Future become the Past?'* That is impossible to define and I would imagine our progress, is rather in the same state—there is no definite division point.

There are no steps of progress, it is a smooth moving forward, that is what I am trying to express to you.

Les: Quite, I think we all understand that don't we? (*Affirmed*)

Ultimately what you are searching for and what each one of you knows and desires, is to return to the Light, to that refinement of energy, that unsullied energy, which you call God—that is what each of us strive towards. But let me continue—at each step of your progress, so the soul, the energy that is the soul, becomes more and more refined, until you come to the stage of *non-being*. We have not touched upon this matter before, but I wish to try to explain to you if you wish me to, to explain a little more deeply into this subject.

Les: I think we would all wish that, wouldn't we?

(*Agreed*)

You all fully understand that the soul's growth is an ever-developing one? (*Agreed*) That we all strive towards that pure energy, which you here on Earth call Light, but which is matter so refined, that is to you *invisible*. It is something that as far as I too am aware, always seems to be unattainable and I speak only from my heart upon this matter. We are speaking of aeons of your time, to reach the stage of *non-existence* and by this I mean where matter can be *defined*. You follow?

Les: Yes I think we do.

To reach this stage, I will tell you there would be no returning to earthly matter, under any circumstance, because the state you have reached is purity itself. Where you have shed your layers of learning, where you have attained the power to express pure Love, where you have reached the point of *non-existence* as you would know it. Now I will answer questions in your mind, *'Am I one of non-existence?'* I would say to you, YES I AM. When this state is reached, much can be achieved in the workings of the cosmos, in the workings within the universe, in the workings of that *Pure Light*. Would you like to ask me any questions upon this?

Les: Yes I do have a question, not directly related, but before that I think I (*Les then began to channel briefly*) *I am compelled to say that we are even more privileged to have you here.*

I feel and understand what you say and ask not for thanks, because you see my dear friends, all of you are responsible for growth within my soul too. I have accepted many tasks. I have to say to you, this one has been quite difficult for me. I don't say this lightly, but to return to such dense matter, is indeed a task, which I have to say to you, was not one that I took readily.

Les: Well we can't tell you how much we appreciate it. We can never understand what it has cost you to do so.

It has cost me a little discomfort only, compared to *(Voice changes/becomes stronger)* **the love that abounds here within this room.** *(Pause—about 30 seconds)*

Do you know that I would consider all of you within this room, to be jewels in the night sky? That is how I see you my dear friends.

Les: That is certainly a lovely description, which we do appreciate. We must try and live up to that.

I would like to say also, that I hear questions of, 'Why is it possible for some upon your Earth plane, to be able to utilise those spiritual gifts, whilst some do not?' I would say only this to you, my friends: Remember that it is a culmination of the soul's growth; always this is important, when it comes to displaying these gifts. I have told you, that you all possess many, many gifts of the spirit world. It is awareness, it is dedication, it is help from our world; there are so many aspects to it. I do not want anybody here, to doubt what you are capable of. I want you to become strong in the knowledge of the strength that you all possess. I want you to know, and again I do not say this lightly, that this one here, speaks many true words. *(Referring to Les)* You will not be misled, as so many have been, by words, by egotistical people, by those who choose pathways which they should not be treading. I say to you:

Thank that Diving Light that you have chosen this dear friend to guide your footsteps well. You will not know until the time has come when you join our side of life, you will not fully appreciate the guidance you have received.

I think each one of you should be feeling strength and the Power of Love, which encircles this meeting place. Those of you who can, should look to one another and feel the Power of Love. I would like you sometime if you will, to touch each other, to feel the energy from each one of you, to recognise the difference in the energies of each one. I know you have not tried this before, have you? *(No)* But if you are willing, please try it and you will be amazed at what you feel.

Les: We shall certainly try it. Is there any particular energy point on the body that we should touch?

I would suggest only to use the palms of your hands. You may find that some will not be able to even touch hands—there will be no need, because the exchange of energy will be greater amongst some than others. If I place my hand towards you, you should feel the energy from me.

Les: Yes I can.

Now slowly take it back, until you feel the energy no more. Focus on the light of the energy. You should eventually, if you practice this, be able to pick up the energy, from across the room. Would you like to try now? If you focus on the energy of the light coming from me, you should. You are capable of it my friend, but as in all matters, it is the practice of these gifts. You must focus. In fact, if each one of you focused, you may even see the energy within the room. *(Pause—about 30 seconds)*

Tell me what you feel my son?

Les: I feel that it's penetrating this one hand and I can feel it with the other too, through the hand.

Yes, that is good. Now allow it to travel throughout your being.

Les: It's blue energy, surrounded with white.

If you focus it should become *Pure Energy*, without colour. You are doing well.

Les: Yes, you're quite right, the colour's disappearing. It is just a thin shaft now.

You should feel the healing of it also. I hope that this small thing, has demonstrated to you, a little of what energy exists.

Les: It has indeed for me.

I would say to you, that you would find it difficult to come close to these hands now.

Please do not touch; you can feel it, can you not?

Les: Yes I can—I wouldn't be able to come closer.

No, you would not.

Les: There is quite a barrier there.

This is what I would like all of you to become aware of. To leave behind those physical limitations, to know yourself as you truly are, that you are *energy* striving towards that purity, which you term '*LOVE*.' Now I think I have spoken enough upon this, this time.

Les: It's a wonderful teaching—I can't tell you how grateful we are. I'm sure we all regard it as a great complement, that you've called us your friends.

I will leave you this time. But we must close slowly this time, to allow the one I use to return without any harm and I know she is protected well, but any withdrawal after the use of such energy, would not be good.

Les: No, we shall do it very slowly and carefully.

We may use someone to speak, to come back slowly.

Spirit world communication

As we progress into deeper spirit, speech is no longer needed. Communication is by the power of thought only. (22/7/96)

Les: I have a question of a spiritual nature. Someone came through one of our ladies, on our Wednesday evening, who said that he had never been upon this Earth. I say '*he*,' because I can't use any other term, but he was very surprised to be able to *touch* the physical body and he said, that he was THOUGHT only. Now that has happened in another way before. This communicator was very confused. He said that he was a messenger and had no name and no form. His communication with others in his sphere, wherever that might be, was by thought alone and each *entity*, had his or her own thought pattern, which was recognised as much as a name. This puzzles me a great deal. Are you able to confirm that such matters do exist, that the universe has places, where THOUGHT only, is predominant in communicating, and is understandable?

I have told you that *Thought is energy*, all is energy and again, it is a subject we will return to more deeply. It is a subject we must discuss, to clarify many points. You know as you progress in the spirit world, that physical speech no longer exists; it becomes extinct, if you like, because the higher spiritual nature takes over. So the *Power of Thought* is all that is needed. As you see and feel so many energies around you, the thought patterns used

vary greatly, within the spirit world. It depends on the expertise of the spirit involved. As in all matters, it must be practised to perfect. You understand? (Yes—) But I do not understand what you tell me about it being a language between some. It is a language for *all*, you understand? (Yes) There would be no separate groups of peoples, who would understand, it would *be* an understanding for all, because it is of the *One Energy*.

Les: Yes I thought it must be so. This is what puzzled me and why I asked you the question, (Yes) because I wanted to be sure that what I had been telling people who are brought back to us as rescues, that they continue to live in the next plane of life and have a body, and have a body, which to them is physical, etc. etc.—communicating mentally. It seemed to me, by what was said to be, that that would be obliterated, and I couldn't understand that at all.

I will have to say this to you dear friend that it sounds like the communicator who was using the instrument, was indeed in a *confused state*.

Les: Yes he did admit that.

Yes, it would be the explanation for it. But I tell you now, all *thought communication*, is understood by all. After all, why would you have separation, when what we are going forward to, is Unity and Love. You cannot go forward to separate. You understand?

Les: Yes, so I am right then, if I accept that the communicator was confused and not properly instructed in what was going to happen, when he came to speak to us?

Yes, I would say to you, as someone who is in charge, always to question if you have doubts; do not be afraid to do so. It would be helpful to the communicator also, to realise that not all that they see as reality, is so. Please understand that because you become spirit, all does not become perfect. There are those in our world who still, although they have progressed to the use of Thought, they are not perfect beings—NONE OF US ARE**. You understand?**

Les: Yes certainly not in the next immediate planes of life.

There must always be refinements, you see?

Les: Yes and equally, there must continue to be imperfections, until we learn to discard them?

Yes, all spirit in whatever degree, whatever state of progression they are at, there are always those who come from higher realms, to guide and to help them forward. You understand?

Les: Yes well thank you very much for what you've told us, that's comforted my mind that we have been doing the right things anyway, over these years. (Yes) Thank you very much Salumet.

Now if you are happy, I will allow others to come.

[What is illusion and what is reality?](#)

Les asks a complicated question about illusion and reality. The conversation extends to a give a little more information about life in spirit world. (29/7/96)

I will try to simplify matters for you. Let us speak of *illusion and reality*: What is illusion and what is reality?

Les: Well I would say that illusion, if all is illusion, it must by definition, become reality.

But whose illusion, whose reality?

Les: Of course, this is the problem.

Yes, let me say this to you: If I give you a topic for each one of you to visualise in your minds, to use the Power of your Thought, to describe in physical words afterwards, do you suppose that each of you will see the same? (No.) No, exactly. So, when you come to spirit, nothing changes drastically, but there comes a time when the Power of the Thought unifies and becomes as one. In such cases and I speak of much time ahead, then *all* can see the thoughts of each other. But again, it comes to the raising of each individual consciousness. You understand? (Yes.) So, if you have passed to our side of life, you create your own habitation as you have put it, then only you have created that thing. It does not belong to another, except those who have, how can I say, ‘*graduated*’ to higher things. They would have the power of knowing your thought. You understand, it is like a *stepping stone*, you must go gradually, but what is the *Great Creative Force*, if it is not but *One Thought*. You understand?

Les: Yes, if I can put a question in there: Let us presume that a person in there, created a marvellous garden, by his own thinking. **(Yes.)** He would be creating that within the confines of the overall thought?

Of course, but he would be creating his thought within the confines of what he is able to do, within the area of his thoughts. Remember there is much that can be done, but always there has to be, how would you term it, ‘*block*’ from others who would not be entitled to see.

Les: I see, this is what I was going to ask. If he then said to some friends, ‘*I have managed to get myself a marvellous garden, I’d like you to come and see it.*’ **(Yes.)** Would they be able to see it, because he wished them to do so?

If the desire is there, then they can see.

Les: I see, so they too would have to have the desire to see it.

He would need to be generous in his thinking, for them to receive, you understand? (Yes.) It sounds complicated to you, but in fact it is very simple. But once you have grown in consciousness and in the power of using thought—after all that is what we all strive for—you need not speech but only thought in our world, then and only then, will thoughts rebound from one to another.

Les: I see, also what made me think of it and ask the question, was that after your visit last time, we had a charming little girl through, who quite voluntarily described how the flowers spoke to her and sang to her and how the water changes colour and other very beautiful comments on the land, generally. Now she I imagine could not understand having to THINK those things, so am I right in presuming that they exist for her to see and anybody else to see?

There are areas in our world, which are open to all. As you would expect in your world, to go to water, to go to mountains, to go to fields, wherever; so too can this happen in our world. It is open to all who wish to seek. You understand?

Les: Yes, so our thoughts would be homing into the Creator’s thoughts, which had already produced that particular scene, to which we wanted to travel. Is that so?

The thought always exists, let me put it that way. You will travel along the energy of thought, when you are capable of doing so. Again, it is a matter of how much you have learned.

Les: Yes, which brings me to yet a further question if I may: Those who go over to your world and are not particularly conversant with what is going to happen, they surely would

find a pleasant place, to arrive at, before they learned how to produce it by their own thoughts?

All of you who come to our side of life, arrive at where you *belong*, to where you have *earned*. It matters not, whether you say what they know on this Earth, as far as spirit matters go, you dear friend cannot know what they have achieved. You cannot *judge* and say, this one/that one does not deserve this, because only they and the *Great Creator*, knows what has happened in this lifetime.

Les: Quite. I wouldn't presume to judge them, but I would want to know that I am doing the right thing when we have rescues through, in telling them that it is a happy place for them to go to.

Of course, let me say this dear friends to you: Most of you upon this earthly plane, with have no problems at all, when you return home. Even those you think do not know much. But that is not what is important, it is what they have done, what they have achieved within their lifetimes here. Because they do not speak about what you term spiritual matters, does not mean they are not spiritual.

Les: No, I would accept that absolutely, because we have no way of knowing.

Yes, so you cannot say this one/that one will go there, will not have this, because only that spirit will know. And let me say, the knowledge is there open to them; whether they accept it or not, is entirely up to them. So, you see dear friend, there are many factors surrounding this.

Les: Yes, so I am right in telling people who come here for guidance knowing nothing about the next world at all, I am right in telling them that during their physical life here, they are knowingly or unknowingly, fitting themselves for the place they will occupy, when they come over to you?

You are correct to say that to them, because indeed that is why we are here. All are here to learn, whether they are aware of the knowledge or not, *that* is what is happening in their daily lives.

Les: Yes, because it is the soul, which is progressing anyway, and the physical needn't necessarily know of the progress of the soul?

The physical being houses the soul, that is the only reason for it. So, I would say to you, look after this *physical being*, because too many times I hear people say, '*spirit is important*,' and they neglect their physical duties. Your lives upon this Earth, should be well balanced between the two, you understand?

Les: Yes, it's a question of taking the middle path all the time, isn't it?

Yes, you must attend to your physical duties, but always look to that *Higher Self*. I would say to these people who seek for such higher things, firstly to go silently within, because *there* within lies all; all knowledge, all Love, all Unity, all seeking of that consciousness, which is around.

Les: Yes, I had to tell this lady finally, that she should stop worrying about wondering where to get closer to God, since he was with her all the time; this is what she doesn't realise.

I think you have to explain, we come again to the difficulties of using your physical words, of *God*. I know it is a word used, but it is confusing to so many. Rather I would say to you, look for the *goodness of all*, look for the *goodness within yourself*, before you seek outward on any pathway. You understand that?

Les: Yes, I told her to look within herself and realise how much she had done with her life that was good and worth repeating and don't worry so much about the external all the time, because the opportunities are within her.

Let me say this to you, dear friends:

If firstly you cannot accept yourselves as you *truly are*—and that is an exercise you all should do, firstly come to *know yourselves*. And there is only one way to achieve this and that is to go into the *quietness of yourselves* and all will be revealed; all problems will fall to one side and all knowledge can be achieved. If you do *not* do this, then you create hardships within your daily lives, which are so unnecessary. That is your reality, that is the reality of each and every one of you. So, I say to you all, seek not *without*, but seek *within*.

Les: Quite. Yes, it is difficult for us, but we must try I agree. I personally do so now, much more than I did, since we've had the pleasure of your teaching.

I know dear friend, but it would be desirable, if each one here did so. I know that you all have busy lives to lead, but you must give time for the growth of your soul. It is important.

