

13. Colours and auras

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‘Love is the most important thing, not only on your Earth, but in everything. You speak of 'God,' who or what is God, if it is not the universal power of Love? Love is indeed the most powerful thing that anyone can possess. It is that element of spirit that shines forth from each and every one of you to varying degrees. Love, Love is what you are about.’

Auras

The subject of ‘auras’ follows on from the statement made above. Do thoughts and the expression of love affect one’s aura? (4/7/94).

Les: Thank you, and would I be right then, in assuming that one's ability to emanate the power of *thought* and *love*, would affect the 'aura' which is seen around us as physical beings?

You would be correct. What you are, ‘shines’ out in your auras, as it does from every living thing.

Les: I'm glad you confirmed that, because I have told other people, that their own thoughts are projecting love, even if they are not aware of it. Provided they are aware of the importance of love, then automatically, they will be emanating those forces to others—

Yes. Yes, the aura that surrounds each and every one of you, tells you what you are. Those of you who can see the auras, and there are many of you on this earthly plane who can,

can see exactly who and what you are. It can be used in healing, it can be used for guidance, it can be used as a force for good. Do you understand?

Les: Yes, thank you. Any more questions please?

Sara: What do you think of the aura-photographing machines? Do you know them? I am aware of them—whatever brings knowledge to you, whatever inspiration we bring you, whatever use can be made of it, is important. In that respect it is a good thing.

Sara: Thank you.

How many energies are there in the human aura?

Popular belief is that there are seven energy centres in the human aura. Salumet disagrees! (4/7/94)

Sara: Are there seven energy centres in the body, which respond to different colours, the seven different colours?

Yes, I have heard this—there are many more centres in your physical body, but for ease of purpose, you have chosen to pick seven energy points. I can tell you, there are many, many, many more. But if it suits the purpose of your healing, then let it be, yes.

Sara: Thank you.

Your whole spirit being is one *energy*. Do you understand? So, to say, 'Are there seven energies?' That is not quite correct, but at the same time, it *is*, because I know what you are speaking of. But you must see yourself, as a whole, one whirl one *mass* of energy.

Salumet talks about the healing colour green

Salumet also gives a little advice about opening up 'slowly'! (23/1/95)

Andy: Last night I experienced something I haven't experienced for a long time and that is seeing colours, specifically a bright green colour. Can you tell me what that means and why me?

Why you my son? Why *not* you? Do you feel it was special for you? Let me say this to you: We have spoken a little of unfoldment, that is what is happening to you now. We have waited for you to place yourself in the position of being used; that you have done—you have accepted what has been given. Now let me tell you the colour of green that you are seeing, is a colour of healing. Most green is healing. You must be a little careful at this time, because in your development, you can begin to unfold, to open a little too quickly and what you must do is completely close yourself down. I hope this has been explained has it?

Andy: Yes it has, thank you.

What the green colour was in fact doing was almost cocooning you against yourself. You must take control at *all* times. But the green colour is a healing colour. It is *not* special to

you, but as you become more and more aware, then more colours you will begin to see. I suggest when you have these colours that you allow it to flow completely through every atom of your being. (Okay.) Does that help you?

Andy: Yes, thank you.

You have explained to the young man about opening himself?

Les: Yes, and the need to go slowly and to ask for protection.

Thank you—that is all that is needed.

A visitor discusses the colour blue

This colour is good for mental distress. (1/5/95)

Good evening.

Les: Good evening to you and a very warm welcome from us all.

Let me say each one here needs to concentrate upon the colour blue, do you understand?

Les: Yes.

If at any time the physical body feels weary, if that body is suffering as bodies do from distress, you comprehend me?

Les: Yes, we do indeed.

The colour blue can only be of great benefit.

Les: It's what we call the healing colour.

There are more than one.

Les: Yes quite. That is the one we usually think about when we are distressed and are as you say, in need of physical help.

Yes—you may think I am repeating only knowledge already given to you—

Les: No not in the least.

But it can slip the human mind, in times of distress. Mental distress also requires gentle envelopment with love and blue, you understand me?

Les: Yes, we do understand you and thank you for your information. I expect all of us neglect the concentration we should make upon colour and colours in times of physical need, but your reminder is very opportune, and we do thank you for it.

Sara: Is there any particular shade of blue?

Les: No just blue, it encompasses all shades.

Of course. The blue that you would concentrate on in the physical, would vary a great deal, compared to the spiritual colours of blue. This is only because none of you here, have yet to see spirit colour in all glory, you understand me?

Les: Yes, we can't imagine it, we can only think of our own dull colours.

Therefore, it is immaterial what shade you concentrate on, we would supply the colour in spirit.

A visitor gives much information about colour

A visitor gives a wonderful detailed teaching on the different colours by invitation of Salumet. We are reminded that colours give off energy which can be felt, and that our colours are never static but constantly changing, not least because of the influences that are around us. (26/6/95)

This week Salumet arranged a guest to speak on the subject of 'COLOUR'.

I have been asked to join you to speak about colour. I have been told that you have been given some information on colour already.

Les: Just very brief information.

