

# 91. Visitors with information

## Contents

Charles Dickens .....	3
Sister Anna .....	5
Brother Copernicus .....	9
Trying to explain phenomena using physical understanding, rather than spiritual understanding, is not always possible .....	12
White feather.....	16
Sister Veronica .....	18
High Waterfall .....	21
Sister Superior Veronica Madeleine or just Sister Maggie .....	22
Moon Feather .....	26
A lighthouse keeper .....	27
White Eagle and Silver Birch .....	29
A silent order of nuns.....	32
Emma Hardinge Britten .....	34
Communications from the pre-Incan and Incan times .....	50
An ex police officer called Harry .....	57
Grey Eagle .....	58
A circus traveller .....	59
Changing times.....	60
Rudolph Steiner .....	62
A visitor who had endured a hard life in the country comes to speak.....	71
Confront those faults to avoid regrets.....	74
Sister Agnes.....	79
A visitor from Egyptian or South American times.....	81
An evening with Olive, Ray and Trish.....	84
Trainee spirit doctor.....	89
Sister Wendy .....	93
An austere monastery in Cyprus.....	96
Why is it that so many find it hard to feel the love that is around us? .....	97
Spirit world – life in it by a visitor .....	98
A visitor from old London Town .....	101
Simon .....	105
A street urchin called Harry Boy .....	111
Anabel .....	114

You cannot change the past, but you can change the future.....	118
A visitor who works with animals in spirit world.....	120
Mary: A Victorian lady of the night.....	125
A gardener when King George was on the thrown.....	129
Arfer Goodfellow .....	132
Rosamund .....	135
Nahashi Wa .....	140
Dennis .....	141
Thomas A Becket: Not the famous one!.....	144
Independent thinking is good .....	147
Alison.....	148
A beautiful loving soul from a closed order.....	149
Importance of being loving and positive .....	151
A visitor shares the ambition to become an Angel on Earth .....	153
A group of spirit visitors join our evening.....	155
Bob the Thatcher .....	161
Betty.....	163
Sister of Mercy .....	164
Olive .....	165
A Victorian visitor describes life in utter destitution .....	168
Mary.....	173
William .....	175
Sister Anna .....	178
Jeffrey.....	181
Isobel.....	182
Georgiana.....	185
Crystal .....	186
Malcolm .....	187
Why give a name when you feel part of all things?.....	189
William was a money collector in 1543 .....	192
Andrel.....	195

The group has had many visitors over the years with information that is of interest to mankind. They are presented in date order. When a visitor comes more than once, the scripts are kept in date order under their respective name. Not all visitors to the group are presented, as preference has been given to those with the most historical interest, spiritual interest or being notable for another reason. Some visitors tend to give very similar messages, so these have been limited to reduce the length of the file. Most visits have been recorded in the transcript files within Salumet and Friends.

## Charles Dickens

Salumet returns after this communication to give a little background information. (27/2/95)

**Thank you for your welcome.**

Les: We are glad to have you.

**I have never done this before.**

Les: You haven't? Well congratulations. Many people try and are not able to say one word. But you're doing quite well and the more words you speak, the easier it becomes you'll find.

**Words used to be the purpose of my life.**

Les: Did they—in what connection? Were you a Teacher, an Orator?

**I wrote.**

Les: An author, were you?

**My name is familiar to you.**

Les: Would you care to tell it to us? You don't have to, but we would be interested to know, if you are allowed to tell.

**My name, the name you would recognise, is 'Dickens.'**

Les: Really! Oh this is very, very nice indeed! And how do you like now, being able to write after mental communication and not having to bother with the verbal speech?

You must find it a great advantage?

**Charles: I have used that communication and find it so very beneficial.**

Les: I'm sure you would.

**Charles: When I was alive, I used to read my work out loud. To now read, no not read—to allow myself—no I am sorry, the words do not come.**

Les: No, I think I know what you are trying to say. That though the mental communication is beneficial in many ways, you are able to form plots for the plays you still write, which you do I know, you still are aware for the need of the physical impact of the words. Is that right?

**Charles: Yes. My life was spent speaking and writing. Now the thought process means I have a wider audience. But the work that comes from me now, has a greater purpose, which is why the audience is so much greater, than on this plane.**

Les: Of course it would be, because your thoughts can reach so many, many more, than the written word could, or the spoken word on the stage.