A church minister admits his shock, when returning to spirit, as to how little we understand

A visitor talked a little about his life in the spirit world, compared to the one he left behind. (13/1/97)

Les: You prefer what you do now, to what you did when you were here I imagine? (*Les was aware psychically of his church robes*)

Of course, there is no comparison. How can you compare this work to any that is available in the human form?

Les: And how did you feel when you realised that you had so long been postulating the wrong theories in many cases?

How did I feel?

Les: It must have been a shock.

That is an understatement I have to tell you. It came as a great shock, not only to my understanding, but to all that I was. Can you understand?

Les: I can yes—my question wasn't purely a probing one, because I'm very concerned. We've had others who've been in a similar position to yourself and are now doing a great deal to counteract what they did when they were here, though they were doing it with the best of intentions.

Yes, you need to understand I think that most people, whilst they are on your Earth, do the best that they know how to, so there should be no harsh judgement upon them. The judgement comes when we face ourselves.

Les: Absolutely, I agree completely.

I would wish to reiterate to all of you, that there is no judgement for you, only the judgement that you issue forth to yourselves.

Les: Quite. That is our teaching here to new comers too, that we are responsible for our own judgement.

This is something I try to tell others also, when I join my regular meetings, because you see, sometimes even groups such as these, do not fully understand that aspect of Spirit.

Les: You are quite right they don't, because they will adhere to that frequency of ideas and in many cases I think it is a form of insurance, such that if they are wrong in what they believe and in what I and you of course are trying to teach, then they have the insurance that they didn't throw everything else overboard anyway.

Yes I think that is a good term and perhaps I may borrow it from you, for my future use.

Les: Yes of course. (Laughter)

I will keep that in mind, thank you. Good, now I really must leave you.

Les: Yes, can I ask one last question for my own benefit? Why do you still wear your same robes?

Because only when—this is something too that many of you do not fully understand.

When we come back to this vibrational field, all that we remember, memories and such create what we were; it is not necessary we know and fully understand that.

Les: I see, it's created by the memories?

It is created by the memory of returning to where we once belonged. It is nothing to do with the will of what we want. It is almost like the memory of a landscape.

Les: I wondered if that was the reason, because we have been taught that energy has memory, and if this exists in what you used to wear then I can quite understand why it would reappear, when your own memories coalesce.

Yes, I am not too well endowed with knowledge of the technical workings of what goes on amongst—but I only can assure you that that is why these things occur.

Les: Well it's an interesting and very informative answer, thank you. It does clear up several queries I had about it, not only with you, but with others.

And of course to retain the garb which once we had, is also very good for evidence for those people, who once would have known them, if the time scale is correct, you understand?

Les: I understand quite.

But that is why it happens, not because we cling to old values, but only because we have that return to your atmosphere.

Les: I see, well thank you very much for that, it's very useful.

The hall of healing

A visitor gives information about the use of colour and other aspects in the healing halls of recovery. (3/2/97)

May I say it's a pleasure to come where people are so open and loving, because I have to tell you sometimes, I've been to groups where not everyone is genuine.

Les: That is the problem isn't it with some groups. I often wonder why some people trouble to go, because they are not really basically sincere in their desire to learn.

No, it stands out so, in a group of people, because as you know our knowledge is a little higher, so these things are known to us. And you would be surprised I think, to know how difficult it makes our job, when there are people amongst you, with these negative attitudes.

Les: It must make a very disturbing force for you to contend with.

Not so much that, but it impinges upon the work that we, should I say 'desire' to do.

Nevertheless, we overcome the problem if we can, but it is lovely when you come amongst

a group of people who are so like-minded and I have to tell you, you are! (Thanks, expressed)

I come to say this to you, that this evening everyone will be used in some way, if they will open their hearts and to say to the lady across the room that it is time for her to open up to her spiritual work, it is time.

Les: Hear that Sallie?

Sallie: Yes, thank you.

Yes, I know sometimes, she does not doubt the work, but she does have doubts about herself.

Les: Many times we here that. It's a problem fighting the physical desire to know what is happening and doubting it at the same time.

Yes, I'm afraid you are correct. These people after all know that it is Truth but again your human mind interferes, as it has done in all of us at some time and still does I tell you, in our world.

Les: Does it really?

Oh yes, of course. We do not suddenly become believers in everything, no.

Les: No, you take your reservations with you do you?

Of course, it depends on the knowledge you've gained and what you bring with you—of course it does.

Les: Absolutely, that's what I tell my friends here, we are all fitting ourselves we hope for such a place in the new world, that we won't have to go through a doubting period, but can accept it as soon as we arrive.

Yes, I'm afraid too many human beings keep 'reserves' shall we say, about what they will find, and when they arrive to us they are sometimes very surprised that what they kept in reserve was not to be. But we smile at them and help them along, because after all, you sometimes seem like small children with your doubts —

Les: Yes and of course what those people don't realise is that you already know about their reserves when they arrive, without them having to tell you.

Of course we are prepared for all who come to us, of course we are prepared.

Les: I amused one of your colleagues at the other meeting, when I said that I quite understood that a lot of people had these reservations and didn't want to discard their old religious beliefs, which they held onto like a form of insurance, just in case they were wrong.

Yes, well you'd be amazed at how many people are met at ~The Gates~ (Chuckles), because if that is what they truly expect, then that is what they will find and we stand back for a while and allow this to take place and you may be amused by what people expect to find.

(There were more chuckles, before the conversation moved on to talking about her work in the halls of healing in the spirit world.)

—I help in the making of clothes and beautiful materials. I am a helper I think you would say. I don't think I'm being immodest to say, I was a very good needle woman, when I lived on the Earth. And these talents if you like, are always put to good use, if you so desire. And because it was my life—and I don't think that is an understatement, I wanted to continue—and it is my great honour I have to say, to be involved in that type of work.

Les: What is done with the finished material? I have spoken to others in your world who do the same work, but for the benefit of my colleagues, I'm asking, what happens to the work, when you have finished it?

*There are many ways that it is used, but my course of work, is used in the **Healing Halls of recovery**. I don't always use just the material, but I am used for—I don't know if you will fully understand, but the colours, the healing colours throughout this special material, it surrounds these sick individuals.*

Les: Yes, when you say 'special material,' am I right in thinking—this is going to be difficult for us to understand, but it's the only expression I can use—am I right in thinking that you weave into the fabric, particular forms of energy for healing?

Yes, you understand a great deal. That is exactly what is happening, it is woven in the form of healing energy, but to call it colour, is simpler to explain. It is indeed special—material of course is an earthly term, but it is used for all kinds of things in our world.

Les: Yes, not only for direct healing for the remnants of physical disorders, but mainly for mental healing, when our people reach you also, I think?

That is more important yes, and I don't know if you fully understand, but there are different degrees of healing halls. I don't know if you have been told. I'm being told you have not, so I will stop there, because that is not my purpose this evening, but I hope one time someone will come to you and explain to you more.

Les: I think basically your healing halls are devoted to a specific type of *ailment*, which is the only expression I can use and those people are congregated together in the halls, so that the thought emanations from one illness do not interfere with the healing of other types of illness.

You would be amazed—it is almost like each individual is isolated within the energy of the 'material,' shall I say. But of course when I say 'hall,' you have to imagine wide open space; it is not a hall as you would fully understand it to be.

Les: No, I believe you only use the expression, because it encompasses certain fields of energy, within which the people are treated?

Yes, and of course the material is only one small part, but it is a great honour to be involved in any aspect of this work and for that I am so lucky and imbued with so much love, when I am involved in that work.

Les: Yes you absorb it from the very fabrics that you create, don't you?

Yes, and to be able to continue with that love, that desire, has been most joyous for me, most joyous.

Les: Yes I'm sure it would have been.

So you see, to do this occasionally, is almost like light-hearted relief. So you see without being frivolous, it is—for me it is good, it gives me an understanding of people still here, because you do lose sometimes the understanding of the physical being, when they are still on this Earth. Can you understand me?

Les: Yes we have been told that memory is faulty when they come back here, and this we can understand.

Yes, so it is good to be with you still clothed in your earthly form, it gives us pleasure.

Les: And of course I imagine it can be helpful in your work, to know that even on Earth, there are still pockets of love, as you find in a meeting such as this.

Oh I would say, I know there are differences of opinion about this, but I can only say that in the majority of people, there lies much love, there does indeed. There is much more goodness than you would see and understand. You have to see the wider scope of a person, to fully understand what they are about I think.

Les: Yes and this is what we are frequently taught by our normal visitor at these meetings, that we have to think in terms of ourselves being spiritual beings, rather than physical beings, and by that we can radiate the love we should be radiating, as a matter of course. ***Yes I also was taught that too, before I could move forward and use the knowledge that I too possessed. That is something we are all taught I have to say. It is something I wish the whole of your Earth could know and understand. There IS much more goodness, than at first you would envisage.***

Les: Quite, and of course you are much better able to see that now.

Yes, yes. Of course, there are the elements of darkness, but that has always been. But hopefully it will be phased out in time to come.

Les: That is what many people in your realms are trying to do now I think, for the sake of our Earth, and for the sake of mankind's existence here.

Yes, I cannot comment on that, but I'm sure you are right in that assumption—yes, I'm sure you must be correct. Well now I really must stop, I've said far too much. Please will you all ladies and gentlemen allow yourselves to be used? (Affirmed) Please say what you feel and open your hearts, because there are so many around. I know you feel you are small in numbers but triple those numbers and you will find within this room, that it is quite crowded! So, from me I bid you all goodnight. I thank you for your welcome and your love and the opportunity, and may I say to you, God bless you all.

Do we see, after we return to spirit, what is happening on the Earth?

The answer is not in the way that we might understand whilst on Earth. Spirits departed would have awareness, or spiritual seeing. (21/7/97)

Sarah: I did have one question, I was interested to know that when we pass over, how much can we see of what's going on, on the Earth plane? I understand that those that have gone over, they see them as energy, as lights. (Yes) Can they see objects, for example a carpenter who's made a beautiful cabinet, can he still see somebody admiring it?

You have to understand that in using your word 'seeing,' it does not apply in the same way as you use it here. I would rather you use the term, 'you have full awareness.' After all, take your dream state—you are not actually 'seeing,' are you, as you would say, 'in the flesh,' but all that you see is positive. (Yes) Yes, in a sense, it is a feeling, an awareness and not the vision of the physical eyes. After all, when you come to our world, you have disrobed from this physical garment, you no longer have the physical seeing. Do you understand?

Sarah: Yes I do yes.

So although you 'see,' your awareness is greater, it is a spiritual seeing. That is what enables you to know and understand what continues on this earthly plane.

Sarah: Thank you.

Les: I know many people in the past have asked me: 'If they can be seen by those who've gone over, what happens at times at times when it would be embarrassing for them to be seen?' And I've explained that there is a blockage, a memory or vision blockage if I can put it that way, which would not allow interference with anything which could be embarrassing, to that one on Earth.

Adolf Hitler

Les seeks clarification on the fate of those who have committed atrocious crimes against humanity. (13/10/97)

Les: I have frequently wondered and I'm sure my friends have, what happens to people who come over to your world, who have been responsible for such diabolical behaviour on this Earth. I will mention the last dictator—there have been many of course, but the last one known as *Hitler*. Now his impact upon the world was incalculable. He was directly as you'll know and indirectly responsible for millions of deaths and a disaster for people, impossible for us even to visualise, because we have not suffered it. How does he begin when he comes over to you? I know there are lower regions and we would think he goes to the lower regions. But I can't imagine where he would be or how he would be treated, or how he would react himself.

Yes, I will try to explain a little to you. (Thank you.) You speak of a soul who has committed despicable acts upon other human beings. (Yes) There are many in your world who do such things, even if it is on a smaller scale. Each deed is indeed so wrong; it has caused injury to many souls, many innocents, and of course the soul responsible, places itself into an apt situation, when it returns to us. The soul on its departure, would find itself immediately in conditions, which it has created for others, whilst upon this earthly plain.

Les: Is that so?

The individual you speak of, found himself in darkness, lost within a mist, feeling pain, loneliness, heartache and all the emotions, which he had created for others.

Les: He would feel all that?

He would feel each and every emotion that he had caused to others. He would be destitute within his own pain, his own loneliness, his own anger. It all exists within the region, which he would find himself.

Les: Presumably he would be with others, who had committed similar crimes, against souls here?

Not necessarily—because of the extent of his crimes, I believe you would say, and I will use such words to help you to understand—(Thank you.) because of the crimes which he had committed, he would be isolated, he would be lost by himself, until such time as recognition of what he had done comes to him.

Les: Is that so? And that could be an incalculable time, couldn't it, as we know it?

It could be an eternity in your time. We cannot measure time in your earthly years, because when you come to our world, time is not negotiable, as you will understand.

Les: But he would have to suffer for that whole period, whatever we might call it?

He would and only, *only* at certain time of his own recognition of what he has done, would he then be joined with others of like-mind.

Les: I see, so it would be a very, very slow progress upwards?

He could not possibly remove himself from such conditions, unless the recognition of the pain and the suffering, which he had bestowed on others, was recognised and he was truly repentant of what he had done. Only then, could those in our world—and let me assure you, that although he would be '*lost*,' if I may use that word, within those terrible conditions, he is surrounded by those who work and are trying to help him. No soul is ever

lost; there always is a spark of good in each soul, even if it takes many, many aeons of time, for that recognition to come.

Les: Yes, that brings me to the second part of my question, if I might: During the time he was here, he would have been exercising his free will. Within the exercising of that free will, there would be motives of course. To him of course, his motive would have been '*right*' and '*just*,' in his own opinion. **(Yes)** Now again presumably there are those in your world, who will assess the *correctness* of his motives, or whether he was deceiving himself, before he was condemned to that utter loneliness?

He would be told and instructed. You have to understand that when the soul leaves this world, there is always recognition of the knowledge which he has, which should have been done, the knowledge from those who have been there to guide him. It is instantaneous—it is difficult to explain to you, until such time as you return *home* to us. That knowledge would be *there* for him to know instantly, as he enters those conditions that he is suitable for.

Les: So basically, he would know that he has been responsible, for the conditions in which he now finds himself?

He will have the knowledge, of what he has done. But whether he recognises that *he* is responsible is another matter. You understand?

Les: Yes, that clears a point, thank you. Everybody understand that? *(Affirmed)*—because I know all of us have been concerned at one time or another, as to what happens to such people. So you now accept the answer that Salumet gives us? *(Agreed)*

Sarah: Yes, just one point. I think it was George that mentioned that Hitler had syphilis, which left him off-balance—

George: Which led to a condition we call '*megalomania*,' which may well have had an influence on what he'd done.

Les: But he was still responsible you see, for having contracted it—

His free will enabled him to act in the way that he *chose*. Always remember when you speak of the actions of others, that even as you are human, you have the innate knowledge of Spirit within you. It is only when the human clothing is dropped, that *all* is clear. In saying such words, you are I am afraid dear friend, making what you call '*excuses*,' for the soul.

Sarah: Right, thank you.

You understand?

George: Yes it puts that in perspective.

Les: Thank you very much.