Let me tell you this area is indeed a great one. I will try to enlighten you all a little more. Let us begin with what is colour as you would define it. Let me tell you colour is no more than the interaction of light with darkness. It is indeed an energy. This you are aware of I know.

Les: Yes, we are.

Yes, you speak much on your Earth plane of colours as if they were solidified items, which they are not. They are not static; how can energy be so? It is ever-moving, ever-changing. So, let us begin with the information I believe all of you could acknowledge. You speak of 'chakras,' you speak of 'auras,' all within this colour range, from the densest vibration of red to the very purest of light. Let me say this to you please:

I hear so often people speak on your colours. 'What are these so-called 'chakras,' within you?' You know that they are energy points within your human form.

Les: Yes, that's all we do understand of them.

I believe you have been informed that there are many, many within your body. Perhaps I can tell you that these main chakra points that you speak of, let us make an analogy if we may. They would be in the universe, in a galaxy, they would be the main planets, while all the other points of energy and colour, would be the smaller stars. For instance, in the galaxy of the Milky Way, shall we say. Can you understand? Les: Yes, that's a very good analogy—

So, when you have people who make 'readings,' I believe you call them, of the colours of your aura, who predict the state of being of bodies, they are being a little inaccurate. Because you see, there are so many influences, which create colour. Let us take one colour, which is familiar to you, the colour of red, which you all know to be a baser colour, one of the denser energies. These colours within you, are influenced by many factors. Not only the state of your health, your emotions, your circumstances, your surroundings, but also what you take in from the cosmos—this is the part little understood by most. So, let us continue. When you wake as beings in the morning, subconsciously you know what colour you are. Instinctively you know which colour within your being, is the most forthright. And let me say, your auras extend ONE colour more strongly than the others, each and every day of your lives. When people read your auras, your colours, they are mistaken in their understanding of the colours meaning one thing or another. Can you see?

Les: Yes, I do understand that. I've always suspected they're inaccurate, because am I right in believing as I do, that the aura is constantly changing in the density of its colours?

Yes, it cannot be static, it is ever-changing. It changes from minute to minute.

Les: So even as they are reading—

It is changing. And what they fail to understand, is the interaction between their own aura and the person who sits in front of them. You must understand, you can be influenced by a person in front, a person behind you. In fact, each and every one of you now, is being changed to a degree, by every other single person within the room.

Les: That is the reason I believe, for us physically feeling repulsed by some people and not understanding why. I've always said it's because the two auras are incompatible, and they are figuratively turning away from each other—they cannot combine.

It is—you cannot combine—it would depend I think on the awareness of the person; this very much comes into play. The baser the less knowledge a person has, the denser their colours. Let me say to you, each colour has such a range of degree of different hues and densities. Shall we take the colour blue? If you take the blue spectrum, there are dozens, dozens, dozens of different hues and colours, within that one basic colour. So, you see, the readers of your colours upon the Earth, cannot have it right. They are not accurate in their descriptions.

Les: So, one can only say that an aura is just a very, very general indication of a person.

Of course. I do not say this is wrong. Any development in knowledge can only be good, of course it must be. But it depends. Let me tell you also a little bit about colours may I, and how you accept colour within your lives. You SEE colour, but do any of you FEEL colour?

Les: We wouldn't use that expression—has anybody ever been aware consciously of actually feeling colour?

George: Well I would say I've tried to sense colour sometimes, in connection with other people's auras, which I cannot actually see as colour. There's a certain degree of sensing I feel.

Sara: Yes, I do too.

Let me tell you something of interest I feel you would like. When people look at auras, what they should do, they should be FEELING the colour. That is much more accurate.

Les: So, it would be a spiritual awareness of the values of the colour.

It is the feel. Colour gives off energy, which can be felt. You should be able to place colours under your feet and feel the differences. All of you should be able to do this. I can tell you that some of your ancient civilisations were aware of these facts and in fact I believe one of the Egyptian civilisations, your ancient civilisations, built temples upon these known facts.

Les: That's certainly interesting. Would you know which civilisation that was?

There was one known as Biroxiya (Byrocksyna?) An ancient civilisation of Egypt, very well 'informed,' shall I say, of colour. It is why people like all Red Indians, were so much more spiritually aware, not so much like the Egyptian culture, but because they lived by nature. That is why they could feel the energies of the Earth, the green, the blue of the sky, the yellow of the Sun. They were truly aware of colour.

Les: That's certainly very interesting. Something I never knew, and I don't think anybody else here will have done—not the reason for painting themselves—

It is why so many of you feel so much better when you go by the blueness of your seas, the blueness of the sky, the green of the Earth. You are subconsciously seeking the colours that you most need.

Les: We have been told on a previous occasion by Salumet I think, that we are not aware of the fact that our spiritual inclination dominates the physical selection of the colour of our clothing.

*You will instinctively go or communicate with people who have the colour of which you seek. Let me give you an example. If you are lacking in the **blue**, which is—how will I say to you, it is described to you as the 'forehead chakra,' can I say, (Often described in books as **indigo**) which means that it is the mind, it is the thinking, there is a lack of the blue colour. So, you will seek out the colour blue. Subconsciously you probably will not be aware of it, unless your awareness is raised to the degree of understanding. It is why, when people of base natures, crave for the lighter energies they will always seek out that which they most need, without any understanding of it.*

Les: I follow. So, they are not physically aware of the reasons.