**Charles: My works here, I believed contained a message for people that were able to read between the lines.**

Les: Yes, it had to be didn't it, otherwise you would have been in serious trouble, quite often.

**Charles: Part of my work provided a balance—(?—tape very faint) I understand that now.**

Les: Yes, and do you still write on the same subjects?

**Charles: No. My works, I believe are still widely read, on this plane. Therefore the work I try to do in spirit, has a different meaning.**

Les: Yes of course. And you were aware largely, of the continuity of life you now enjoy, when you were upon this Earth, weren't you? It was a very real thing to you.

**Charles: In part yes. But even now the learning process is very slow.**

Les: Yes of course. We all find that. And have you met any of the major characters about whom you wrote?

**Charles: My writings contained many characters which existed only in my head.**

Les: I see. Not based on any physical person?

**Charles: Some. But if I have met them in spirit, then they have not been able to tell me.**

Les: You must be grateful now, with your new knowledge, of what you did do when you were on this Earth and the information and pleasure you gave to all those who could read and relay your words. I know there were many still illiterate in your day, but those who could benefit, did benefit I'm sure.

**Charles: I am humbled in the knowledge that my writings are still read and understood.**

Les: Oh they are still read. They will never die.

**Charles: They are just mere scratches, compared to the works I am privileged to see now.**

Les: Good. It must be very gratifying for you?

**Charles: And in the mental processes which enable me to influence in a small way, in part of this work. I am truly grateful for it.**

Les: As are we, in all we learn. Do you try to influence potential writers here?

**Charles: A part of me is with someone, who is writing on your plane, at this time. I find it difficult to explain. I am no longer one whole person. Do you understand?**

Les: Yes I do. We have had some speech on that very matter, from our friend Salumet.

**Charles: Yes, it is through the one you know, that I have been summoned here with you. If I say to you that on your Earth, when someone shows rare abilities in writing, music, artistry, then part of their spirit is guided by part of another. And so it will continue as time goes on.**

Les: Good. And I'm very pleased to hear, because the influence from your plane, on the writers on this one, can only do good. And the world certainly needs a lot of better treatment. Well, thank you very much for having come here and telling us who you are, we do appreciate it.

**Charles: I am more privileged to be here and you all to receive me. Thank you for your time.**

Les: Thank you for having taken the trouble to come to us. It is a rare pleasure to have you.

**Charles: I am privileged to have spoken—I leave now, thank you—**

Les: Thank you. Perhaps you'd like to come again and talk to us. We'd always be interested, if you did wish to.

**Charles: I believe I am to return to read to you, some of the works I am involved in—**

Les: Yes, well thank you very much. Our love goes with you. God bless you.

Salumet then returned briefly, after a short pause:

**Is it not good that so many wish to use others, for the betterment of all?**

Les: It certainly is good. It's been really remarkable this evening. And we do appreciate it and thank them, all of them.

**I want to say it warms me greatly, that the last speaker should feel so comfortable with you. Because I tell you, he came to our side of life, full of resentment and a little anger, because he felt cheated. He needed more time, he felt he was the mouthpiece at that time, for the common people.**

Les: Yes, I can understand his feeling that.

**Although he had an awareness of life, he felt cheated that he was taken at the time he was. But now, he can see the wider plan, and that his work continues in a different manner. But for some considerable time, his anger and his anguish did much to hurt himself.**

Les: That's a pity. I'm glad he's overcome it now.

**You have seen a completely different character, to the one who first came to our side of life.**

Les: It must be satisfying for you to see the change too. You and those who work with you I mean, of course—all of you.

**There has been a purpose for his return this time.**

## Sister Anna

Sister Anna makes a final visit to the group and to say an emotional farewell to Les. However, unknown at this time, Sister Anna actually returns several more times. (24/7/95)

*There then followed a communicator through Eileen:*

***My dear friend.***

Les: Hello, welcome to you.

***I am overwhelmed to make this very, very brief return for one last time. You do not recognise me? I moved on, so to return this last time is very emotional for me.***

Les: I'm sorry to hear it's the last time

***You do not remember me, Sister Anna?***

Les: Yes I do Sister Anna, now you say your name, certainly I do, and your colleagues, Sister Roberta, Sister Margarita, yes I remember you all.

*(Spoken with much emotion—almost crying)* ***We have all moved on, but my desire to return one more time, was overwhelming and I have been given permission, just this last time and I am so happy to see you, I am so happy so happy, I have seen your most beautiful wife, who I used many, many times and I was grateful to this one also, that my request was granted.***

Les: Yes, and I can't tell you how grateful we are, that you should have considered us worth coming back to like this. We can't thank you enough Sister Anna.