The halls of learning

Les asks about this fascinating topic, which is of great interest to many, with curious minds. Salumet describes a time when we can understand the energies of balance. Once this stage is reached, then there is 'no need of explanation; it is *there*, the understanding is there, therefore no words are necessary, no records are necessary, no teachers are necessary; for all is of the same energy'. This seems a very long way off! (27/10/97)

Les: We have heard much about your schools of learning, halls of learning and we have had people speaking to us from your world, who classify themselves as, '*Keepers of the Records,*' and have explained the types of records they were interested in. But in view of the incomprehensible number of records there must be of people in your world, I have wondered how they are stored and how access is allowed. Are they stored as a form of energy, which can be drawn upon, by those conversant with the process? They can't all be inscribed on vellum I imagine.

No, no, no — we have spoken before of rooms of knowledge, but when we speak of storing all of these lives, it is a *thought-form*. It can be materialised onto — you call '*vellum,*' but it is a different material we speak of. But it is stored in the *thought energy* form.

Les: I thought it must be.

We do not keep libraries as you know them on the Earth planet. But you know the power of thought can produce anything you so desire. But to be able to be in touch with these records, we have *keepers*, as you know, who would be, shall we say, '*In charge,*' but that is not the correct words to use. We have keepers of records, when they are allowed to materialise. You see, people who wish to look at these records and all of you, could if you so wished and desired, take that step into our world to look at these records — there is no reason why you could not. So you understand that they would not be able to use the *thought-form*, so we have to provide something they are familiar with, you understand?

Les: Yes I do, the *thought-form* is beyond them, beyond their understanding.

Yes, so it is made available to them, in our *schools of learning* and in our *halls of records*.

Les: And that is the job of the keepers, (*Yes.*) to translate them, from the thought pattern, into an acceptable method for the inquirer to understand?

Yes, yes, it is not as simple as it would seem, but for your earthly understanding, we use the term '*records,*' and '*schools of learning,*' because those are terms that you would understand in words that are available to you, on your planet. When we speak of deep matters, always the difficulty is, in trying to translate spiritual aspects of living, to those of you who — (?)

Les: Yes I imagine it must be very, very difficult. It's like a newly born child trying to understand a computer.

Yes, if you can equate that, then you begin to have a little understanding, of the gap between us and thereof, there are so many stages which you must pass through, to begin to understand, the pure energies of balance. When that stage is reached, there is no need of explanation; it is *there*, the understanding is there, therefore no words are necessary, no records are necessary, no teachers are necessary; for all is of the same energy. Is that a little clearer to you?

Les: Yes it is. Of course we don't understand it, but it certainly is clearer. It removes a lot of misconceptions I had, about the keeping of records.

Yes, you are visualising rooms, you are seeing earthly visions, when in fact you should be expanding vision to higher ideals. (*True.*)

[Mind can create anything you so desire — anything, provided you are entitled to it](#)

This point is made very clear during an answer to a question by Les. (26/1/98)

Les: A long time ago I asked somebody who was telling us of their life in your world — when I say '*your world*,' I must qualify that, by saying in the planes most closely associated with the Earth of course. The sky there varied in colours from blue to pink to mauve and so on and there were clouds that were also differently coloured. I wondered several times whether that is a normal environmental thing, or whether those visions of clouds are produced by the people wishing to see them?

Yes, yes, I say, we have no clouds. How can you be surrounded in such conditions and have clouds, unless it is a deep *wish* for you to see such things? (Yes —) There is purity of light, light that most people who come to our world are *stunned* by; it is a brightness without the hurt of their eye, which you have on this planet, but the brightness is such, that it staggers most.

Les: It would be a brightness of the soul and love beyond our understanding, wouldn't it? **It is love-light yes, it encompasses all, there is no change, unless the mind desires to reach out and find colours in clouds and rain and all the things that you have become accustomed to.**

Les: So it is possible to produce those mentally, for one's own personal satisfaction? **Let me tell you this dear friends, let me return to my favourite words, *the power of the mind*. (Yes.) Let me tell you that this *mind* can create anything you so desire — anything, provided you are entitled to it. We have spoken upon this subject, have we not? (Yes —) So let me say this to you: When those who come to our world are on the '*next plane*' as you say — I do not like it personally, but it suffices for your understanding — you do not radically alter so much, you still have your desires, you still have your needs and you still remain close to this planet. So the mind is powerful enough to create those things that you love and have become accustomed to.**

Les: They can be created within the atmosphere of that plane? **(Yes.)** Well that certainly clears that for me thank you, because to me, I have visualised the light as you say, **(Yes.)** and to me clouds would have been in effect, an impurity in that light.

The clouds would be seen only by that person.

Les: Just by the one or anybody else who might be interested in doing the same thing. **Unless there is a *group thought*, yes. But usually the thought is seen by the one person, because you cannot infringe upon another's mind power.**

Les: No, so you have told us.

Yes, we go to another subject here. You would not be allowed to impinge, can you understand? (Yes —) So yes, the soul can see whatever it wishes, but not to the detriment of another soul, you understand?

Les: Yes we do — not unless it's a common desire —

Yes, there are many who come to our world who have the desire to see for some time, all the seasons, all the weathers of your world. If that is their true desire, *then they have it*.

Les: Do they?

Of course, of course.

Les: They can even have the seasonal weather changes?

Remember my dear friend, we are speaking of *mind power*, not physical elements. So, although I say they have all seasons, it is *mind power*.

Les: Following on that mind power, and I think these are questions within your province — tell me if they're not please — if there should be a person who comes over to you and has been guilty of unpleasant thoughts whilst here, that person would occupy a certain strata

within your world, with others of similar thinking. Those thoughts emanating from that person, could they interfere with those on a higher thinking plane?

Not at all, the answer to that is no.

Les: Thank you, I didn't anticipate it, but I just wanted clarification. So, their thoughts would be confined to the limits of their environment?

They infiltrate within the group that they are entitled to be with, but no thoughts can go to any higher plane.

Les: No, not unless they are thoughts of progression of the soul.

Not even then, we have— I have spoken to you too, that we have those helpers who stand by, ready to receive the thoughts, when the soul is ready to continue on its journey.

Les: Yes, that's true, I'd forgotten that — you have said so, thank you. So the thoughts are not willy-nilly, **(No.)** they are not indiscriminate, they have to follow a specified pattern, for one's own development spiritually?

The qualification for progress is *truth*, truth to the soul itself; honesty and willingness to reject those thoughts of which it knows must be put behind it.

A little more knowledge about spirit world

Salumet gives a little more information about himself and whether we will be aware of him, but also about those who pass with little knowledge of spirit. He also mentions a few options that may be open to us with our freewill. (20/8/01)

Sarah: You very kindly tell us that we're progressing well, and you give us little bits of information and encourage us, and you have also told us that this is a two-way thing in learning also. Do you have someone giving you encouragement in the same way as you give us encouragement?

Yes—thank you; not exactly. Yes, remember that as you are aware of me now, you are probably thinking of me as a human being. This is not so, I come as a form of information. I am but a part of many. Of course there is a higher scheme of intelligence to which I must account, but it is not in the same way as you imagine. It is much too complex for me to begin to explain you how this takes place. It is an instantaneous knowledge, if you like, it is a *knowing*, it is a *sensing*, but of course *always*, always, I have told you that we are expanding, and that applies to what I am, to what you are, and to what the greater intelligence is—it is never static. I hope that is helpful for you, although I understand it is very vague.

Sarah: Yes thank you, but you know straight away.

I understand, yes. (Thank you.)

Lilian: Would our old friend from 2 years back, (*Les Bone*) would he be aware of you in Spirit, now that he is there also?

I am not available in the sense that you speak of. I have taught much, but not in *this* form. He may be aware of what I am, he would be aware that I still come in this form, but it is not like meeting one of you. We have touched upon a difficult topic here and we must take it slowly. He would have an awareness, but not a *knowing*. Does that make sense to you? (Yes.) He would be aware that I still come to teach, but there would not be a '*seeing*', shall I say.

Sarah: Would he be able to hear what you are telling us?

If he so desired yes. There are many who come, who surround you, who are brought here to you, to this room, to listen to my words. It rebounds not only on the earthly plane, but in our world also. Does that make sense to you my dear friends?

Lilian: Yes, sometimes we are aware of others being here besides ourselves.

What you need to remember is that just because people have come to our world, you have to remember that their awareness is to a much lesser degree than your own.

Jan: Silence?! (*giggle*)

Yes, silence. Does it mean that you do not understand?

Sarah: Yes.

Jan: No I think we do understand, it just took us back.

Sarah: No I don't quite understand actually.

Jan: People that have passed onto the other side, to the Spirit world, do not necessarily know as much as we do in this room, spiritually.

Sarah: If we were to pass over, we've got this knowledge. Do we not take this knowledge with us?

Jan: Of course we do, yes.

But you would have someone who has no spiritual knowledge in a lifetime, who will return home and take that 'no' knowledge with them. Do you understand? (*affirmations*)

Lilian: We don't change immediately.

No, therefore it is imperative that they also begin to hear and understand, before they can join their group souls.

Lilian: Yes, so they would be brought back to a place like this.

Yes, if they so desire. Remember, they still have their freewill. You must not forget, you must not always assume that the transition from this physical condition to the spiritual being, is immediate, that all understanding is there—it is not. It takes considerable time for each soul to alter and to join the group soul to which it belongs. There is much progress to be made.

Jan: Our knowledge will increase and increase and increase over the years—I'm talking about people in this group and people like us on our planet—then when we go over to the other side, our knowledge is obviously going to be so useful, that are we going to be used and carry on this work? Are we going to be put to work and used as teachers?

I understand. Please do not try to make a self-appraisal, because you will fall short of what it is about. You are but one part of your being, you are but one part that has come to physical existence. You will, depending upon the life you have led, the lessons that you have learned—all of that is dependent upon how quickly you return to the group soul, and then the decision is made as to what you will do with the knowledge gained. Some of you may well teach others, some of you may well decide to return to another lifetime on the physical planet, others of you may progress spiritually and go forward in our world. There are so many options open to you, but always freewill remains with you, for much, much, much time. You do not suddenly become a shining spiritual being.

[Effects of dogma when entering spirit world](#)

A visitor brings a little more light on problems entering spirit world and other topics due to fixed thinking around religion for example. The beginning of this communication is missing but only the preliminaries. (28/10/02)

I do understand that memory here can be a little bad.

Lilian: Dim?

I am so pleased you used the word (dim) and not I.

George: I think it is more for spreading the word to others and also to the group members who would normally be here.

I see, so your memory is perfect?

George: No! (*Much laughter*)

Lilian: It's for us here as well.

Yes. Of course I am jesting. Not always am I appreciated for my humour, but I mean well.

George: We do appreciate humour. This is something that we have learnt over the years: It's nice to know that humour exists on the Earth as well as in Spirit.

Oh well, if anything we are more humorous, because we don't have Earthly difficulties. Therefore, why should we not be more humorous? In fact, it brings upliftment and love to you, and when we are sure then we too can smile and be happy.

Lilian: It always brings upliftment when we sit together and during the visit from those in Spirit, it always brings upliftment.

It would be devastating would it not if it had the other effect?

Lilian: Well we wouldn't do it would we? (*Laughter*)

I am afraid that those other people who say that you work for the other side would be assured in their condemnation and thoughts about this work if you were to find it depressed. (Laughter)

Lilian: So, is this your first visit to our group?

It is the first time that I have spoken with you, but not the first visit. Of course, you know that many stand around you and there are always those of us who you would call 'keepers' or 'friends' or 'helpers'—you use whatever term you wish; but no, we have been before.

Lilian: And you also come and listen when Salumet comes, do you?

Not always. I also have other people and other places to work with, but often, yes, I am here and I listen and I too take those teachings to those in our world who are still looking for truth. And believe me, there are still those who are still seeking truth.

George: And you have very good memory and you don't need a tape recorder.

Well I bless you sir for recognising my good point. (Chuckles) I of course am what you might call a teacher here on this Earth. I teach those in our world who are new to our world and they need help with that, because after all they do not easily accept. They may accept that they are no longer in the physical world, but they still have difficulty in many of our aspects of living. You can understand that can't you?

Lilian: Yes I can. So I imagine if some very religious person in a particular religion would find it difficult to accept something different.

Yes, and the energy pattern can be quite disturbing, but they work through eventually. There always comes a time for new thought. No one stands still, no one remains with those ideologies forever. They grow to recognise for themselves that if they are to understand and to have correct-minded people with them, they have to move forward. And that is what I endeavour to do.

Lilian: Yes, it's moving all the time.

George: Yes unfortunately, certain religions have sometimes got so rigid and not quite in focus and I imagine this can lead to difficulties of understanding and flexibility and openness.

I understand perfectly, because I was the same. That is why I now teach people, because I have that understanding of how they feel and how they think and it is now my task, if I may call it a task, to help them.

George: And yet there is also much good in the formal religions.

Yes, there are many in this world that decry religion, but I am not one of them. I am of the mind that if it helps them on, if it helps them to become better human beings, then so be it. As long as they are open-minded enough to accept as it is, to accept that what they feel and what they understand is more to behold now. You understand?

George: Yes. I like to think of the formal religions as a kind of springboard.

Yes! And that's how I feel. I can see we will be good friends! (Laughs) My memory is perfect and yours will be. But let me say, if you wish to go forward do not be afraid to let go of all those old ideas my dears. This is what I try to teach them.

Lilian: I think our religions are becoming more tolerant of one another.

I think that it is not that they are becoming more tolerant, but they have no choice, because people are thinking, or beginning to think for themselves. People are aware now of spiritual attributes which have not been met before. Your world at this time is a changing world; I wish I could show you for yourselves. Your world is changing all the time, much better. I know you are going to say: But why is there so much trouble? Of course there always will be. But what is happening is a new spiritual awakening, and it is happening with your very young people.

Lilian: Yes, that's true.

George: Yes and more and more books are being published about New Age and Spirituality.

Yes, just look into titles I have to say. But I am for anything that makes people think for themselves. I am with anything that makes people aware of their own spirituality. I am with anything, any written word or spoken word that helps another to look within. And the only way to do that is to be very open-minded—and I sit here with very open-minded people.

George: Yes, and did you have Earth life before you...

Yes of course I did. I am afraid I am not one of these higher beings—I wish I was—I still have a long way to go too.

George: I was going to continue my question and ask you if you were also a teacher on Earth?

Well no. I had no mastery of teaching then, but I am a teacher now, because I have the understanding of the deep-rooted feelings that people have, of the narrow-minded way of going about one pathway. That is why I became a teacher, because of the recognition of where I had gone wrong, I saw the opportunity of helping others. And what better way of teaching others than to have that understanding yourself.

George: And so you set out on this path whilst in Spirit?

Well of course. I had to, but it takes time, it takes understanding, it takes teaching from others; then realisation comes to you. I would say of this that it is good for me and others. And I am still working this other pathway. Do you understand?

Lilian: Yes, we do.

George: Yes and you have a very nice clear voice, so I would think elocution comes into this.

You are a man of many words I can see, I like a little praise. Why not? I understand and thank you very much for those words.

Lilian: Graham, did you want to ask a question?