They are not physically aware. There are very few people who tread your Earth now, who fully understand the meaning of colour.

Les: I can quite believe you on that.

You are always drawing from the cosmos. You take light from the Sun, you take energy from the moon, all of which have their own colours. Let me tell you the more spiritually aware you are, then the lighter colours you will seek, either in what you wear, in your surroundings, or within your own meditation. Let me say to you, there is no reason why all of you, consciously, consciously, should not be able to heal and balance yourself with colour.

Les: That's certainly a most interesting thing for us to begin to develop in ourselves.

I will tell you a little of my work within the spirit realms, may I?

Les: Please do.

I work within areas of colour, where we take those who are spiritually unwell. The colours within these rooms, these temples I prefer to call them, change each moment. As a person enters, then the whole vibration and colour changes. My task is to keep the balance, to change those ever-changing colours, to be balanced and to be loving and to be useful for the work in hand. Can you understand me?

Les: Yes, so am I right in saying that the colours, the energy within those colours, are aware of the requirements of the people who enter the temple?

Yes, you would be correct. The higher the vibration, the colour, the more translucent it becomes. The more translucent it becomes, the more aware it becomes of other energies.

Les: I see, so it needs no assistance to determine what is required by that person, who is spiritually in need of attention?

That is it. This is a very little-known fact amongst you.

Les: I certainly didn't know that.

We speak of great things, when we speak of energy, especially energy where colour is almost translucent, because you see, we are beginning to reach, to search, to seek for that very highest realm.

Les: So, in our own language, the only way we could express this to each other, would be to say it would seem, and I emphasise 'seem,' that energy has the power of thought and distinction?

Thought is energy. Thought is positive energy. That is why I have to say to you, many of you become ill. Negative thoughts, which are the darker denser colours, as I have said, will only attract MORE negative thoughts, which in turn, creates more denser, denser colour. So, you would then need to seek out the lighter colours, the lighter energies, to transmute that. You understand?

Les: Yes, and I think it was Salumet who suggested we could benefit ourselves, by spending a short time, each of our days, in a blue light.

Blue is very good. Indigo is the colour they give you for the forehead, the top of the head. So, it is a higher colour. That is why he would have suggested to you, to bathe yourselves within. But I would say to you, think too of PURE WHITE LIGHT. If you are thinking from the top of your being, you must go for the higher colours. You see, let me say to you, all the colours within your being, can interact with each other and have an effect upon each part of your body.

Les: I see, so by thinking of the pure white light, we are in effect attracting all the colours, which can be of benefit to us.

Within the PURE WHITE LIGHT, is all the spectrum of the colours.

Les: So, you would advise I suspect then, that when we meditate, we should concentrate on a pure white light.

Yes, but more than that, you must see yourself as the focus of all energy. Do not focus only on those you know as chakras, because I tell you, you are one mass of energy. You understand?

Les: Yes, I do. I have never accepted the need to develop in the knowledge of those (chakras). In any case, it all seemed unnecessary, because our very existence is composed of so many variants, that we can't possibly understand them all.

Of course—would you like to question me on anything I have said?

Les: I expect there will be questions? (*Les went around the group, giving everyone the opportunity to put a question to our guest*)

Lilian: Would it account for people in this earthly life, wearing black at funerals, because they're feeling black?

Let me say to you, you will wear black, because the thoughts you are extending are negative ones. I know you feel they are usually thoughts of love and thinking and feeling, but indeed they are negative thoughts.

Lilian: That was one instance, if we go to weddings, the colours again are gay.

Because of the happiness, the positive thinking, the positive thought and it will attract all those positive energies around you.

Les: That's why the Chinese wear white at funerals. They are aware of the difference.

Can I speak a little on the colour of black? I would assume most of you think black is the most negative of colours. In fact, I would say to you grey is the colour to avoid if possible.

Les: Grey?

Yes, because it is neither black nor white, it is in an area of confusion. So, you see, it would be better to wear black, because grey is a colour of depression, confusion and so many other things.

Les: That's certainly worth knowing, thank you.

I say to you all, wear the colour that comes naturally to you, because it means you are lacking in that. You need these colours, all of them, the base colours, the lighter colours, to keep that balance within your bodies. There is nothing wrong with wearing black, grey, brown, whatever, if it is needed to balance you. Can you understand this? (Affirmed)

When I speak of the baser colours, I don't wish to impose upon you, that these colours are wrong. What you must seek for, is the balance within your physical beings.

Debbie: I find it interesting that my house is decorated in blues, yellows and greens, all-natural shades.

Let me speak upon **yellow**, the **greens** and the **blues**. The **yellow** denotes activity. You have an active mind, do you not? (Yes) That is why you are attracted to **yellow**. It is the balance you need. The **green** is the love of the heart. Any depletion in any of these colour areas, need to be rectified. So, you need the combination of all these three colours. It is the need within you, you see. (Thank you.)