***I wanted to say farewell to you personally. Now I can go on with peace in my heart, to those many friends who wait for me.***

Les: Thank you very much indeed—you certainly are an old friend. I'm sure you have a great deal of work to do on your next plane.

***It is truly beautiful. It has been such a great joy for me.***

Les: It has for us too, the many times you've been here and for the wonderful work you have done. We can only wish you every happiness in the future. We all join in doing that—much love and a great happiness for you.

***It is a word that is beyond expression.***

Les: It is yes. You can feel our love for you, I'm sure.

***I will go now.*** *(Voice becomes faint)*

Les: God bless you and take care of you all, yes. Think of us sometimes as we shall think of you.

Sister Anna reports back to inform us of Les being in his new world. (27/9/99)

*Another then came through Eileen:*

***I did not expect to make this journey, but I have accepted that I should return to you one last time, in order to give to you this news. Moon Feather has spoken with you I***

*understand, but I feel that having known this friend for so long, that I would bring to you perhaps some joy. I am very old acquaintance of the friend who has come to us. I wish to tell you that he has been overawed by what he has encountered.*

Lilian: Has he?

*Yes, I tell you my name, only so that you may recognize me as being a true and trusted acquaintance. I am Sister Anna who over the long years of his earthly working, have visited with him on many, many occasions. What I wish to tell you, is that he will, in time, endeavour to make contact with you.*

Lilian: That would be wonderful.

*But as you will probably be aware, there is much for him to do and to know.*

Lilian: A lot to learn is there?

*Always we learn—(Amused tone)—that is something that is never ending, but we wish you to know this, that your time upon this place is fleeting, therefore do not express any sadness or sorrow for one who is now much more alive. Look to your own lives and know that your lives too are fleeting by the everlasting clock. (Yes!) Therefore I say to you, thank you for allowing me to speak with you.*

Lilian: We're most grateful—we cannot express our gratitude to you.

*We wish no gratitude, but we ask you to think good of those you have known, those you have lost, but we have found—(Recorder cuts off here but Sister Anna had nearly finished)*

Sister Anna visited for another one last time to thank the group for their work before moving forward. (3/12/12)

*There followed one via Eileen, who has visited on a number of occasions over the years. She is known to us as Sister Anna:*

*(Spoken with a beautifully gentle voice)*

Sarah: Good evening to you, welcome.

*Good evening, it is I—Sister Anna.*

*(Warm welcomes)*

*I wish to tell you, on this my very last visit that I am moving forward.*

Sarah: Congratulations to you!

*Yes, I moved forward before, but now I am ready to leave behind those old thoughts and feelings. No longer will I say to you, 'God bless you.' Now I am more likely to say, 'To thank that Great Creator'. So, you see how much more I have learned, and I am beginning to feel quite emotional. But I could not move forward, without coming to thank all of you—all of you, who have listened throughout the many years when I came regularly to you.*

George: Ah yes, that must have been from the time of Leslie.

*Yes, I have met with that wonderful man.*

Sarah: Ah, that's nice —

*And we have had discourse on many subjects and I do not feel it is amiss to say, that he is still trying to change my way of thinking.*

*(Merry chuckles)*

*But I have discovered this for myself.*

George: Well I'm pleased he hasn't changed it *too* much and one thing that comes to mind is that we should congratulate you on your move forward.

*Yes it is wonderful and I am of course now separated from the group that I was with, because you see, recognition is a most wonderful thing. Truth develops slowly and I always felt that 'God was my saviour'—but little did I know!*

*(Gentle laughter)*

George: So one of the things that has changed, is your view of God, which is rather different from the monastery/nunnery days.

*Yes, and as I speak I feel the garb which was important to me in life, is slowly disappearing and I could not, could not go on without thanking you.*

Sarah: Well we're very grateful to you for coming to us and we're sorry we won't hear you again, but we'll catch up with you when we come over ourselves.

*You won't for a while.*

Sarah: No, because you'll have moved on—

*And I'll have moved on—but I'm surprised to feel so emotional because, when you are attached to people, it is very hard to let them go—and that is something I've had to learn.*

Sarah: But it's never forever, is it? That's the beauty of it. You let go, but you will eventually meet up again, albeit in a good few years' time.