Graham: Yes, the teaching in Spirit realm and children who die when they are still very young. Are they taught in schools in the same way as they are here, or is the teaching done on more of a personal level, one-to-one?

I am not a teacher of young children, let me make that clear. But yes children do have teachers. They are taught of life upon the Earth as it would have been for them, but the difference is that they grow spiritually hand-in-hand with the teachings that they would have had. So their knowledge is wide, but they are taught by those people who have always desired to teach and help children. In the same way I now teach those people with narrow-minded views of religion and the pathway that they should have taken.

Graham: Yes and are there schools that they have?

Of course there are schools, but not in the sense that you would understand them. We call them schools for the benefit of you here, because that is your understanding. But of course they have schooling if they are still young, but schooling in the way of spiritual matters, schooling in all the teachings that there have ever been. And do not forget that they are Spirit first and foremost, so those teachings are of the utmost importance. But yes, children do grow up in our world.

Graham: Yes...interesting. Do they go through the same personality changes as they grow older?

No that is a difference. The personality is not there as it was here on the Earth. The personality remains only in so much as what they have gained from physical living. If a child comes to us with the Earthly age of two years say, then that personality has been stamped upon the child in those two years. That is what they bring back. But the personality would not grow in the same Earthly manner. Do you understand?

Graham: But there is personality in Spirit land? Those who come through are all very different?

Well of course, we all come at different ages. But you come with the age you had upon the Earth. A child of two will have very little knowledge of the Earth life. An old gentleman of ninety would have a much better degree of understanding of physical life and therefore that personality has been stamped for so much longer.

Graham: Yes. Who is mostly responsible for the stamping of the personality of the child? Is it the parents or the circumstances under which that child is born?

Of course the parents with their responsibility to the child will have some influence. But small children can remain very close to our world. Therefore their spiritual personality is very strong.

Graham: Thank you for that. It is very interesting. We have three children and they are so very different, and personality is something we think about and we wonder.

Think of them as beautiful gifts to you.

Graham: Yes, we certainly do. We really do.

Yes. Can I put something to you?

Graham: Yes, of course.

(You were a child once? Tape unclear) Remember that and it will give you a little more understanding for all children.

Graham: Yes. Sometimes I have flash-back memories when I play with them and I remember all the things that I used to really enjoy doing.

And what are the things you used to do/feel?

Graham: Yes, the excitement and the passion...

The passion! That is a wonderful word. Passion! Passion for living, passion for life. That I would agree, that is what you must remember and it will help you with your own children.

Graham: I can remember being thrilled about things—a trip to the beach or something that was coming up.

Although they are Earthly experiences, all feelings when you are children come from Spirit. It is the feeling of love and excitement. If you watch a child and they are happy, they exude this beauty of living. Unfortunately, and I say this truly, it is the parents that (Suppress?) this. So remember the child in yourselves as parents and you will not go far wrong. And now I've really burnt my bridges! (Laughs) I must be careful, I have this little trait.

Lilian/Graham: That's interesting.

George: I have another thing on my mind.

Just one sir? I'm sure you have more than one?

George: Well yes, but we have unfortunately, associated with religions, but away from religions themselves, there have been militant groups that indulge in terrorism and they cause many deaths; not *really* in the name of religion, but they *think* it is, or they use a religious title for their movement. In your teaching, do these people who come over, present a problem to you?

They can do. They can do, because you see they have become so engrossed in their way of thinking that they cannot see what is right and what is wrong. Those terms 'right' and 'wrong' are very black and white, and you know I am sure that the teachings you have been given are that black and white is not always just what it should be. Those people come to us with these fixed ideas and sometimes it takes—shall we say, many, many of your Earthly years for them to realise that what they have done has not always been the right pathway. But I do have to say—and I do hope that you can accept this in the way I am telling you—that those people believe that what they do, in their hearts is right. (Agreed) So there has to be an element of understanding for them.

George: Yes, I appreciate that.

There has to be a degree of help for them. They are not always the wicked people that you perhaps in your world see them, because they genuinely believe that what they are doing is best.

George: Yes, I do appreciate that.

And it is our task to show them the other way they could have chosen. We have to show them a wider picture, and it is then up to them to accept our teaching. It is then up to them to accept that the spiritual way of life is to allow all people the freedom of thinking, the freedom of choice. That is what they need to learn.

George: Yes. It strikes me that is the more difficult part of your teaching.

I could say much—I make light of the teaching. It is difficult work at times. It is not just a small growth if you can take one person and make him see the light. It takes much work. It takes much love and understanding, and yes—patience. But that is something that in this world there is (not?) a great abundance of. But perhaps I can leave you with this thought about people who you might say: commit atrocity. I believe that is an expression widely used in this world. (Yes) Do not think of people who commit these acts as terrible people. See these people as lost souls...

George: Who need praying for...

...to help themselves, help with their understanding, hope that they too will feel life so strongly that they could not harm another human being. That is what we are teaching them, that every single individual should not utter a single word or a deed against another human being, with either malice or hatred, but with gentleness and with love.

George: Yes. That's very good to hear.

Something to think of when you feel strongly—I do not say anger, because I know you very good people have a very great understanding, because of the teaching you've had, that you must not make judgement on others, but still you do, don't you? (Agreed) I know you do. But I am not here to criticise.

George: Sometimes we call it analysis.

Well, that is a good word is it not, 'analysis'.

George: Well perhaps it is not quite as strong as judgemental...

Well only you know which one you really mean. (Chuckles) But I would suggest to you that you think deeply before you utter any words against another person. (Yes) That is my teaching to you: think carefully at all times.

Lilian: We do need reminding of that from time to time.

Yes, you do if I may say so—and I say that with love.

The spiritual sun

Without the spiritual sun, this planet would not exist! Salumet goes onto explaining this statement. (24/3/03)

George: Could I go back to the stone circles that we have talked about before and you said there was religion connection and energy connection. **(Yes)** I thought further about that and I am wondering if it would be correct to see them as Sun Temples where in past times in ceremony people recognized and welcomed the spiritual energy of the sun and its connection to nature?

You speak of the spiritual sun or are you speaking of the physical sun?

George: I speak of the spiritual sun.

Yes, thank you. I am pleased to hear you speak of such. Always there has been connection with mankind on this planet. This planet was endowed with many energies, energies from all aspect of this Earth. When you speak of the spiritual sun that is what belongs to Spirit and it is the spiritual sun which encompasses all things in you what you term your earthly nature: in storms, in water, in trees, in all of existence. Many of these storms upon your Earth hold many mysteries not yet unfolded. When I came to you first, did I not tell you that much had still to be discovered? (Agreed) Gradually, gradually mankind's awareness is becoming raised in many areas of living. Yes, the spiritual sun is imbued on all of these things and in many places upon your planet. Without that spiritual sun this planet would not exist. It is a simple statement, but one that is so true: Mankind could not exist without the spiritual sun. Within each one of you exists a counterpart of the spiritual sun. Within each one of you, within that heart area, there is a spiritual sun which shines forth for others to see. You are but small rays of spiritual sun. Do you understand?

George: Yes, I think it was the practice of the early North American and South American Indians to begin the day by facing the sun and, in a sense, taking in or breathing in the

spiritual essence of the sun, and then breathing out to spread that Spirit to humanity, and that would make sense.

Do you not see that this practice still exists? It exists within this room each time you meet. Have you not been aware of the change of breath when you are going deep within? (Yes) What is that if it is not the spiritual sun? It has become lost in the passage of time, but it is not exclusive to the race of which you speak. It is mankind's right to know of the spiritual sun; it is just another way of connection to that Creative Force.

George: Then it's not surprising that religious ceremony in past times has been built around this.

Again I say to you, so much over your earthly time has been lost, but that is our purpose in returning at this time, that for once the truth will not be denied, that awareness will grow, that each individual will find himself, will find himself to be the spark of all Creation. *That* is our task in teaching you, that the truth will be upheld. I know at this time upon your Earth there are many troubles, but keep in mind my words to you, that in time to come this will become indeed a heaven on Earth; but mankind needs to become awakened to *this* fact.

Near Death Experience

Evidence of this phenomena is discussed, and the negative thinking of many scientists, who will always try to come up with another explanation. (9/5/04)

Sarah: I was talking to a lady the other day and her daughter arrived at the door and as she stood there, her mother appeared instead of the daughter—her mother was sort of superimposed over as it were, on the daughter. Could it be that maybe the mother was once the daughter or the daughter was once the mother, or she just put herself there because it was convenient?

It was her opportunity—it was superimposed in order that the mother could see the *mother*, and what better vessel than one who was loved by the one from Spirit. (Yes) But it was superimposed upon the young lady.

Sarah: Yes, thank you for that.

It is the same as when those who connect with you here, or when you are in your quiet times and you *feel*, although you cannot see yourselves, you can *feel* that people superimpose themselves upon you. It is the connection—it is a way of connection.

Sarah: Yes. Thank you very much.

George: I have another question I would like to ask—I was with a group of forward-looking scientists yesterday...

And you did very well! (Laughter)

George: Well, chairman of the group has your book and so I expect that may have registered. (*But on reflection it might possibly have been the several good one-to-one chats during the day that Salumet tuned into.*) They have this idea that they'd like to prove the validity of out-of-body experience. And they are liaising with several hospitals that have resuscitation units. People temporarily 'die' sometimes—the heart stops and sometimes they can be resuscitated within four minutes and life begins again. Several have reported that they have been up near the ceiling somewhere and have been able to see the resuscitation team down below. But in order to convince the world and sceptics of this, they

propose displaying an eye-catching sign at a high level that can only be seen from up above. Then if the people that recover and return to consciousness say: '*yes I saw the resuscitation team and I saw this sign,*' they will indeed have irrevocable proof that the Spirit was out-of-body and above. I feel a little uneasy about this myself, but can you say if that procedure would work?

I have to say to you, my dear friend, firstly let us say to those who seek to find evidence: how glad we are that they have that vision at this moment in time. But for so many of your Earthly years have people been trying to prove that this does happen. So many times has good *evidence*, as you call it, been given and *still* your doctors and your scientists have tried to deny that this has happened. I will say only that as long as they try to continue to prove, then the time *WILL* come, when it will be more readily accepted. My only words on your scientific friends is: if the Spirit leaves the body and does not see what they are trying to place before them, does that mean that they have not left their bodies? Of course it does not it means only that they have *seen* what they want to see—it does not prove or disprove. But, I can say to you there will be a good proportion of those who leave the body, who will in fact see whatever symbols they attach to the room or wherever they wish to place it. There will be proof for them, but it will not categorically be every one, because, after all, the Spirit is still very close to the body and may well be absorbed in what is happening to their body, rather than what is placed upon the ceiling. You understand? (Yes) Or they may feel that they can travel outside of the room and listen to *another* conversation.

George: Yes, I think the idea is to have it just below the ceiling, so that there would be a good chance of it being seen if the Spirit were that high.

Yes, of course, anything which helps to provide what they call 'proof', can only further our cause. But if they expect that everyone who leaves the body should find the symbol, I fear they may be disappointed.

George: Yes, well, they do plan to carry out a large number of experiments.

Yes. In that case they will not be able to dispute their own findings. There have been many cases where they cannot find explanation for what has happened, but still with their negative thinking, they will always find some other answer.

George: Yes, I appreciate there is much of this.

But the time is coming when people are more ready to accept what is happening.

George: Yes, thank you very much for that. I shall send a copy of this transcript to the chairman of the group. **(Yes)** I'm sure he will be pleased to receive it.

Yes. We are always happy and we will try to influence what is happening, if they are genuinely open to the truth, which I feel they are.

George: Yes. Yes, I'm sure you are right on that. Thank you!

Memory in spirit world

Salumet is asked about memory in spirit world in comparison to life in the physical world, which we all know, is very poor. (20/8/07)

Jim: In my thinking, if I think about you, would you know that I was thinking about you. **All thoughts come to us, yes, of course.**

Jim: This happens when I look at transcripts and read your teachings and often, I can follow what you are saying as if I'm in this room.

Yes, well that is the benefit of being able to recall words that are placed upon paper, because, as you know, the human memory is not infallible.

Lilian: That's for sure.

Jim: When we pass over to your side of this spiritual universe, what happens to our ability to memorize? Does it become better?

If you are speaking of physical memory, then it is obsolete, but spiritual thoughts of course remain with you.

Jim: I see. My memory, which I don't boast about, will improve in the next world then? **If you so desire.**

Jim: I see—yes, I'm happy about that!

Lilian: Something to look forward to.

It is an existence of thought in our world, so whatever you desire, whatever thought you give out, that becomes your complete reality. You understand?

Jim: Yes, I do understand that—I feel I know what you are saying.

Yes. Sometimes my words do not always make sense to you within this room; sometimes that is why I repeat myself so often, because the human mind is liable to forget or to misunderstand what is said to it. So, it is most beneficial I feel that at times we go over the same ground of knowledge, because, as you well know, each one of you within this room is at a different level of development.

George: So, would this mean that we remember spiritual information and feelings for various people, but we forget our mathematical tables?

If you wish to retain mathematical tables, you will.

George: Thank you.

What forms separateness in spirit world if it is not physical distance?

George asks about this difficult to understand subject. (27/8/07)

George: Could I ask a question about the nature of spirit?

Yes.

George: We are familiar with the material world and the way we are all separated by space. In spirit, although there is a oneness, there are still individual entities, if I can put it like that.

(Yes) There are soul bodies, angels and light beings and ones such as yourself. So I'm reasoning that there is a form of separation which does *not* involve space. Perhaps this involves frequency, but I'm assuming that there are other means of achieving individual entity, apart from space.

Yes, you are speaking about separateness.

George: Yes.

Yes. The problem my dear friend comes when you use the word 'space'. Of course, it is a physical word, but I fully understand what you are trying to say and yes, unlike existence here on this planet or any other planet where man co-exists in *one* space, in our world there are many *graduations* of time; and I will continue to use the word 'space' for your benefit, but in fact all is dealt with thought, and that is a separateness that exists in our world.

George: Are you saying thought itself has its own separateness?

Yes. You understand?

George: Yes, I'm beginning to get there.

It is not an easy subject to explain, but as you continue in the world of spirit, you know full well that identities and bodies, if that is the correct phrase, need to be used and all is thought connection. And in the same way that thought can in an instant transport you to wherever you wish or so desire to go, so too can that thought keep you as separate—I prefer to use separateness.

George: And we can think of thought as energy or a special form of energy perhaps.

Yes. It is energy, it is not a special form it is part of all that is natural. You understand?

George: Yes. I began by thinking that even in the physical world we have radio and TV **(Yes)** and sound all occupying the same space—so space is not essential to separation.

No, of course not. When you look at it from a physical viewpoint that is a good analogy—yes. So I hope you now use your thought a little more correctly.

George: Yes, thank you! That does help to clarify.

George's notes:

Time, space and separateness: Salumet refers to man coexisting in one space. This probably equates to the physical universe in which we physical beings live, having just the one pervading space or space-time. But in spirit, there are graduations of time, and clearly, aspects of soul have led physical lives at different periods through history. So perhaps these are the graduations of time referred to, and these will be within soul. Thoughts too, seem to be autonomous and have been referred to in the teachings and by Bonniol as 'living' and would perhaps be labelled in time.