George: It occurs to me, we have a saying where people are concerned, that opposites attract. Perhaps this would relate well to aura colour?

It relates not to the colour, but to the emotions. Does that help? It seems rather a curt reply, but it really is not connected with the colours. It is another need that has to be fulfilled. (Thank you.)

Margaret: Well I'm wearing black, but I haven't been to a funeral today, so I must be feeling sad, but I'm not—(smiling) The other thing is, I've recently had my kitchen done in white and blue and I find I'm so happy in there, I could work in there all day.

Exactly, well you have chosen the colours that are needed for yourself. And this is what you must all try to do. To keep yourselves balanced, you must be aware of the colours that are needed within you to keep balanced. But I will say to you all, to be perfectly balanced whilst upon this Earth plane is indeed a difficult task. (Chuckles/affirmed!) All—because you see, if you were all so well balanced, your lives would continue, continue. There would be no illness, no depressions, no broken hearts. Can you see? It is difficult while you are here and unaware of what you have within your grasps.

Sara: So what you're saying is we are meant to have these experiences anyway. They're part of life.

Part of life is to go towards the Light. That is what all of you, whether you know of it or not, you are striving for awareness, for greater love, for knowledge. That is what your life is about.

Sara: I like lilac and pink very much and white and blue.

Pink is the colour of childhood. It is another colour, where there are so many misconceptions. We hear so often people say it is the colour of friendship, of loving people. Let me tell you pink belongs to childhood days, of happiness, of freedom, of unconditional love. So, if you are partial to the pink colour, you seek still somewhere the need for that childhood love, that probably long has gone.

Sara: Ah—(Giggles)

You understand?

Sara: Yes I do. The lilac, is that—

The lilac is a much-loved colour, depending on the shades, as I have said. When you say 'lilac,' do you mean the lighter, the darker, somewhere between?

Sara: The lighter.

Well that is the colour going towards your spirituality, your growth, your awareness.

Sara: Would you say it is good for me to use these two colours? I like them very much.

You must use the colours that you feel are good for you. I cannot tell you what you need. I could, but the awareness should come from you. You see?

Sara: Yes I understand. Thank you.

Sometimes you are out of balance in the forehead area. You tend to suffer from colds, from headaches, do you not?

Sara: Colds, yes.

Yes, yes. You need to balance yourself more. That energy is depleted too often. I suggest you use your **blue range of colours more to help yourself.** (Thank you.)

Mark: Can you tell me if the photographs taken of auras, are accurate representations of the colour taken at that time?

It would depend how far the person is from the one who is being photographed. I have said, people standing close have interactions on your aura, so unless you have very high awareness, and know how to feel, rather than see auras, then there are inaccuracies.

Mark: So, there isn't very much, I mean you couldn't say for example, say this is a dense colour in a photograph, and say this is actually a dense—

It would be better to be with someone of awareness, who can see and fully understands the nature of the colours and sees them for what they are—not this static colour range, but that so many things can change. And you are changing every minute. As each of you sits in this room, all of your colours are changing. Your thoughts each moment are changing, are having that interaction with your auras and within your bodies. Can you understand, am I making sense to you?

(Enthusiastic agreement)

Les: There are 8 of us here. How do you see us, as human bodies, or as colours?

Oh, my friend, no! (Gently amused) I do not see you as human bodies. I am seeing you by your lights and let me tell you, that is why I was chosen to come, because the blend of your colours suited what I was going to say to you. We have the awareness of how the words I would say to you, would have an effect upon you. No, I do not see you as bodies. And let me say whilst we sit here, I thank you for the colours you are exuding out to me, because I feel the **green colour strongly from all of you, the love within your hearts. And to me, this is so good to see. Does that help you?**

(Emphatic agreement)

Les: I thought you must see us as colours.

Yes always. That is why as you asked earlier, that is why you tend to back away from other people, if their colours are negative and yours are positive, then there is a clash and you cannot go too closely together.

Les: Well I'm very pleased that you do feel our love for you.

I hope I have made myself clear to you. I hope the voice has been clear. It has been wonderful for me to return to speak to you all. I cannot tell you how deeply honoured—it has caused me great joy, great joy. I cannot express it more than that. And I will say to you all, if one day I am allowed to come back to you, I hope I can bring you more information. It is indeed a vast topic and one as I have said, so misinterpreted within your world.

Les: You have certainly clarified a tremendous amount for us tonight. There has been a great deal of misconception about colours, but I personally have not had the knowledge to correct a lot of those misconceptions. But you have done it for me. **(Good.)** And we do appreciate you having been here.

I hope I have given you all something to think upon and I will leave you now. I don't know if your evening is ended, but may I say to you, may the colours you draw from the cosmos, be those of light and love.

(Thanks expressed)

Les: And your voice has been recorded and everything you've said will be sent to other people, to give them comfort and knowledge.

If it brings comfort and knowledge, then indeed my task has been worthwhile.

(Thanks expressed)

Auras which are spiritual light constantly change

Salumet is asked about specific auras, but then extends the teaching into our constantly changing auras and spiritual light. (23/10/00)

Sara: Could I ask a question about auras? **(Yes.)** It is about the main colours in Graham's (*Sara's husband*) and my own auras. I have never been told in this group and I would be interested if you don't mind.