*I hope so, I hope so. There are still some who still can't let go of some of those ideas. So I am going to say to you: Thank you!—not God bless you!*

*(Chuckles)*

*And I hope that your lives will always be filled with joy.*

George: Thank you and we'd like to thank you for being around all this time—truly wonderful!

Paul: And *sharing* your story—your good news with us.

George: And if you now have this view of the Creation and the Great Creator—that sounds just right!

*Yes, is it not wonderful? It is wonderful!*

Paul: We can really feel the *ripples* of your wonder.

*You have much to encounter—*

Sarah: Yes I'm sure we have.

*Now I really must depart.*

Sarah: Well thank you very much for coming and telling us.

George: Yes I think we all feel somewhat emotional at this parting, but wonderful and we wish you so well on your journey.

Sarah: And if you bump into Leslie on the way, do send him our best wishes.

*Thank you.*

More news of Sister Anna and Sister Agnes, and how they have moved on from the religious order that they were strongly influenced by. (14/12/15)

Lilian: Welcome.

*I felt I had to come—I had to speak to you, because you will be the one to remember me. Do you remember Sister Agnes?*

*(Lilian and George quickly acknowledged)*

*Well, it is I. But I only come to tell you that I have now moved on, and I have been able to rid myself of the religious garb! And I am so pleased and I just needed to tell you.*

*(Expressions of congratulations)*

George: Oh well that's wonderful news! And we older ones do recall Sister Agnes.

***And Sister Anna, you remember Sister Anna?***

George: Sister Anna—yes.

***The lady will remember Sister Anna.***

Lilian: Anna—ah yes.

***You remember. Yes, but I had to come and tell you.***

Sara: How did it happen? Was it just a gradual process?

***It was a gradual process. But in the understanding and the relief of releasing religious garb was quite strange, because although I've been in spirit, I still kept to those religious aspects of my life, and although I was quite happy, it was not the thing to do.***

George: Yes, I was thinking about that recently: the religions of our world—they are all man-made with some spirit connection and affiliation to the state; but what comes to us *direct* from spirit—well that must be the more pertinent truth.

***Yes, but you see, as nuns, we were in constant touch with spirit, but didn't realise the significance. We always spoke just to God.***

Sarah: You were a silent order, weren't you?—you didn't speak with each other?

***No, not a silent order—I long ago gave up the silence, but I could not let go of the garb*** (yes). ***And now, it's beautiful and I feel free—and I wanted you to know.***

Sarah: Well that's very good news.

***And I really must go, because I am stopping the closing of your meeting.***

*(Appreciation + congratulations expressed)*

George: Well we are very pleased to have your words. Thank you so much!

***But nevertheless, I'm going to say: God bless you!***

*(Laughs)*

Sarah: God bless you too!

George: Do you still have the name 'Sister Agnes'?

***No, I've dropped 'Sister' now. That was only my religious name: 'Sister Agnes' (yes). I've actually chosen the name of 'Miriam'.***

George: Ah—Miriam!

Sarah: That's pretty—that's very nice. So next time you come to see us Miriam, we'll have to remember your name.

***I came partly because I will be moving forward now.***

Sarah: Ah yes, so you won't be coming to see us anymore.

***No, I won't—I spent so many times coming to see you, didn't I? (Yes) Well, we all did—but I am thrilled.***

Sarah: Good—that's very good.

***Yes—I am thrilled—I shouldn't really say that—that's very immodest.***

*(Laughs)*

Sara: You're allowed to be!

George: You're a lovely lady—thank you.

***Yes, God bless you all.***

*(General thanks)*

Sarah: Thanks for coming and telling us.

*Eileen commented afterwards that she felt she had been around most of the evening and she had difficulty in keeping her hands still.*

George's Notes:

***Sisters Agnes and Anna:*** Sister Agnes was with us prior to Salumet, and in the early days of Salumet, Leslie often mentioned her. She helped prepare the group for what was to follow.



We have dates for Sister Anna, who visited us during the evening of 24<sup>th</sup> July 1995 and again on 27<sup>th</sup> September 1999. There was mention of 'others'. These would be Sisters Marian, Marietta, Rosetta and Veronica, for whom we have recorded visits—all truly dedicated and loving ladies.

## Brother Copernicus

Brother Copernicus describes the difficulty of shedding off the old teachings of his physical life. It was like being born as a tiny baby and having to learn all over again. He encourages us to question every piece of knowledge that is acquired. (21/10/96)

***It is with great honour that I greet you. I thank you for allowing me to come into your home.***

Les: We're very pleased to have you here.