There are many 'spiritual worlds' which are separate but still united

Only when we and other groups of intelligent life within the cosmos (our cosmic brothers) no longer need to exist in the physical, do the different astral spheres start to unite to become one. In deeper spirit, all beings are united. (1/10/07)

This evening I wish to place before you a question which I hope will bring to your minds much thought. My question to you this time is this: is there only one spirit—one spiritual existence? That is my question this time.

Lilian: So, is there only one spiritual existence?

Yes.

Sarah: I think I would say 'yes' and we are all one little part of it.

Do we have any more thoughts about this?

George: I would think we are all one: there is one spirit, but the spirit has many parts and those parts also have many parts. I feel it is one spirit, but a very, very composite form—complex form.

And where spirit resides, is there just one spiritual plane?

Sara: I don't know. My daughter asked me the other day: 'Where is heaven? Where is her idea about spirit—**(yes)** and I didn't really know what to say, but I told her it's all around us—**(yes)** it's within us and around us. **(Yes)** But I'm not very clear. **(Yes)**

Sarah: I think it's a bit like the spirit itself; it's probably divided up into different planes, into different compartments, perhaps you should say, where you have the different...

Paul: Stages...

Sarah: ...stages of growth.

Yes. I therefore pose to you another question: You now know and understand of life on other planets, of other universes, galaxies, that it is not only this universe which exists. Let me ask you my dear friends: those people who exist upon these other planets, do they return home to spirit in the same way as you people upon this Earth?

Sarah: Yes.

Lilian: We've created our own spiritual place...

George: Yes. I would say there is the one what we sometimes call the 'deeper spirit', but there are these connecting zones to planets which we call the 'astral planes' sometimes.

Yes. Now we begin to think just a little. Let me say this to you my dear friends that those beings on other planets, when they pass to spirit are of different form, speak different language; therefore what do you suppose they would do if they came upon a place that was inhabited by human beings?

Paul: They could adopt a similar appearance and maybe they can communicate more with thought?

Yes. That is possible at a later stage. What I would say to you is this: that spirit is here and now and when you leave the physical garb and you are in spirit, you are still here in a sense, in the same way as those from other planets meet those of like kind in spirit—but at that point they do not unite or communicate until such stages as it is unnecessary to have any form. Do you see where I am going with this conversation? (*Agreed*)

George: The astral planes contain beings of *form* (yes) and this is the difference (yes) from the deeper spirit.

And up until now we have only discussed the astral planes for human beings such as your selves. And of course spirit is all one, but the united completion of people of different, how shall we say, different aspects of being come together at a much later stage when only the mind is used for communication.

Sarah: Yes, that makes sense.

Therefore you have many—and I use this carefully—many 'spiritual worlds' which are separate but still united. You understand?

(*Agreed*)

Paul: Yes, and we can still, like we do with Bonniol, communicate with them and I guess in the astral planes, maybe, there can be link-ups as well.

Yes, of course, there can, but the majority of the time is spent in taking each plane of existence more slowly. And, although there is only one spiritual home, there are places within spirit which are separated—perhaps that is a word to use. You understand what I am trying to tell you? (*Affirmed*) Do you have any questions about this?

Paul: So there are ones that are separated, even in deeper spirit, or...

When you reach deeper spirit, all beings are united. There is no separateness, there is no individuality and that comes when you enter deeper into the spiritual realms.

George: Can we think of this as: there are beings, but they are united?

Yes—yes.

Sarah: In this planet we have made contact with Bonniol, we are able to contact him through our minds. Would we not still be able to continue that contact through our minds

once we go into spirit, even though we are separated—but we could still maintain that contact?

Yes. If so desired, that is possible, of course—all things are possible—but I am trying to make you understand that the wider picture is not as you have seen up until this point. So I would like you to think a little more deeply about these different areas of existence.

Sarah: That does make sense.

Paul: Yes it does. It seems like a gradual blending as we progress.

Yes, I like that word, 'blending' of spirit—yes, that is good.

Lilian: A bit like the people on this planet, as they began to travel...

Paul: Yes, you have like the blacks and the whites and the...

Lilian: The Aborigines and so on and so on.

Paul: The Orientals—and slowly we are blending. **(Yes)**

Sara: The more we progress spiritually on *this* side, the more we are capable of blending. **(Yes)** That's not to say that we can necessarily spend long periods with people who are unlike us, but we have the ability to blend at any time. As long as it's not for too long, we can feel that blending with anybody.

Yes. That is why it is most important that you allow spirit to come forward whilst you inhabit these bodies, because then you forsake those astral planes which are limiting, shall we say, for your progression.

Sarah: And is this always going to be the case, these separate things, because this planet's going to come to an end at some point and we are going to be...

No matter, it is what happens in spirit, that is important, not any physical planet, but the progression of spirit.

Sarah: Because I was just thinking that by the end of this planet our spirits will have progressed, we will have got more spiritual...

Hopefully!

(Much amusement)

Sara: So it's a progression on this side, it's a progression on the other side **(yes)** and we're always progressing towards a great blending.

Yes, but it is important that you try to at least understand the workings of spirit so that you are not in this constant wheel of reincarnation—that eventually when you return home you can go forward.

Lilian: Yes, that would be nice.

But again that it up to each individual and their own progression.

George: I think I imagine each planet in the universe to have its own blending zone.

Yes, you are correct; that is what you must understand. It is not instantaneous, because there are too many differences—although you are all spirit, you all come from that Great Creator, but it is a step-by-step union.

Rod: When you said the Great Creator, I just imagined him in our universe, which is mammoth enough, but then when you said 'universes', is the same Great Creator involved with all these other universes? Is it the same spirit?

It is all part of the perfect plan.

Rod: Good gracious!

Creator—it can be confusing to use earthly words like 'Creator' as if that energy was of your kind; that is not so. That is much too deep for you at this time.

George: Yes I found it difficult to imagine another universe. **(Yes)** Yes, a *simple* question: this physical universe is based on space-time, **(yes)** would other universes be based on something different?

They are all tied to the 'laws of creation', which means that in some way 'time' is of some importance, but can be slightly different to your own experience of tangible time.

Graham: Would these other universes have galaxies and planets in the same way that we understand in our universe?

Yes.

Rod: I know that this might be a hopeless question, but are there many universes?

Yes.

Sara: If we wish to step off the wheel of reincarnation, presumably we simply have to embrace each new growth opportunity as it comes and go within as much as we can?

Yes. You have to allow the fruition of spirit in this life. That is the purpose—that you grow and understand and no longer need that great pull back to any planet. Yes.

George: I have the feeling that certain structures within this universe that we understand, would connect to other universes.

Yes, there cannot be separateness in that sense. All is united in the great plan of existence. Does that help you?

George: Yes, because there are certain structures, like black holes for example, **(yes)** where this universe seems to be disappearing, so I'm tempted to think of that as one of those connecting points to a different universe.

Yes, I would encourage that thinking.

George: Thank you.

Graham: Are you yourself, able to communicate with other universes or are you within this universe?

My purpose this time is with you here, but because we are a conglomerate of beings, we have reached the point of unity with many. So therefore my answer to you must be 'yes', if we so desired we can communicate.

Paul: How—I'm not sure of the word, but how much of this unity—because your 'roots', if you like, will have come maybe from certain universes and you will be uniting with other universes and blending. So presumably you'll then have all the awareness of all of them, and yet perhaps also maybe your own roots from where you've come from will slowly disappear, if you like.

You must not, my dear friend, presume that this voice that speaks with you has what you call 'roots' in any planet. That is something we have not touched upon, but I would say to you, I understand your question, but it is—means nothing. You understand?

Paul: Yes.

George: Yes, could I add to that that our understanding of angels/angelic beings **(yes)** is that they have no roots to any physical planet...

Of course.

...and I'm tempted to think of yourself as very similar to an angelic being.

Yes. I will use your physical word 'rootless'. Is that correct?

(Affirmed)

...'rootless'.

Paul: Yes, we can understand that, yes.

Yes.

Sarah: So why is it—you probably can't answer this question, I don't know—so why is it that you exist and the way we needed to come back to this Earth—what is it that determines, those that are in need of physical existence and those like you?

I understand what you are saying. Let me say this to you: I can only tell you that it is my existence to be what I am. That is in the hands of the Creative Force. It is not for us to question what our purpose is in this existence. I feel we are getting to very deep matters...

George: Yes, and it brings to mind (**yes**) a phrase from one of our religious books: 'I am that I am.'

I am—yes. I am that being of existence, because that it what the Great Creator has made me. It is my part of all being.

Sarah: I can understand. So it's the Great Creator's choice as to how he portions out, if you like, the spirit world.

Again we are confused by earthly words. It does not come to choice; it is just part of existence. That is the only way at this time I can explain it to you.

Sarah: That's fair enough, yes. I can take that, thank you.

I know these thoughts are powerful thoughts for you to digest, but I feel that you have come this far and it is time for those minds of spirit to seek further, to understand truth, to understand existence, and to know the spiritual power that you all have in order to go forward.

Lilian: I was sort of thinking about the parts to a plant: the roots, the stem, the leaves, the flowers, the petals, the stamens—that makes a whole. Would that be a simple way to put it?

Yes. All of existence has purity and wholeness; it is part of the Creative Force. Therefore all of these things must apply to what is and what existence is. And I feel for this time I cannot say to you much more. I have to at this point take my leave of you.

The voice was fading, an indication that the energy was just about spent

(General thanks)

George's notes:

The Tibetan Book of the Dead accounts 'the great vertical path' to 'undying' immortality, leaving behind all karma. This equates to the progression beyond astral planes described here.

[We need to be a little more modest in all things](#)

This and many other gems were imparted by this visitor. (15/6/09)

One came via Sarah for a chat, which became extensive and much interesting material emerged. This one was knowledgeable and must, on reflection, have come to us from quite a high level. We talked much about plants, so gardeners may find the material of particular interest.

Lilian: Good evening!

Thank you for your invitation to speak. I enjoy a chatter with folk, and tonight is no exception.

Lilian: We enjoy—

I wanted to come and see you and see if we could talk about something we both have in common.

George: That sounds a good idea.

I am just wondering what this common denominator is and perhaps we could have a little discussion to find out what we could—

Lilian: —what we have in common.

Yes.

Lilian: Do you already know?

I know some things, but I do not know exactly what is of interest to you all.

George: Well, I can say we are all interested in the ways of spirit, and we are all gardeners, I think, in various ways—we all grow plants.

Lilian: We all like animals.

Jan: Or is it more on thought and love and that type of connection?

I was just thinking we could maybe talk about plants (good). I know that you have many plants upon this planet, but we have even more in spirit, and perhaps you might be interested to know about one or two of the plants that we have in spirit that you do not have here on Earth.

Lilian: That would be lovely.

The one in particular I am thinking about is a most attractive plant with star-shaped leaves and huge pointed flowers. The leaves are a brilliant red and the flower is pure white.

Lilian: My Goodness!

George: Yes, you are correct. We have nothing like that here.

Lilian: Would they have a plant like that on another planet?

I believe this plant in spirit was created by the love of many gardeners who came over to spirit and who so missed the act of gardening—so they joined together and focussed on colours that they found dear to them. Once the colour had been achieved, they then took shapes that meant something to them, and from this, they focussed on the angels who guard plants, and asked for a creation to be made. This particular plant was so successful with the gardeners and seemed to mean so much to so many people that it is one that is used at the entrance to spirit life. When you come over, we try to create situations that will help those of you who come over, to feel comfortable, and the vision of this most spectacular flower leaves many in awe and wonder. This in turn helps them to move on without stress and for this reason we have named this beautiful plant ‘The stress-less flower’

George: That’s all very interesting. Thank you for giving us the history of this obviously rather important plant. Yes, that does also make the point, I think, that gardening in spirit would be for different purpose from the gardening on the physical Earth. Well, part of the purpose on Earth is for beauty and is to produce wonderful flowers, with scents, wonderful scents, but of course, we also grow plants for food, and I imagine that you don’t do that in spirit. You really concentrate on beauty and the effects that arise from that. Would I be correct?

You would be somewhat correct. The majority of plants are indeed grown for their beauty, but do not forget that when many come over, they still need to feel that they are eating and they are continuing their work or pleasure in the garden, so there are indeed vegetables grown in spirit mainly for those who have not yet made the final transition to the realisation that they no longer need to eat.

George: That's interesting. So, there is still a food production in a sense.

Yes, there is indeed. Yes, and of course, vegetables have their own beauty, so I can think of some plants that could be eaten, but are in fact kept just for their good looks.

Lilian: So once they've grown the vegetables, these people who have just passed over, can they cook them?

They can cook them if they so wish and, of course, there are many vegetables that can be eaten without cooking, and it gives them pleasure to pick some berries or whatever as they wander around their vegetable patches.

George: Yes, so I suppose there is also scent appreciation with the flowers, or would that be just the people who first come over. Would the scent of the flower persist for a time?

The scent can persist for many years, if you like, in your time. It is all dependent on the progress of those who have come over. And indeed the perfume of a flower is often used to help those who have an illness or some comfort that they may need. And flowers are often for their perfume to make them feel more at home and more relaxed.

George: Yes. That's interesting.

We have many, many types of gardens over in spirit and many of the plants grown are put into what you would term parks, which can be used for a variety of reasons, but it is mainly for those who have struggled with their return over to spirit.

George: Yes, so a park would be a nice relaxation and conditioning place, I imagine.

It is indeed and also for children who need to play.

Lilian: Yes I was just thinking about the children.

They have an open space where they can congregate and enjoy themselves.

George: In gardening on the physical Earth, it relates very much to climate and in a cold country, we might be able to grow things that really like it a little warmer, by constructing glasshouses so that the plants can be a little protected, a little warmer. But I imagine there wouldn't be any climate effect in spirit, or would there be in relation to gardening?

It all depends on the individual. If the individual has come from the seaside, then the climate will be like the seaside. If he or she comes from the mountains, then it will be that kind of atmosphere. Of course in spirit, we do not actually have these climates, but it is all dependent upon the individuals.

George: Yes, I can accept that. It's more difficult to imagine.

Yes, and I think you would be even more confused, if in your physical state, you could come over to see us and see that one garden right next to another garden has completely different atmospheric conditions—a desert next to ice!

George: Yes, well that's what I was wondering.

It is possible and it does indeed happen, but I can also tell you that the one who is walking through his desert, when he reaches his friend who comes from the ice-covered countryside, he does not notice that he has gone into the ice. He continues into the desert and likewise the other way around—

General amusement

—and this is purely because it is created by the individual.

Lilian: Yes, by their thoughts.

George: Yes, that's interesting and nice to have it put clearly as you have placed it.

Paul: Everyone's in their own world. Is that right?

Yes, at this particular level at moving into spirit, yes, it is very much created by each individual, and this is purely to make the individuals feel comfortable. We do not wish

anyone to be too shocked. We like and try to make it as pleasant as possible for those coming back home to where they belong.