I will listen to your question, yes.

Sara: It is really just to ask what are the main colours of our auras?

I have spoken about auras before and you do not have static colour within the aura. You have to understand that aura changes. It is but a light that reflects many aspects of your being. It contains your spiritual growth, it contains your medical health, it contains your emotional state; therefore, there can be no true colours which remain at all times. This again has to be understood by people who deal with the aura. It is a reflection of the spiritual being at any one given time.

Sara: Because there are lots of books written by people who say that there are one or two major life colours **(Yes.)** and I was a little unsure about that.

Yes. The only life colour which would be given I suppose, would be that of spiritual growth, but again, being human beings, being subject to emotional changes, will alter those colours. So be careful with those who give you readings, unless they fully understand the true and real nature of the aura. Is that helpful to you?

Sara: Yes, that is very helpful, thank you. So, we can be any colour?

It changes from moment to moment. It would apply only to the time of what you call the reading. It is not a lifetime of colour. I would suggest perhaps that they are helpful in as much as they can show any problem areas within your living and it would perhaps give you the opportunity to grow from that.

Graham: Could I ask a question about auras? I don't really understand the nature of the light associated with an aura. Is it a physical light or is it some other type of light?

It is a spiritual light, but it can be seen usually by spiritual consciousness. All physical things have an aura, all living things, but it is spiritual light which is seen.

Graham: There was a photograph taken when we went to a reading once, and that was very interesting, but again I wondered how that would work, because I guessed that it might be spiritual light, and how a camera would take a photograph that is spiritual. Is this possible?

Of course, yes. Physical *can* capture the spiritual light. It has happened many times with cameras, where spiritual beings are seen. Remember all things are energy and perhaps then the understanding is made a little easier for you—but the light is spiritual.

(Thank you.)

Colour healing

Each healing thought we send out to others comes with a colour vibration. He advises when we ask for help, to give those healing thoughts with pure love and to leave behind the emotions. (23/7/01)

Good evening. (*general welcomes*)

This time my dear friends I will take the opportunity to speak with you about the many thoughts that pass into our world. Each thought sent to us is never lost as you all well know, but what I feel you are unaware of, is the colour vibrations of thought. I feel my dear friends that each healing thought that is sent to us, comes from a colour vibration. Is anyone aware of this or not? (*general 'no's*) **You know that thought is but energy and that there is a range of intensity of thought—I know you are aware of this, but what you fail to recognise is that the colour energy reaches us before even your spoken word. All too often those in our world will hear from you, 'why are my prayers—which after all are thought—why are they not answered?' We have discussed briefly my dear friends, about the power of thought and the intensity of thought. Some of you will recognise that in colour thought, there is much disparity of thinking. But what I would say to you my dear friends is this: that every colour that you are aware of on this plane, each colour holds all other colours within its range. This is not widely understood, but you know that light is pure energy and that as your so-called colours deepen, then that density increases. It is but vibration as you understand it, and so is colour in the same *range* of thoughts. Am I making sense to you my dear friends, because if I am not, please stop me and we will discuss it, until your understanding is greater.**

George: Yes, I think you are telling us that our physical colours with which we are familiar, have different wavelengths. I believe you are making a case for thought being on very similar lines to the physical colours, which we understand better.

Yes, the intensity of thought will bring the lighter colours to us. Do you understand this? This is what I am trying to teach you. That is *why* some people will say, 'my prayers are answered.' It is because the intensity of the thought travels on the lighter colour vibration. Do you understand? (*affirmations*)

Sarah: No, I don't quite understand. Why should they think that their prayers have been answered, just because it is on the lighter.....

It is the intensity of the thought, the *love* of the thought, the *power* of the thought.

Mark: Would it mean that their connection has been made and therefore their communication, **(Yes.)** rather than necessarily knowing the outcome. **(Yes.)**

Lilian: I think you once said that with our thoughts, when we hear of a disaster and our thoughts are really very sorry that this has happened, this is our most powerful prayer.

I believe I have told you that one of the most powerful prayers, or thought, or vibration—call it what you will— is the pure love of a mother for her child. That is the closest you will get to the most powerful thought, because it is LOVE, Love in its purest sense, which creates that stronger thought vibration. Do you understand this? (*affirmations*) **So many people send out thoughts to our world, very often for their own needs; where do you suppose my dear friends that would be placed in the colour vibration of thought?**

Sarah: Fairly low.

Yes. It is difficult to speak on the scale of higher and lower. We have had this problem before, in explanation, but it is the only way I can bring it to you for your understanding. Let me take an example for you. Let us take the people on your Earth plane who are

instruments of healing from our world. Sometimes they become aware of many variations of healing colour, but these colours come from our world and not from the physical. They are therefore much lighter in vibration, they are stronger, and they are different from colours in your own world. We have heard you say, *'why is it necessary for colour at all?'* Colour is part of *existence*, colour fills your earthly life as it does in our world. It is but a vibration, which shows itself in beautiful *colour*—that is all. Colour in your world is limited, but I do feel that human beings benefit so much from the beautiful colours in your world. (*affirmations*) That is why it is important that colour be used correctly by mankind. What is better for the peace of mind of mankind, but to see the beauty of nature's own colours. But they are all of the same energy, they are all part of the same. So, what I wish to say to you my dear friends, about your healing thoughts, is that to give those healing thoughts with pure Love, to leave behind the emotions and to ask only that help be given to those in need; then it will be. Would you like to ask any questions please?