***I am a stranger to you, but you are happy to have me here and I thank you for that.***

Les: We're very happy to have you with us.

***I am aware that through the times of your meetings, which I know have been many, you have been visited on several occasions, by the Sisters and the 'Seeking Sisters', have you not?***

Les: We have indeed.

***I ask you, have you ever been visited by the male equivalent of these Sisters?***

Les: Yes we have on one or two occasions.

***I am pleased to say to you that this evening you are visited by another.***

Les: Good, we welcome you and are pleased to have you.

***You are aware I know, that when you leave your earthly body, you do not take with you the life you left behind, unless you choose to do so. But some of us wish to continue the work we did on this Earth, but on a Higher Plane.***

Les: Yes I do understand that.

***But of course we had many lessons to learn, we had to find the correct path, we had walked along difficult and stony roads and we were lost. All of us—I speak here of the people that followed the RELIGIOUS PATH; all of us had our inner voices, all of us were guided, NOT all of us LISTENED. Do you understand?***

Les: I do indeed and that caused a lot of problems, when you went over, didn't it, because you had to deny a lot of what you had been teaching, while you were on this Earth.

***Indeed, it came as a revelation to many and it was like being reborn as a tiny baby. We had to learn to walk each step at a time, in the correct way.***

Les: Yes. It must have been pretty catastrophic for some of you to realise that you had been spending a whole lifetime, teaching the wrong things, or in *many cases* the wrong things.

***I say to you, not everything, not everything.***

Les: Oh no not everything, I agree.

***And there are some of us, who are still trying to find the correct route for their spiritual life.***

Les: It's a difficult thing to do, isn't it?

***It is most difficult to shed the teachings of one's earthly lifetime; it is not possible to drop it on the wayside. You cannot discard everything you believed to be true.***

Les: Of course not. Well you'd been *conditioned* into that belief, so you can't just dispose of it, like a piece of waste rag.

*I say this to you: It is good to question, question—every piece of knowledge you acquire, question. Even if it is only to satisfy a small doubt, question. Even if you have no doubts about something you have been told, think about it, think about it most carefully and ONLY, only if you are quite sure it is the correct and right thing, then—*

Les:—and then of course we learn something else, which makes us wonder if we were quite sure! (*Chuckles*)

*Indeed. But it is a lesson that I bring to you this time and I ask you all if you will do this, as the next step along your spiritual pathway. QUESTION, question, even silently and mentally, question. It will make it so much easier, when the time comes, if you can carefully sift through the information you acquire in this lifetime, and discard that which you know to be false.*

Les: And that for which we have not had positive evidence.

*Sometimes, sometimes it is not always possible to have that evidence, but there are always ways of finding out more.*

Les: There are and that is when one has to rely on one's *spiritual affinity*, in order to know that the question has been answered.

*Indeed. I have a number of my brothers here with me this evening, all of whom are standing with your friends here this time.*

Les: That's nice to know.

*And I have a boon to ask of them all. They are—the word I cannot tell you, but if I say 'Noviciate,' you would understand, would you? They are novices in their new lives. (Yes) They wish to bring guidance to each one here in various matters.*

Les: I'm sure everybody here will be most grateful for the guidance.

*It will be given mentally, at a time when your earthly bodies are at rest. I say to you, hopefully in your sleep state, you may be aware of them, as in a dream. Please if you are aware of them, make contact and say they are welcome. (Yes) And even if in the waking state, you are not aware of their teachings, let me say to you that the spirit inside yourself, will be aware of what they have taught and it will be fulfilled in time. Should you be aware of what you have been told, perhaps they would be kind enough to mention it to each other, at the next of your meetings.*

Les: Yes, that would be interesting to do.

*If you permit, I will come to you in sleep. May I do that?*

Les: Yes please do, you'd always be welcome.

*I am aware of who you are, so I will say to you, that my name is Brother Copernicus and if you permit, I will spend some time with you, both in sleep state and when you are awake. (Yes—) If you become aware of me, please I would be honoured if you could call my name and tell me you know I am with you.*

Les: Yes, it would be interesting for both of us, wouldn't it? And I do appreciate that it is necessary to have that expression, for you to know that we *are* aware of you.