Paul: So it's a gentle transition.

We try to make it like that, yes, but of course, there are always a few who will not go along the path that is made easy for them. They always try to go some other way and make it difficult for themselves, but that is part of their learning.

Paul: What drives them to take the more difficult route?

Because they will not listen!

Paul: Is that stemming from too much self-importance or ego?

There are many reasons, but many times it is because they do not believe they have passed over. So we try to tell them and help them, but they will not accept what we are saying.

Jan: For someone who is accepting of death and accepts it warmly, can you tell me the journey from the moment of death to what you are describing on this first level.

For each person, it can be slightly different, but when you reach the entrance, can we say, to the spirit world—

Jan: Would that be what we describe as the light.

The light—and you will have met somebody that you know. You are taken through onto a pathway that is made as homely as possible for you and then it is again up to each individual how much they accept or not accept.

Jan: Right! I understand that your freewill at that point comes into play, whereby, if you are only expecting the dark, that's what you'll see.

I would not go so far as to say that, because if you are, say, you deserve much when you get back to spirit, but you are frightened and think you will be faced with darkness, you will not, because this is only the fear.

George: And I think we all understand that there is always help to hand if there is any fear or problem of any kind.

That is correct and that is why you are met by somebody you know, in order that they can help you.

Lilian: So would the person who is waiting be able to create that help, especially if they had lived a life together—would they be able to create that homely feeling?

They would be able to direct that one they have brought with them to the right conditions.

Lilian: I see.

There are many situations created in spirit to help those who come over, and each one will go to a slightly different energy that suits them. So, the one who has done the greeting will know where to take this loved one or acquaintance. Part is your own creation, your own mind, but spirit world does help to bring you through to the right energy levels.

Jan: There are so many questions. It's a vast subject isn't it?

George: So, we should keep our eyes open for these wonderful pointed white flowers with their red leaves.

And I hope when you see them you will have no stress.

(General amusement)

Lilian: I think the annoying thing is—well I'm not sure if it's annoying or not—it's where we come from and where we go back to and we don't recollect any of it.

Except when you get back to where you really belong, you recognise it.

Paul: Yes, that must be very nice when you suddenly realise that you are home.

(General amusement)

Yes, indeed, and until you decide that you wish to go back again (Laughs), yes.

Jan: Do you decide? Does the individual decide to come back or are you told or guided to go back, or is it purely your own choice?

Ultimately, it must come from you, but, of course, there are many discussions whilst you are back in spirit, but if the individual does not wish to go back, the others cannot make them.

Jan: That's alright! We don't have to come back then.

(General amusement)

George: Yes, I suspect progress comes into the equation. There's no point in just hanging on at a spirit level. Perhaps we'd soon get bored, if we didn't progress in some way.

That is the reason why you do come back, yes.

George: One can either progress in spirit or come back to the Earth and progress further there. I imagine there are always those two options.

Of course, you can progress in spirit, but you are limited if your pathway is to come back here, so there comes a point where you know it is best to return, even if you decide it is perhaps not such a good idea once you get here.

Paul: Can it be sometimes that you get back to your home and a lot of your like-minded soul group are on Earth, so you think, well, I'll go and join them again on Earth? Can it be like that?

I think you will find that even if all your soul-mates, if that's what you like to call it, are on Earth and there is not a reason for you to come back at that time, or, indeed, if you do not need to come back at all, you will not come. You will wait for them to come back to you!

Paul: Yes, of course!

George: Yes, I imagine much depends on how much progress you have already made in physical life as to whether you *need* to come back to the physical or whether you can go further in spirit. Much, I'm sure, will depend on how well you have done in the physical life.

That is quite correct.

Jan: We have a small baby in my family who is only 16-days-old in the physical, but, our teacher, Salumet, has told us that this spirit is returning back to our family, and that, eventually, we may see similarities of the person that they once were, if you see what I mean. Am I right that often you return to the love of the family that you once belonged to, or family group?

There are so many reasons and of course, there are many who return back into their families.

Jan: And quite quickly?

I think it can also depend on the spirit. All I can tell you is that there are no hard and fast rules. It depends on so many factors, and, if you have one who has returned into the family, all I can say to you is: enjoy every moment that you have with this spirit, because there is a reason why he or she has come back to you, and it must be a celebration for you all.

Jan: Well, myself and my son and my mother-in-law who sits on your right, we are aware of it, but, obviously lots of other family members haven't been told, so it's this little precious secret that we keep between us. It's not always appropriate to tell other family members who wouldn't necessarily understand, but for those of us that do and have been told, it certainly is an amazing and exciting journey that I feel we are going to have with this little one.

I am most pleased for you, and I am sure there will be a lot of happiness.

Jan: Thank you! That's nice.

George: Going back to plants again, we have a most extraordinary group of plants that the shamans of this world have traditionally made use of in a particular way. The chemicals contained by those plants, seem to be able to, shall I say, trigger a greater awareness of spirit, and they are called psychedelics by some, but I just wonder how, *from* spirit, those plants and those chemicals would be regarded—those plants that we grow on this earth that shamans have used. Are you able to comment on that?

I can tell you that these plants dilute physical awareness, and, because of this, the spirit is allowed to come more to the fore. There is no physical brain telling you other things. It is, I believe, not a plant that has been created especially for this purpose, but is a plant that has been found to be able to create this situation, and I think you will find that there are many, many plants on your Earth that can produce many things, but you are not aware of them.

George: Yes, the shamans of the past have, very largely, been cautious and sensible in their approach to these things. I think I can say that, whereas in modern times, people have made huge mistakes by using such plants to excess, but the shamanic approach is probably helpful to many people. Does that sound reasonable?

Yes, anything that helps the spirit come to the fore is of benefit to mankind. The worst enemy that you have is your own self, when you try to block anything spiritual.

George: You speak of the ego I think: the ego self?

Not necessarily the ego self, but the one that refuses, like those in spirit, I was talking about earlier, who refuse to listen. If you do not listen to yourself, you will not learn and there are many who refuse to accept spirit, and perhaps if these people were given just a little of this plant, it might just change their thinking, and it is probably of no coincidence that these people who use these plants have been given this chance this time round to be closer to spirit whilst they are on this planet.

George: Yes, that sounds very reasonable and rational to me. Yes, there's a certain amount of confusion on the planet simply because some people have been overdoing this and not being sensible with their use of such things, and this lack of control has given the idea a bad name in some quarters—but, yes I can readily accept what you have said on this topic, and, to me, it's a very *interesting* topic.

When you speak of excess in connection with these plants, mankind is very good at 'excess' and this is something he has to learn: to be a little more modest in all things.

George: Yes, and that's a good message. Thank you for that!

Paul: Have you got time for another question?

If I can help you, I will.

Paul: There are a lot of plants that have many healing properties as well. Many of the drugs of today are derived from plants that have been known to heal, but the drug companies tend to just take the main chemicals from the plants. The disadvantage is there are often side-effects, whereas, what they call the 'herbal medicine', taking the whole plant, tends not to have the bad side-effects, compared with when they just give the chemicals on their own. Can you say if you need that kind of healing to go to the plants, rather than the chemist?

I would say to you that there are some plants that are a little dangerous, if they are used entirely by themselves, whereas, when some parts are taken from them, they then have a positive effect, so I believe that if you know your plants and understand them, and work with them, you will be better using just the plants, but I would also say, that for those who

do not have the affinity with the plants and do not completely understand them, they would be better to go to your chemist, so I think where there is ignorance, it would be better to seek out somebody, who has more understanding, but if you feel confident with your plants, you can do this. I can give you an example, of which you are all, I am sure, well aware—your mushrooms, your fungi.

Paul: Oh yes! You have to know them!

If you do not know them, you can be worse off. I would say to you—make sure you understand the plant. You are bonded with this plant and you will be safe. But a little information can sometimes be a danger to the human being.

Paul: The other big area with plants is that they have a kind of awareness, which many people have not quite realised—that plants seem to have feelings

George: Yes! Yes! Might I add to that—I do play music, melodious music, to my tomato plants and I know that they grow better for it, and this is something that scientists, certain scientists, have endeavoured to make people aware of. But the tomato plant certainly responds to good music! (In fact, the tallest and strongest plants in my greenhouse this year are clustered around the music player!)

Yes, you are learning lots down here on this planet Earth. But may I just return to the other gentleman and say to him that, yes, of course, the plants do have feelings and this is why it is important to bond with them, so that you have a mutual feeling for one another, because, of course, if you are going to use this plant, you are going to destroy it, and it has to want to help you as well. So it is a selfless thing that the plant will be able to help you—will be able to give up its life on this planet for you.

George: Does this relate to all our food plants?

It would be a great help if a little more thought was given to the plants. Of course, they understand that they are helping you, and of course, many plants only have a short life cycle anyway on the planet, so, by eating an annual vegetable, you are not doing too much harm. But for those plants that would continue growing, if you did not pick them or use them, it is slightly different.

Jan: That makes me think of our humble weeds that people like to pull up or destroy and we have been told, haven't we Paul, to talk to our weeds and ask them to grow in another place. I must admit I did try it for a while, but it didn't seem to work. They still kept coming back.

Some of your so-called weeds are a little like you humans, they go to excess.

(Laughter)

They need to be brought back to understand they cannot take over the Planet.

(More laughs)

So I think you will find that pulling up a few weeds will not do too much harm.

Paul: A lot of gardeners these days seem to design gardens in whatever is the new style. It's almost like changing a room. They keep changing styles and, unfortunately, they have to cut down perfectly good trees, because they don't fit the style that they want. I know the Ancients, many ancient cultures, thought very highly of different trees, especially the ones that lived for a very long time, like Yew trees. Is it the case that the ones that can live thousands of years—are they to be even more respected? Do they have a greater awareness than the plants that are very short-lived?

I think I would say to you that it is a little like a child, who has not learned too much in the beginning. A small plant that has not grown too much would not have perhaps as much awareness as a large one that had been on the planet for many years. They too can learn,

and so, if you were to cut down a large tree that had been growing for many, many years, the tree would have much more awareness than, say, a small one that had only been growing a few months. But as for respect, I think you should have respect for all forms of life, whatever the size, whatever the age. But as a human-being, you would have more awareness of what was going on with, let's say, this baby that has just come into the world.

Paul: But it's still a life form that should be respected—

Jan: A neighbour of mine has just felled a 200-year oak tree, and, as I watched it come down, I was so upset for this tree and an enormous amount of love went out to this tree from myself and every branch that was cut down and I wondered if that tree knew that was how I felt.

I am sure the tree would have been aware of your thoughts and perhaps, if you had been even more aware, you would have heard the gratitude from it. So yes, nothing is—

Jan: No thought goes to waste!

You're right. That would be the case and even the plants are able to return a thank you to you, if you 'tune in' on the right wavelength

Lilian: Would they return to spirit in some form or another—the trees and plants?

Like you humans, the tree would not, but those looking after the tree, the spirits who are looking after the tree, would return back to spirit.

Jan: So the nature spirits who were looking after that tree return?

They will return in not quite the same way as you will return, because these nature spirits can look after more than one plant, not at the same time, but when another tree grows they can come back to look after another one. So I would say that you could say the nature spirits hover over the line of spirit waiting to come back for the next opportunity.

Jan: When we describe people here as having 'green fingers'. For example, if you were to give the same species of plant to one person and the same plant to this green-fingered person, is it because their energy is totally different? They could treat them in the same way, but one seems to thrive better than the other. With certain people, plants don't thrive in their presence or their care.

I would say that these 'green-fingered' beings are ones who have had much experience in a previous life of gardening and working with plants.

Jan: Nothing to do with their present energy?

I would say not so much the difference in energy, but the bonding with the plants.

Jan: It comes with experience?

—Which comes with many lives of experience yes. That is what I would say.

Paul: When it comes to bonding with plants, can you give any pointers as to how we can improve our bonding with plants?

I would say just being with them, thinking of them, talking to them, admiring them, and you will find that you will love the plant that much more, and this love will help you bond.

Jan: As in all things!

Paul: In giving them attention, loving them—

I think you will find many things, when you do not know or understand, you have quite a different perception of that thing or being or whatever it is. But once you start to understand, your love grows. You no longer wish to shun certain things, because, in understanding, you become attracted to them, and the same is with plants, even a plant that you do not particularly like. Once you start to look at it, and think how marvellous the leaves are, how the petals are, how it has grown—you suddenly start to see this plant in

quite a different light from how you saw it before. So it is only time and understanding that will bring you closer, so that you may care more deeply for it and whatever it is that you are beginning to understand more fully.

George: Yes, another little complication is that creatures like slugs or snails can feed off very young plants, so that the food crop could be lost. What I do sometimes, especially with a very young lettuce crop, I remove slugs and snails and put them on to a patch of weedy grass where they can feed without making the crop fail. I feel this is a reasonable thing to do—much better than, say, having a killing policy in the garden—I don't like that. Any comment there?

You indeed are a kind and considerate man and the slugs and snails that come into your garden are, indeed, some of the luckiest ones...

(Laughter)

So much so that they decide that this is a place to have a family...

(More laughter)

So I would say to you that you have much work to do in the future

(More laughs)

Yes it is a difficult one for you human beings, and I do understand the frustration that many of you have when you are trying to grow your crops. And so it is a helpful thing to use your mind to try to disperse them from areas you do not wish them to be.

George: These creatures are often quite nice creatures in themselves. One can't work up any dislike of them. They're really just as nice as many of the plants.

Paul: When you use your mind to deter them, would you direct it at the snails themselves, or the nature spirits that are helping the snails?

I would say to you that you could direct this at the snails themselves, but you could also ask the nature spirits of the plants to help guard the plants, and they, in turn, could ask the snails to move on to this nice patch of weedy grass, instead of your lettuces or whatever.

(Laughs)

Jan: Or along to your neighbours' lettuces!

(More laughs)

I don't think that one would work too well, because I think they would come back in abundance to your lettuces.

Jan: Salumet did talk about just that, didn't he?

Lilian: Of course there are things you can put round, but nothing that is going to kill them—like gravel or sand, or putting string round a pot stops them climbing up the pot.

I think one point that is quite important and that is what you perhaps tend to do—when you find a slug in the garden, you then start to use your mind to make it move. You need to keep going. You need to keep thinking of this a lot of the time, not just once or twice, but continually. It is this bombardment of thought that will help to remove the pests from your garden, but you must keep doing it, keep using your mind to make them move on. Just the odd once, twice or three times will not be sufficient. Now, I think, for this time, I have spoken enough.

George: You have given us much, much knowledge and we do appreciate your talking. Can you give us a name to know you by?

I do not normally give names, but I feel maybe you could give me a name and I will respond to that one.

Lilian: The Gardener?

I am quite happy with that name and now I must return.

All: Thank you very much!

George: We'll think of you as the 'Spirit Gardener Teacher' –it's been wonderful. Thank you very, very much.