Sarah: Two things you said Salumet. You said that the colours of nature were all of the same vibration, did you say? (**Energy.**) Energy—so if you get a pale flower or a very dark flower, that's no reflection on the intensity of the energy, or is it?

It can be, it can be. The most beautiful of your earthly flowers I can tell you energy-wise, are those which you would call white flowers, because they are as close to pure energy as you will find. But that is not to say that the denser colours do not have their use upon your Earth. All things are here for a purpose and of course the Nature Spirits of your world, who come to tend your Nature upon this planet, use these colours wisely.

Sarah: Do the Nature Spirits—if there is a dark flower or a light flower, would they *choose* which colour they were going to look after, because they need that colour to look after? How does it work?

There is a hierarchy amongst the Nature Spirits and there will be some form to *tend* to all colours within the flower colour spectrum. It is not as simple to explain as you may imagine, but in the most beautiful of your earthly gardens, you will find that the colours which are put together—and it is influenced by the Nature Spirits—to those who form your earthly gardens, they put together the colours of the flowers, which produce the most beauty for that part of the garden. Do you understand? (*pause*) No. We are speaking about something which is difficult, I know, but I feel for now, what you need to know and to understand, is that (*within*) the variations of colours within your planet, there is a need for *all*; but they belong to the same energy, but they have different vibrations—that is all, that is the only difference.

Sarah: What was this that you said, that each of our colours contains *all* other colours?

All, yes—all aspects of all colours within the one colour. This is little known and understood, but I will tell it to you now, in order for your understanding of later discussion.

George: In relation to flowers, I suspect that Dr Bach and his flower remedies, I suspect that Dr Bach was sensitive to some of this healing information?

Of course, otherwise he would not have been so successful, if he had not heeded that inspired thought. All of these people within your world who do good, are inspired from our world and he was quick to recognise the information given to him.

George: Yes, I think that connection will help in some way to cement our understanding to this.

Yes, yes, I know it is not always easy to accept what I say to you, but my purpose is not to *convince* you, but to make you think, to get you to think *spiritually*, not with the earthly

brain. I want your *spiritual* being to become aware of all of these things and to understand to a greater degree, what it is I try to tell you. If that is achieved, then I am happy for you.

George: Yes we gladly accept this. (Thank you.)

Lilian: So, would I be right in saying that from white, the other colours come?

Yes, you will see within the purity of white all other colours.

Lilian: It just struck me as strange, that not with flowers but an emblem, we have a white dove for peace, which I think is pretty much all over our planet. But it is a *white* dove.

Yes, white is purity. Mankind recognises white as purity and it is the finest of energy.

George: I think that part of our confusion is that thinking physically, we tend to think of a red colour, say, as something looking red, because all other colours are absorbed, and it is only the reflected colour.

That is correct.

George: But thinking not at that level, thinking spiritually, I think you are informing us that the nature of colour is rather more complex than that.

Yes, to have the density, let us take your example. If we have the density of what you call the *red* colour, how does it succeed in creating the density, if there is not within it the other colours, to lead up to the density? Perhaps you can focus your thinking that way for your understanding.

Sarah: And yet you said with white that it contains all colours and...

Let us perhaps move from the flowers and let me again use for you, what you call the diamond, which is clear in your world to look at, but if you look within, there you have the range of all colours. Think of these things with individual colours, think of each colour as a diamond that contains all other colours within it. Do you see what I am beginning to tell you? Is there a little understanding?

Sarah: Yes, I understand that. It is just that you said how could the darker colours be dark, if they hadn't absorbed all the other colours. I was just slightly confused, because the white had all the other colours in it, as well and yet it was white.

But that is the quicker vibration. White contains the many aspects of all colours, but it is vibrating at a higher rate. You have to think of colour as vibration—that is all. As you are, you are just one mass of vibration my dear friends, but yet each of you is different, but still the same. It is difficult I know, but think about it please. It is just another step forward in your understanding of Spirit.

Sarah: May I just ask one more thing? My mother sees the days of the week in colour. Does that have any connection with her Spirit seeing colours, or is that just a strange phenomenon?

That is just her own spirituality and the way that she focuses on earthly things, it is nothing more than that. It is probably easier for her to remember in colour. Are there any more questions please on this?

Lilian: Going back to the absent healing when we sit and think of healing for a certain person. We basically need to think of love towards them, that would help?

If there is no *Love* given, if it is just a name and an ask for help without that deep feeling of *Love* to help, then the thought does not go so far, that is all. But all thoughts are taken for healing.

Lilian: Basically, to feel love for all our fellow brothers and sisters.