*It gives a great lift, when we KNOW that we have reached out and communicated. It makes such a difference to the way we can work.*

Les: I'm sure it must do, because the gratification of knowing that you have reached us spiritually, must be a big boost to your being able to continue that.

*Indeed. It is something that you cannot be fully aware of. It is like plugging into your electricity supply, you plug in and there is power; without supply, there is no power.*

Les: Quite. Would it have been you who's with me first thing at this meeting, as soon as I'd sat down? I know somebody was with me.

*It was not me personally, but if you were aware of someone, then yes, it would have been one of our brethren.*

Les: Yes I was very much aware, thank you, or thank him, please.

*I shall pass on your wishes. Now I say to everyone here: Open your minds to your new friends, for they ARE friends to you and will give you all the love, guidance and teachings that they can. I appreciate you understand, that time in our two worlds varies considerably, so I will say to you, to make it a little easier for you to understand, that your new friends will be with you, into what you call your next millennium. (Surprise + gratitude expressed) It may be difficult for you to understand that someone can be with you constantly, or for what you consider to be several years, but it is NOT that time in our world.*

Les: No of course not.

*When I say constantly, I do not mean every minute of your day, you understand that? (Yes) But these friends will be with you at different times of your life, for several of your years to come.*

Les: Thank you. I do understand that they will be with us, when they are aware that we would benefit by their presence.

*Indeed. They are all well-equipped in the role of healer also, so will be able to give comfort and strength, through difficult periods of your lives.*

Les: Well, we look forward to them being with us—

*I now will leave you and ask please for just a few moments before you close your meeting, that each one of you gives out silent welcome to their new friends. I apologise that I cannot give you individual names for each one of your friends, but that is not possible.*

Les: No I quite understand.

*If they are able, they hopefully will impress upon each one of you, who they are and if that happens, you will be able to communicate by name, mentally. You of course, are aware of my name, but I cannot I am sorry, divulge the others. Now I ask that you sit quietly for just a few moments. There will be no more speech here this time, or in the room, other than your closing, which I would be honoured to do for you.*

Les: Yes, please do. I shall go back to my seat and you can close, whenever you are ready.

*We sat in silence for several minutes, before the closing prayer:*

*Great Creator of all Love and Light,*

*Look after these your precious children.*

*Give them the strength to continue with their daily lives, and when the path they tread begins difficult, give them the strength to find a smoother way.*

*And let the lessons learned each day of their lives, Light the way to their **spiritual home**.*

*Until we meet again, I say to you, may the Love and the Light which surrounds you all, glow brighter and stronger, with every passing day. Amen*

All: Amen

*May I just say before I leave, that the friends we spoke about, will also be with your friends, from your other meeting, if you could please tell them when you see them next? (Certainly—) It will be for everyone that comes here.*

Les: We are very honoured that they should be doing that for us all.

*I wish you farewell and will come to you in your sleep and through your waking days.*

Les: Thank you again very much. God be with you.

*Les then shared some clairvoyance with us:*

Les: If you want to visualise them with their habits, of blue-grey, with a gold coloured belt (*chord?*) in the middle; but not leather sandals, they are all wearing rope sandals—it might give you an idea of how to think of them. The gold chord they are permitted to wear, because of their particular degree of spiritual knowledge.

## Trying to explain phenomena using physical understanding, rather than spiritual understanding, is not always possible

A lively discussion between George and a visitor gave some interesting insights. It is not always very useful to explain phenomena, as the answers will always elude us. So much happens around us that we are not even aware of! (28/10/96)

George: The light that you radiate during meditation, is this the same as the aura?

Les: It's a much more brilliant light, the aura is—*Les then begins to breathe very deeply and he begins to channel:*

***Good evening to you my friends.***

*(general welcomes)*

***I am very pleased to have the opportunity of speaking with you again, though it was not expected. I am, I believe this expression is understood by you, I am a 'stop gap.' I hope you will accept me.***

*(strong agreement)*

***Now sir, your question as to light. May I suggest that you are examining, or trying to examine phenomena, in the light of a physical understanding, instead of a spiritual understanding. You must not try to compare your own individual aura, to a spiritual light, which is, shall I say, 'distributed,' on occasions such as this and also by you as individuals when you are in, what you would call, 'the right frame of mind.' You are exercising the right thought processes, to enable us to draw nearer to you, upon the physical plane. You have been told many times, about the energies which exist, and many types of energies, which are utilised within our realms of existence, of which you have no knowledge. (Yes.) It is difficult for you to understand what energy is. It is difficult for us to try to give you descriptions, which your physical awareness's can absorb and understand, but I will try. When we speak of energy, do not your thoughts immediately clothe energy in a physical garb, so that you are able to understand it more clearly, with your physical senses. You presume that it has Light, of different colours perhaps; you do not realise that true pure energy, requires no attributes, such as you are inclined to give to it. It exists of itself, by itself, within itself, because of itself. Can you understand that?***

George: Yes, I think we're all beginning to accept this and feel it.