(General thanks)

George's Notes:

AND IN THE COLD LIGHT OF DAY: I dare say there may be a few raised eyebrows on reading the above exchange, perhaps even the odd hoot! But through the 20th- century, the Kirlians demonstrated plant aura / energies, Cleve Backster first demonstrated plant perception and interaction with humans (since confirmed by others) and many scientific experiments have demonstrated clearly the effects of music. It is all documented scientific history. Salumet and others have of course referred to connections with the angelic and elemental beings.



Tomatoes – 7th June: As stated, the more robust plants are grouped around the red MP3-player.

Are there different levels in spirit world?

This is a question that many have pondered. Salumet gives some valuable insights.
(21/9/09)

Robin: Can you explain a little on your comment about there being different levels in spirit? Can you give us an example perhaps, to help us understand?

Yes—when first you pass to spirit, you are not much different than you are now. You have an etheric body, which is an exact copy of what you have now. But as you grow in spirit, then you move forward—I use 'forward' only in the sense of your understanding. When your understanding is greater, then you move to another plane of existence. You may in another existence choose something familiar to you, such as a house or some occupation that you wish to take up. And then you move forward from that and if you decide not to reincarnate, then there is another level of existence. But all of these 'lives' take place, over many hundreds and thousands of your years, because *time* means nothing. What is important is that spirit grows and moves closer to that all-loving part of existence—that

part of existence which many of you on Earth call 'God'. We are all going towards the Godhead. That is what we strive for. I do not use *(the term)* 'Godhead', I use 'Universal Love'.

George: And you've come to us from *beyond* those planes, Salumet—

I come from a long way.

(Voice becoming fainter)

There are many planes of existence, but there comes a time when you become encompassed by that energy, where there are 'no planes of existence', but you become that pure energy of Love and All-knowledge, and even so you strive to go forward—you strive to become part of that energy. And I cannot tell you more than that, because I feel that that striving is a continuous—continuous existence.

Sarah: You're still striving, because otherwise you wouldn't come back to help us, but you are also helping yourself at the same time, which is also a striving to—

Not as a human being.

Sarah: No, but as—

As spirit—yes I am. The conglomerate of beings does not exist on the level of existence *(of)* which I speak.

Rod: It's like a painting.

Many respond to the idea of light when being rescued

Following a period of general chat about the shortage of people doing rescue work and how it relates to belief, a rather chatty enlightened one dropped by from spirit, also via Eileen. The impression Eileen had, as we learned later, was that of a 16th/17th-century Puritan lady. It seems that she, Martha, had been enjoying our discussion and was now drawn into it.
(27/12/12)

How comfortable and secure you feel in your own words!

Lilian: Perhaps we shouldn't!

Of course you should! How wonderful to hear you discuss things—and so amicably. So often people who have differing views become cross!

Sarah explained that we have a very good teacher.

Might I ask who that may be?

Sarah: Salumet—have you heard of Salumet?

Ah—Salumet the teacher! How wonderful!

She went on to explain that he teaches 'many thousands' in spirit:

...we cannot go to him, he comes to us—so we are never sure until the time is right, when he will come—he captivates his audience sometimes—wonderful speech. Have you heard of our 'Halls of Learning'?

We had indeed, and it seems that many speak in the halls from various levels in spirit.

George: Yes, we are very fortunate to have Salumet and it's very nice when people such as yourself drop in and—almost take part in our discussions.

Yes, I have been listening and I'm always attracted where I can also speak. It brings great pleasure to us you know, to be able to come and talk to you and listen and see how wise you've all become.

Back to the Halls of Learning: we asked for her impressions of these halls:

Well, I've never been asked that question before. I will try and elaborate. The Halls of Learning are beautiful to begin with. And although the word 'hall' infers an enclosed space, that is not so. It is expandable for many, many people. It is light, it is beautiful and you feel as if you are being healed at the same time. Some of the teachers who come are also great healers—and when I speak of healing, I don't mean the physical healing that you would acknowledge, but I mean the healing of the spirit. And that is what we gain from our halls of learning.

George: So it never feels crowded—
It never feels crowded.

Sarah: So when you go to these halls of learning, do you actually go anywhere or is it just that you decide this is what you are going to do, and—

It is not a case of deciding. That is not an option in our world. We do not decide, it just happens—as soon as the thought is there, we are there.

Lilian then referred to the teachers we have had on Earth who relate to different religions. Those teachers still teach but in a different way, and they teach a slightly different format, but they also teach to those of like mind. But I have to say that is on a lower level than what I am speaking of; I am speaking of moving forward, and the halls of learning are available to most people—not all.

George: Moving forward beyond the idea of separate religions—
Yes—yes, you have to have moved forward from that thought.

Lilian: So eventually, those teachers, for example Jesus, will eventually—
He has already moved on to a different level, but I think you have to understand that those on a higher level come down. It is not easy for them, because that is not where they belong, and the density is such that it can be uncomfortable. But we cannot move UP to them—we cannot shift our consciousness to THEIR level.

Jan next asked about passing to spirit—what happens after those passing over first see the light?

You don't always necessarily see the light. Your expectation of what you will find is what becomes your reality. So there is no one definite answer. But the light is understood by most people, because in most religions there is always a glow, around the teacher, if you like, or their scriptures. So the light is used often.

Jan: As an analogy—

As an analogy—but you cannot say definitely that that is what people will see.

And earlier had been mentioned 'Pearly Gates':

And the gentleman mentioned, if I might repeat, about the Pearly Gates. And a lot of your Christians in your world—that is what they will expect to find—Jesus waiting at the gates—so that is what they will see!

Jan: So those poor souls who expect absolutely nothing that is what they will get!

They unfortunately are ones who will need a little help—and there are some who will just not believe what they are told—and they will of course remain where they are because that is what they wish.

Sarah referred to the 'rescues' that are helped on their way at the passing over stage:

Those people that are brought to you, that is because they are still so close to your Earth plane and your help is needed, because they cannot free themselves from this 'atmosphere' if you like—they still cling to Earth. So they need your help. We have tried in spirit to help them move forward, but it is difficult, and that is why it is important to have

groups such as yourselves who are able and willing to help these souls who are 'stuck', shall we say.

George: So we encourage them to look to the light—

Yes, for some reason your Earthly voice vibrates with them more easily and once you have done the job that you do, we then come forward and take them.

George: They're looking to the light—that becomes their reality—

Yes, everything you feel and think becomes reality—they will be guided to their own feelings—if they expect to see 'grandfather with a dog', that is what they will find.

George: So, dare I use the word and say: it is a little 'illusory'—it's almost within their imagination—or perhaps it is firmer than that?

Yes, 'imagination' is not the word I would use (no). No, it is what they expect—it is their THOUGHT PATTERN which creates that which they will find.

Jan: Do the majority of people literally watch their own funerals?

If they so desire. I would say a good proportion are interested in their funerals, because it is still all new to them and they are concerned about loved ones left behind. Yes, so I would say a good proportion like to watch their own funeral, but of course they are saddened when they see so many people crying and sad, when they themselves are so happy.

More was said on this and how they would like to see friends happier and with their fond memories.

Finally, our guest was saying:

Some things in spirit are difficult, but I believe we all have innate knowledge of what is right and wrong.

Threats of hellfire and eternal torture are utter nonsense

The older teachings of some of the great religions literally used fear to control the masses. This point is raised in response to a gentleman in great fear concerning the concept of Hell and the appalling idea that souls are separated from love for all eternity. Salumet reassures. (15/7/13)

George: I have had communication with a gentleman over the past three weeks and this is a topic again, which has come up before, more than once. But this gentleman is *particularly* disturbed by what has been said during the Mary visions at Fatima, and how there is apparent contradiction with spiritual teaching. Perhaps I could read his latest communication relating to that—

Do you mean he is confused by the words spoken at that time?

George: He is scared—and I can best read from what he has finally stated: "I still need you to ask Salumet: what is the significance of the hellish or hellfire part of the Fatima visions?—just like that. Ask him if that will happen to anyone?—if anyone is tortured forever? Would I put it in those words? I would very much like to hear direct from him." He apologises and feels that this is perhaps selfish, but he is so frightened by the idea of endless torture, which was mentioned during the Fatima visions.

Yes—firstly let me say about visions and words that are uttered in the name of religions. You know, my dear friends, when first I came to you, I came to you with words of truth and love—I also told you that many would not accept these words, and that you have

found to be true also. You must remember that different religions have their own tenets of belief. The words used at Fatima are those from religion that you know called 'Catholicism' (yes). Yes—and they preach that there is hellfire, which I have to say is —and I do not apologise for such strong words—but it is all *nonsense*.

(General agreement)

It has been spoken at a time when people were not literate—not the recent visitation, but the previous beginning of that religion. It was to hold the people in a grip that they could not free themselves from. It was a teaching of '*fear*', and this the gentleman must try to understand. I am here to tell him: there is no such thing as '*hell*', in the sense that he recognises it. No one person remains separated from the love of that Great Spirit for all time. Everyone who passes into spirit is cared for and loved—even those who have wronged themselves in any lifetime, are *never* forgotten. The gentleman needs to recognise that any 'hellfire feelings' are feelings of their own worth. No one punishes you except yourself. That is the point that he has to grasp.

George: Yes, I have tried to say this, but I know that he will very much value your own words direct on this (yes). I am sure he will be most grateful.

Yes. I can state to him categorically that no person suffers forever. The only suffering that exists is the suffering of that individual. And after all—is he not existing in a state of *hell* at the moment? Indeed he is.

George: He is certainly in a state of fear.

I would also like you to tell him that we will help him in any way that we can (wonderful!). Yes, I would say: never be afraid because you are returning *home*. If the life that you lead upon this Earth is one that you have done your very best in, then there is no fear. How many times, my dear friends, have I quoted to you, that fear is your enemy? Replace all fear with love. I hope that at least will help him.

George: Yes—wonderful. In the case of transgressions, we know there is the self-condemnation—

Yes and that is the only condemnation. There is no one in the spirit world who would take that course.

George: And we know that does not go on forever.

Of course not. How terrifying for people that they have been taught these things—yes.

Lilian: Yes it's a shame.

Peace in spirit world is very beautiful

A visitor discusses spiritual peace as being very different from what we experience on the earth. It is something that we have all experienced before and will one day again. (21/4/14)

Lilian: Good evening and welcome to you.

(Pause)

I am not ready to speak.

Lilian: No, that's fine, take your time. When you want to speak—we'll leave it to you.

(Longer pause)

The silence is good. But still it is noisy.

Lilian: With our thoughts?

I hear you say: how can silence be noisy? In our world silence is different.

George: So—would you like us to be meditational and not with too many thoughts?
There are too many thoughts of course. In our world silence is beautiful; even though the thoughts are everywhere, they are different—the peacefulness is beautiful.

George: Yes, I guess there are peaceful and loving thoughts—
Yes, but here—I don't mean in this room—but here on your planet, there is much noise (yes) even in your silence. Do you understand what I am meaning?
(Affirmed)

George: Yes, I think you're saying: there are too many concerns—too much mechanical thinking about problems—too much of making problems—that sort of thing perhaps.
Yes, you were right in saying about being in a meditative state. That is much better, but not many of you do it here.

Lilian: I find it very difficult.
You find it difficult?

Lilian: I do.
In what way?

Lilian: I suppose to really let go to that extent.
Are you afraid?

Lilian: No, I don't think I'm afraid—I hadn't thought of it that way anyway.
I just wanted to experience for myself, the difference between OUR silence and YOUR silence. And I have to say it has been a shock.

Lilian: That's interesting.
It is something I had not considered before. Until you are in spirit world, you do not understand the differences.

George: Well, I guess it varies with the level that you are in spirit world.
I would say even those who have only just arrived, would see the benefit of the silence in our world, as compared to this one.

George: That's interesting.
Yes. And yet, as silence is so beautiful, but as you say, it is a different kind of noise.
(Pause)

Lilian: I think with me, it depends where I am—I was sat on a fence actually, nobody else was around, by a lake, and there was a mother duck with her babies—and that to me is peaceful.
Yes, with that I think you are speaking of spiritual peace—yes.

Lilian: Oh I see.
There is a difference between being quiet and spiritual peace, which comes from deep within. I know you have all experienced something at sometime, speaking about the quietness, and as you come together here, you realise the difference between coming together and being alone. Do you not agree?

George: Yes indeed, and even with the mechanical noise on our planet, certain of the sounds such as bird calls are beautiful (yes) and seem to be more harmonious with peace.
Of course, that is one of your planet's beauties, but when you arrive in our world, it is even more beautiful—so beautiful that we cannot describe it to you fully. It is something that you will perhaps remember, I do not know, but it is something you will re-acquaint yourselves with when you return home.

George: Well, that's a nice thought for us.

I know you know all of these things, but it is just that I wish to experience this for myself. And I have to say I am most grateful for your attention, in allowing me to speak and tell you what I was doing.

George: We are equally grateful for your words, and as you are here now, are you aware of the noisy thought situation generally about our planet—not just in this room?

Yes, it is not just in this room, it is a general noise pattern which comes from your planet. Of course, it has to be, but I was more concerned about having the experience of a group of people such as yourselves, that was already quiet. Of course, your planet is VERY noisy to those of us who are accustomed to the life in spirit; there is no comparison.

George: Yes, well I guess that's part of our evolution.

Yes, of course, this planet has experienced a great deal. It has existed for a long time—and for a long time to come. But still we in spirit are curious and interested in what goes on in this planet, as we are in others.

George: Yes, I was going to say, are you also interested in other planets?—not just Earth.

Of course, why would be disregard other planets when they exist.

George: Yes indeed (**yes**). Yes, we've had that great privilege within our group of communicating with others on other planets.

So I have been told. It is not something I am involved in, but of course I have the knowledge; it is available to all who wish to grow and know. And now friends, I thank you.
(Eileen coughed)

Forgive me—I have made use of this one's throat for too long.

Lilian: She'll have a drink of water when you're gone.

George: It happens sometimes.

(*Actually, it was a rather heavy gritty voice that this one had*)

But we thank you also for coming through and giving us your words and your impressions, which were interesting to us.

Lilian: Yes, thank you very much.

I was most surprised that you recognised I was here.

Lilian: You can tell the difference in the medium you are using.

Yes, I see—it still surprised me.

Lilian explained that the facial expression is a little different

I see—you are someone of some discernment are you?—you can recognise these differences?

Lilian: I've been sitting with this group for a long time, I must say.

Ah, you are very old are you?

Lilian: You could say that, yes.

(*Chuckles*)

George: We are all getting on a bit.

Lilian: It won't be long before I can experience the silence that you've talked about—again.

You all have experienced it before—it is just that you have forgotten.

Lilian: I guess if we'd remembered we'd be coming back a bit quicker!

(*Chuckles*)

[**In all that there is, there are no boundaries – whatsoever!**](#)

We often forget that all is intermingled. Nothing can be separate. (6/7/15)

George: I have a question about spirit realms. Initially I was thinking in terms of each planet in the universe being associated with a spirit realm, but conflicting with that thought, spirit is really all one **(yes)**. There are no distinct boundaries, and yet in some ways, people entering spirit realm from Earth will stay close to Earth. So could you say something about that?—and the absence or presence of boundaries within the spirit zone?