There should be unconditional love for all your fellow men, of course. That is why the mother's love for a child is so great, because it is *unconditional*. If only mankind could feel that kind of love for his fellow man, then this planet would be a much, much better place.

Lilian: Have you any questions on your healing Sara?

This lady is doing well as she works at the moment. In fact, I can say to this lady, that soon—and I do not mean ‘soon’ in your time of thinking, but soon there will come to this lady much inspired thought about colour. I believe she already feels some kind of affinity with certain colours, when she works with them. Is that not so?

Sara: Yes, I am beginning to have more sensitivity for colour with healing.

Yes, you will be helped. (Thank you.)

So, my dear friends I think I will leave you this time, I will leave you to think about what I have told you. (general thanks) Yes, try to see what colour your thoughts are.

DNA and the Aura

George raises the subject of DNA. What follows is an excerpt from that teaching on DNA and our auras, which gives a much broader picture of our energy extending out into the galaxy and universe. The content has been slightly changed and abridged for ease of reading.

(30/7/07)

George: You have spoken with us Salumet concerning DNA. A group who call themselves: The Pleiadeans have been channelled details of DNA, confirming that DNA-modification is a very important happening and it gave further details which I would like to put before you. There seems to be an upgrading in progress from double-helix to twelve, which seems rather a big jump, but the details go on to indicate that there's connection to twelve main chakras. We are aware of seven *main* chakras, and there is talk of a further five which are above and beyond the physical body and connecting to solar system, the galaxy and further out into the universe. I was wondering if you would care to comment on those further details regarding DNA?

Yes, I understand your question. I understand the slight puzzlement that you felt on reading this information. I have spoken to you briefly about DNA. We are not surprised by the connection and the information being given by this other group, because after all, why should we be the only group receiving information from, as you say, ‘farther galaxies’—that would not make sense I feel. Therefore, let us verify that information is coming to these people. DNA is a subject which is ever-growing. Mankind is ever-growing in his knowledge of what is round and about him—about the structure of the human being. I will confirm to you now, that although many speak of seven chakras, or ‘energy points’ as I would rather call them, I have told you in previous times that there are many, many more, but just not known about at that time. Therefore, do not be surprised by this information, because you see my dear friends, that the human form is just one mass of energy. Therefore, common sense would tell you, that to have only seven points within that mass of energy would seem rather futile. You would agree?

George: Yes I would and I do recall that you also said that what is happening on the Earth at this present time would reach out and connect with or be an influence throughout the galaxy and the universe (**yes**), and it just struck me that this seemed to be part of that mechanism.

Of course, when you speak of the expansion of the helix, reaching out to other galaxies that is the energy connection, which is needed for mankind to connect further and further. You understand?

George: Yes, I do...

And although you have mentioned a number of twelve, I will confirm for you now, that there are many more, but not known of at this present time.

There is clearly much more to be discovered about auras or energy centres of the body.

Silver and gold colours

Sara asked about these specific metallic colours. (16/11/09)

Sara: Could I just ask you to remind me of the spiritual meaning of the colour silver?

Silver—firstly, let me say to you that colours in your world are influenced by the person seeing them. That is the first thing I wish to say. The more spiritual or sensitive you are, you will have different feeling or vibration for that colour. Silver is not too far from white, which is the purest energy you might have. Is there a reason for your question?

Sara: My friend who I work with, asked me today, because she's lately been very drawn to silver and metallic gold metallic shades, and she asked me if I knew the meaning and I'd forgotten it, so I thought I could ask you.

Yes, metallic colour is nothing but fragments of light on a baser shade. I would say the silver colour, if it is of metallic influence, is one which is good and can be used for soothing the mind. The dull shade of silver is rather too close to the colour of grey, which is a non-colour. But, because she is experiencing the 'metallic', as you call it, I prefer to say that it is imbued with fragments of spiritual light—they are good colours to use.

Sara: I gave her a silver costume today to wear for dance performing **(yes)**, and she was very pleased and we both want to wear gold as well.

And of course, gold is a colour of richness and both those metallic colours are good colours to use for many things. I would not limit those two, to one specific thing.

Sara: Thank you, she'll read the transcript now, thank you for that.

Knowledge is trapped within the genes of our cells

This point was raised when Graham asks about 'instinct'. (4/9/17)

Graham: I was going to ask you a follow up question, because I think it was Sarah, a few months ago, who mentioned somebody who had a bash on the head and they were suddenly able to play the piano when they hadn't been able to before. You said that it was recorded in the DNA from many lifetimes earlier, **(yes)** and I just wonder if this was really how instinct comes in, that we often talk perhaps rather glibly about, you know, *'that's instinct'*, how a baby knows how to suckle, how animals know how to find their way across a

continent and things. I was just wondering if all of this again, is written into their DNA from perhaps many lifetimes earlier?

All genes have knowledge, (yes) I believe I said, yes, of course you can never destroy energy and memory from Spirit is energy; you can forget with the brain, the physical brain, but you can never destroy or forget that which is part of Spirit. So yes, there is always knowledge available within you as human beings, but that energy exists in a wider sense throughout all of the universal energies. Again, you go to deep matters, where one answer would not be enough. (yes) You understand?

Graham: Yes, so one way that this energy can be expressed is recorded in the genes, but that's just one way.

Yes, and once you come to human form that information can be tapped into, (yes) of course.

Sara: And that's where we have memory from perhaps other lives too—there may be some memory of something we've done before that could be developed.

Yes, of course, yes, you are all capable of many things, but if the physical brain does not seek and search, it will never know.

Sarah: There's a girl recently who started playing the piano and she started composing when she was around about 3. I think she's 12 now and she's giving concerts and has written operas and all sorts, (yes) and that's obviously also from what's happened before?

Yes, of course, you all have retained memory from past times, whether you understand or accept it, it is *there*, it can never be destroyed.

Sarah: So, if you've done bad things in a previous life, (yes) or things you know you shouldn't have done, could you start doing them again in this life, if you felt that's what you needed to do?

That is possible, that is possible, it would depend whether the Spirit was ready to change or not; and yes, that has happened, where people have returned and carry some of what you consider to be unhealthy ways of living.

[More on colour](#)

Serena asks about colour which extends to include sounds and spiritual happenings that we are beginning to recognise. (10/6/19)

Serena: Is there anything else you could tell us about colour? We've had a couple of meditations and things on colour and is there anything else you could relay?

In what aspect to the colours? Colour is just energies that have... if we talk about block colour, one colour that is easy to visualise. Visualisation and meditation will bring you all the colours that are available, but what I will say about colours is that when you return Home to Spirit, the colours are so much more beautiful, there will be colours that you are not aware of on the Earth plane. And all of these colours have some significance with the energy of your bodies; and I am sure and I have heard you discuss what each colour does. So there really is no new information on colour, only that if you wish to explore it further, then please do meditate when you can, and the colours will naturally be drawn to you, the colours that are needed, if you are using them for healing or whatever. You should be able to blend with *all* colours, you understand?

Di: I was just looking at all the trees when I was in the park earlier, Salumet, all the different shades of green, **(Yes)** thinking how amazing they look, so to think that there is more beautiful colours in Spirit than that, because it is so beautiful.

It is, and have you wondered why there is so much greenery on your planet?

Di: Because it's a healing colour.

It is a healing colour. So therefore the more you can absorb, and that is what you do, my dear friends, when you step outside and you see a beautiful tree full of greenery, then you can take it within yourselves, you can breathe in the energy. So, there is much to say about colours on the Earth and it is wise that, as I know you do, think about these things.

Sarah: There was one that came through last week Salumet, through me, who said that our bond in our group, the joining colour was yellow, is that correct?

Yes, I would say yellow was used mainly as friendship, it is a colour of friendship, yes. So that is why you would have the bond within the group.

Sarah: Ah yes, thank you.

And do you realise, and I know I have spoken of this quite some time ago that each day, my dear friends, you chose colours which resonate with your Spirit. So, if you wear lots of green colours and blue is another healing colour, you are taking in those energies automatically, without even the thought of them.

Paul: It's no coincidence I don't think, that as the planet's evolving, I think men's clothing has changed a bit in my lifetime. For a while it was all greys and blacks and dark blues, **(Yes)** but now, men are beginning to wear bright pinks and more colour/brighter colours.

Yes, that is true. Make yourselves more colourful, yes. It's the same if you...

Sarah: ...it's just been a phase in the UK, because if you look back into the 1700's, the men wore quite flamboyant clothes.

Paul: Oh yes, that's true actually.

Colour has always existed on your planet, so it is not too amazing to see that women and men both choose colours that their energy pulls to them. Yes, I hope... but you will never see brighter colours than what you will see when you return *home to Spirit*; the beauty is wonderful and even the water, the waterfalls in our world are just full of colour, healing colour, yes.

Sabine: Something to look forward to.

Sara: And I expect the same goes for sound. I should imagine the sounds are very much more beautiful?

Everything is more beautiful, because the energy is spiritual energy and not physical human energy; so the eyes that see here are very dim to what they will be when you return *home*.

Sabine: When the weather permits, we go and meditate outside, **(Yes)** and there is this one bird, and I only hear it when I go deeper in meditation, and I try to keep a mental note to try to look after that bird afterwards—I never hear it any other time than that one.

No, because it is one of your *helpers*. (Right.) It is a bird helper, who has transmuted from a helper in Spirit; so the bird will always be with you in deep meditation. Do not try too hard to find what it is all about; accept it, and my dear friend, you will grow and grow and grow, because you are having *angelic help*.

Sabine: Oh thank you, yeah. Like the other day as well, Paul was up a very tall tree and getting to a place where it was getting a bit uncomfortable, I could feel it, but then suddenly, all the birds around started to gather around him, above his head and turned around in circle, **(Yes)** all the way until he stepped down a couple of steps and where he felt secure and they all dashed away, just like... **(Yes)** It was amazing, really amazing.

Yes, and it is very apt that you are beginning to recognise all of these happenings, because you *are Spirit* my dear friends, and I can see you evolving, the more that we talk, the more that we

meet in this group, because I know you are passing on spiritual knowledge, which can only grow in others. But you are all well protected if you so desire, but you have to have the desire to experience these many things.