Yes, you must completely forget any boundaries. When you speak of Earth and spirit you are speaking of two separate, shall we call them, 'places'. But of course they are not—you my dear friend are physical, but you are spiritual. All is intermingled—every planet, every universe is as ONE. You do not suddenly depart to another place. This is what most people cannot understand. There are many of your universes, as you well know (yes), and we have discussed on occasions. But when you speak of passing to spirit, if you were to pass to spirit it would happen here and now—you do not travel to another place. Do you understand?

George: Yes I do, and I felt that the notion of oneness—

You cannot have separateness. How can you? All is spirit. The Great Creator created spirit, but although you live on a physical planet, when you speak of 'spiritual places', it is the intermingling of the physical and the spiritual together.

George: Yes, and although we sometimes talk of 'your world' and 'our world' **(yes)**, it's really all intermingled—

Yes, it becomes confused, but of course we need to use human words, which is confusing. So for the sake of understanding we use your Earthly words.

George: Yes indeed—that clarifies. Thank you very much.

Yes—yes. Perhaps if you thought of when you go into sleep state, you are in spirit basically and yet you are still in the physical bed—there is an analogy there.

[A visitor of great wisdom](#)

A visitor covers a number of topics such as ego, voices in the head, Salumet teaching in spirit world, fading and blocked memories, and accessing knowledge in spirit world. (26/3/18)

Sarah: I did have one question I was going to ask about people who get voices in their heads and they are sure that they're doing the right thing, whereas maybe they're not. And I just wondered, if these voices in the heads are actually quite real, or some medical problem they've got?

That is always a possibility and it should be taken seriously, because not all voices—I presume you mean from Spirit—but not all voices are from Spirit. Remember you have a brain of your own in the physical body. (Yes) So you have to judge for yourselves, whether these voices are from Spirit, or from your own inner thinking. (Yes) Is this what you mean?

Sarah: Yes, I've never experienced it myself, but there are people who say they're being led by voices in the head.

There are of course physical problems with this also. It is as I said, not always down to Spirit, but usually there are other signs if it is a physical problem. (Yes) I believe you have a condition called Schizophrenia*; (Yes) yes, that is one example of voices that are not coming from Spirit. (Yes) So, yes, you must always be aware of these kinds of things, and you will find that many Mediums, and people of sensitivity, at some time question what

they hear—even when they are inclined to be listening to us, they still have doubts. But I do not think this is a bad thing to do, to question.

(*NB: Salumet discusses Schizophrenia 27/06/2006)

Paul: No, because it's very easy to ... I think there are plenty of people who claim to be Jesus, and they can't all be right. **(Exactly, yes)** There's a lot who are being misled.

And it would never be from Spirit if they were being told to kill, which is quite a common one I believe, (Yes) that they're told to kill another human being. How could that be from the Source of Love? It cannot.

Paul: But it's interesting, it is a difficult area, what comes from our brain as opposed to the mind, which as Salumet has told us, is Spirit. **(Yes)** Mind is Spirit. This physical brain is more like a computer...

...gone haywire. (Mm) Yes, that is a good description I feel, yes. No, I would suggest to all of you that you stay aware and alert and just do not accept too easily, but to question what you receive—yes, yes.

Paul: What about the ego, where does that come in, between the brain and the mind?
Yes, that is also the physical part of the human being. The ego is part of the brain; that is what drives the ego, whereas when it comes from Spirit it comes from the heart.

Graham: I was wondering why we have an ego, is it something to do with survival in our distant past?

Yes, of course, in the past you needed to have some kind of 'spur' (Yes) if that is the correct word to use, a spur to keep you alive, (Yes) to feed your family, to feed yourselves, to fight off other warriors, yes. So, yes, it is part of the ego.

(NB: Salumet has also discussed ego: 10/09/2007)

Graham: Yes, because we spend a lot of our lives trying to control our ego, **(Yes)** because with that comes pride and all of that.

Yes, not good things to have; too much of anything cannot be good. (No) Yes, but there is a saying in your world I believe: A little of something is good for you—too much is quite the opposite, it becomes very negative.

Paul: That's right, getting the *balance*...

Correct, yes. And I would say you're all very balanced human beings most of the time.

Graham: Most of the time—we all have our moments.

Chuckles

Yes, I did not wish to say it that way, but yes, you are correct, yes.

Graham: Would it be possible to actually live without an ego? I can't see how that would work.

Well, it is part of the physicality of the human being. It is propelled by the brain, which is, of course, a big part of the body. (Yes) So, I do not feel you would exist too well, without some form of ego. As I said, there is the good and there is the negative. (Yes) If you continue to strive for the balance, (Yes) then that is good. Yes, but I am sure sir that your ego is quite balanced.

Graham: Most of the time!

Chuckles

Most of the time... I like that, yes.

Pause

Thank you for listening to me.

General thanks

Paul: Do you come to groups teaching a lot?

Not too often, I'm quite privileged that I'm allowed to choose the groups that I wish to speak to. Sometimes it is very short, sometimes longer. But it of course depends on your doorkeepers or gatekeepers—I know there are different names for them. But I must say, all of the ones I've come across are very loving beings, and I know you happen to have one who is, one would say, quite a character!

Chuckles—referring to our dear friend Cho, the gatekeeper of our circle)

Paul: A lovely happy chappy. **(Yes)**

Chuckles

Sarah: Could you just tell me, who told you, or how did you know that Salumet would be coming next week?

Because I have been informed by a higher being. (Ah!) Yes, I have not received the knowledge, how would you say, one-to-one? No, it comes from a higher source.

Sarah: And then they ask you to come through and tell us?

Yes, because I was coming and was happy to do so, I was given the information.

Sarah: Right, so you were coming anyway?

I was coming anyway.

Sarah: Ah right, and they popped that in just before you came. **(Yes)** Thank you for that.

I would say before I go, I do believe you're very fortunate to have this one. (Salumet)

Strong agreement

Paul: Absolutely, yes, we record every meeting, I don't know if you know, and transcribe it, and put it on the website and we try to share the teachings as much as we can, because they're so good.

Well, isn't that wonderful. I have listened to some of the 'teaching', if I may call it 'teaching', (Yes) before from this one and yes, he has a real following.

Paul: In Spirit as well? **(Yes)**

Sarah: Is that the teaching he's been giving us, or has he been giving it to someone else that you've been listening to?

I believe he only comes to this one group. (That's right) to speak, but he also teaches us in Spirit, because he comes from a higher source.

Paul: Yes ...things start small, but it's a fairly small following I think on Earth **(Yes)** compared to other teachers.

The way that it works on Earth is from one person to another. It is like the sea that builds and expands and it's just wonderful to see. But of course, we have to wait for any teaching, when he comes, when he decides, because of course, he is coming to a lower level; which I would imagine is not difficult, but different.

Sarah: Yes I think Salumet has said it took him a little while before he was able—he comes through Eileen, the instrument you're using at the moment, and it took quite a little while before he got it so that it was much easier for him. There was lots of work with Eileen quietly to get Eileen into a state where he could use her. So it has been a long journey really, but it's wonderful now, it's absolutely fantastic.

Yes, but of course, remember with time, that time in our world is so different. Whereas you seem to feel it as quite a long time, in fact it is not.

Agreed

Graham: Will we have access to the Salumet teachings when we eventually pass to Spirit?

If you so desire, you can access anything you wish.

Graham: That's something I'd never thought of, wow!

Yes, whatever you wish to do; you know, some people enjoy the history of the worlds—not just this world, other worlds, and they have all the information they wish.

Graham: Were you once of this Earth yourself?

A very long time ago I believe, but so long ago that it means nothing, and I could not even tell you when that was. But yes, I have trodden Earth at some point.

Paul: So names don't mean anything to you?

Names and time—yes.

Graham: We've been told that in fact memories do fade quite quickly in Spirit world, of earthly lifetimes.

Yes, it's in the same way—it's in the reverse order of most people when they come to your world that memory is usually removed, (Yes) but for a few of course, it remains; there is always exceptions. (Yes) So, as you come back to Earth your memories are erased and when you come to Spirit, the previous life you had is gradually erased, because you need some time to unite with loved ones that you've known.

Paul: It must be wonderful to suddenly remember all those people that you'd forgotten. ***(Yes)***

Sarah: As long as they haven't forgotten us!

Giggles

I believe some have some big parties, if we can call it parties, because that is the name you would recognise it by.

Paul: Well, I suppose they must be parties ...of some kind.

Graham: Celebrations ...

Yes, why not?

Paul: Why not? Very happy reunions. ***(Yes)*** And if people have just come from Earth, they'll probably want to celebrate in a similar way that they are used to celebrating.

That is the way of recognition, yes, and if you always had parties on Earth, my goodness, you can bet you'll have an even bigger party when you all get together over here.

Chuckles

Sarah: It'll be noisy up there!

Well, it's odd that you say 'noise', because noise is so different from earth.

Sarah: Yes and of course, there is no noise, is there, because they don't have a voice box? ***It is a gentle, gentle thing and I know someone's just telling me, the lady sitting next to me, (Sara) knows about music.***

Agreed

Yes, so can you imagine what you know now and just how it can just 'treble' shall we say? And even music you would never have experienced here. It's wonderful!

Graham: We do have a lot to look forward to.

Agreed

You do, but I don't want you to look forward to it too quickly.

Laughs

You still have time and things to do.

Paul: Right, we want to try and improve things down here, if we can.

Yes, that would be good, would it not?

Agreed

Sarah: Is there a reason why some people's memory *isn't* erased when they come back here? Or is it just that somebody missed it?

It's just a strong desired to remember. (Right, OK) You know, you have your own thoughts and feelings and some people retain that wanting the knowledge to remain and that's what causes it, it is your free will. Even although you return as a small child that is not the Soul, that is the new life. But when the Soul is with the child that is when the memory comes. Yes, it's not as complicated as it may seem.

Sarah: Well, I expect we'll understand it all when we come over.

I think you will, I think you all will. Now...

Serena: Could we have a name?

Do I have a name?

Serena: Yes, could we have your name?

Yes, my name is Malcolm.

General thanks and invitations to come again

Do you know before I go, there's a whole list of people who are returning here, who never seem to come?

Paul: Oh really?

But there's a list of people who've said to you we'll come another time. (Oh yes) So that shows how loved you ARE.

Sara: That's lovely to know, thank you.

Visitor who describes himself as a keeper of books

A little more insight into spirit world and the sorts of tasks that are taken on. (16/4/18)

Lilian: What do you do in Spirit?

I am a Keeper of Books.

Di: A librarian?

I believe that's what I would be called, but these are special books, books of LIFE. And you may feel that is rather strange that they would need looking after.

Di: I think that's a wonderful job.

Lilian: We've been told about libraries...

Jan: ...and the Halls of Learning.

Yes, they are always very special places for people. Many people on Earth desire to know what is held within these books.

Jan: I'd say the 'Truth'.

The Truth, and you of course can access these books whenever you so desire.

Jan: I'm sure our founder, Leslie, has spent many times with those books in the Halls of Learning.

Yes, many people do.

Sara: So you can access anybody's life and you can access any scene in that life and discover the truth of that?

Yes, many things on Earth are not correct and have been written in a different way to what the truth is. So whatever your desires for knowledge are, they are available to you in the Halls of Learning. (Wonderful!)

Jan: That would be wonderful, because obviously some stories, some facts are muddled up with stories and myths, aren't they, as time passes on Earth?

Yes, not deliberately, but...

Jan: ...not at all—interpretation comes in.

Yes, misconstrued at times and other times to ‘embroider’, I would say.

Sara: And every incident in life, of course, involving several people, will contain many *perceptions*, and I suppose what’s valuable about those books is that you can see the perception of each person involved at the time.

Yes, you cannot change or alter what is the truth, (That’s right) so whatever knowledge you wish, you can obtain.

Lilian: So what would your job be, to tell people where a certain book is in the Hall of Learning?

I like to maintain the quality of the energy of the books; it is a wonderful thing to do, with the beautiful colours and energies which mix together to create these books of learning.

Jan: So you’re keeping them vibrant?

I am, and it also helps me to retain my own energy that I may continue with other things, if I so desire.

Paul: Because the books are ALIVE, I guess.

They are little words of wisdom. Have you ever seen words that dance before you?

Agreed

Yes, there is much of that, so it is a wonderful thing to do.

Sarah: How do you maintain them?

By maintaining the energy that the purity of energy needed is there in that particular place. It’s not something that I can compare it to on Earth, because it does not exist.

Sarah: No, only physical things exist...

No, so it would seem a little complicated, so I think the best way is to say, just to maintain beautiful energy.

Sarah: And your own energy you maintain, how do you maintain your own energy?

By being with these beautiful things.

Sarah: So it’s sort of a *give and take*; **(Yes)** you’re getting your energy from the books and in return they’re getting energy from you.

That is correct.

Sarah: Oh right, OK, that’s interesting.

I believe, you’ve been taught that balance is important, (Agreed) so it is in our world. So, when you look at a book on Earth, just imagine if you were in Spirit with that book, and you will feel some kind of Love, because words are full of Love.

Di: That is a really nice way of reading.

Paul: I suppose your books, they haven’t been written by an author, have they? They are...

There are people who are interested in seeing words within books; but not generally, there is no need for authors when it comes to the book of Life. The thought is immediate, yes...

Di: ...writes itself.

Yes. So you see, I have a wonderful life.

Agreed

But the dear lady has, how would you say, ‘outed me’? Is that correct?

(Referring to Lilian)

Lilian: I didn’t leave you quietly, did I?

Di: Well, we are very pleased that she did, and you’ve come to talk to us.

Paul: Is there any little bit of Earth history that you could share—something that in our books down here, we’ve totally got wrong?

That is not something I can do for you, but there are others who will engage with you, but it is not a general happening, we would rather you waited a little while.

Paul: Right, and find out for ourselves...

...completed your life, and then to find out.

Sarah: Are these books used during the life review that we would have when we pass over? Or is that later?

No, your life review is instant when you come, then when you have, as the lady said earlier, 'settled', you can seek out the knowledge from the books. But you can look at them now in your sleep-state when you come over to us.

Sarah: But we don't remember it, do we?

Yes, the lady knows, you cannot remember. Well, I feel I really must go.

Sarah: Could I just ask you, I have the feeling, you weren't a nun in a silent order, were you, when you were on Earth?

I had many lives, but not exactly a nun; I had desires at one stage, perhaps that is what you know, but I never went through with it.

Sarah: I probably got that one wrong, I just had a feeling that maybe you were...

No you were not wrong, I had the desire to become a nun, but it never materialised.

Sarah: You've got a very nice gentle voice.

But all of us do here—we are neither male or female at times, so...

Sarah: But some of you that come through, just have a nice, nice...

Di: Persona?

Sarah: Yes, you've got that.

Lilian: Peaceful...

Yes—it's a feeling you probably know of as Love of all things. Yes, and my voice probably sounds more female, because I am using a female voice, but the gender I have taken this time is for the person called William, who of course is male, but it doesn't matter what we are.

Sarah: I remember now that you said you were William—bad memory I've got.

Thank you, and I will say goodbye.