***When you say 'feel it,' my friend, could you please, for the sake of your colleagues and for our understanding of your description, could you please be a little more precise?***

George: Some of us have had training as scientists and we think of energy as *wave motion* and we have diagrams to help us visualise what we think we mean. But we are beginning to understand or just become aware of many forms of energy that are not in our scientific text books and are of a much less, I was going to say, '*less material form,*' but a '*non-material form.*'

***May we say please, a 'greater spiritual***

*form.'*

George: Greater spiritual form, yes.

*Thank you. Once again, though you are beginning to have an appreciation of energy, you still seek to clothe it in physical garments, you might say.*

George: Yes, I follow that.

*You say, 'wave form.' Wave form is only a physical description, of something you have discovered, as part of energy, part of energy. And what of the energy which itself creates those wave patterns of which you speak?*

*Does it have form, does it have shape? You do not know.*

George: Yes, we do not know.

*Well sir, I would suggest if I may, with all due respect for your knowledge, which I know to be of considerable importance in your physical world, I would suggest if I may, that you do attempt to depart from always trying to give physical explanation for something that is so purely and definitely spiritual, in its characteristics.*

George: Yes, I do follow and thank you for putting it clearly like that.

*May I please suggest also, to all who are listening, that you will better come to an understanding, of complexities that one day you will have to face when you visit us, if from now on, you understand that you will never understand, whilst you are upon this Earth. (general agreement) If you can achieve that degree of acceptance, then you will begin to have a much better conception, of what you would term, 'miracles' that surround you, every moment of your living on this plane, miracles of which you have little knowledge, miracles which I cannot explain, because they are beyond physical comprehension. They are only miracles, because to you they are uncommon. To us, who have greater knowledge of these things, they are not miracles, they are normal conditions of living. Can you understand this? (general agreement) Have I perhaps made a little clearer, the light or energy, of which we were speaking earlier, of which you were speaking, I should say and about which I came, to interfere! (laughter)*

George: Yes, we're very grateful and I'm sure it has helped enormously.

*Is there any other question you would like to ask me, whilst I am with you? If I can be of assistance in any way, please ask—you ladies, may I say, are unusually quiet. (laughter)*

Jack: Going back on what you were just saying, basically, you're saying that we're not going to understand this, purely because we are in the physical world and you are talking about a different dimension basically. So we can't understand what we can't see, yes?

*Basically that is so my friend. You cannot understand, because with respect, neither you nor anybody here, has the spiritual development yet, to enable them to begin to understand, what are purely spiritual concepts of life. It is no reflection upon your physical living, merely a fact that just as a child within the womb, cannot understand the mechanics of walking, because it has no conception of such a feat, so you in your physical envelopes, have no conception of the power which exists, beyond those physical elements. Does this satisfy you?*

Jack: Yes, thank you.

*I'm sorry that we cannot be more specific in our answers to your questions. We try within our abilities, to understand your physical 'examination,' let me say, of the things beyond your physical environment, beyond your mental capabilities to appreciate fully. But we cannot always unfortunately, enter into the realm of description, because there is not the awareness apparent, within the physical being. Do you understand? (general agreement) We sometimes feel ourselves frustrated, because we are not able to give you clearer*

*descriptions, greater comprehension, of what is to come to you, in due course. I can only repeat: If you accept that you will never understand so long as you are in the human frame, at least that assists us, because you do not constantly churn your minds into a maelstrom of wondering, to prevent our 'getting into you,' if I might use that expression, to give you spiritual awareness, rather than physical conceptions. Is this understandable to you? (general agreement) Good, thank you. Now do you have more questions?*

George: Well I'm sure it would be nice to probe more or have more awareness of the—I imagine there are numerous energies of which we are quite ignorant and there would be energies which underpin the physical creation itself. In the Australian Aboriginal culture, they talk of 'Dreamtime,' the *Dreamtime* that underpinned the physical creation. Is this another type of energy, of which we are ignorant?

*May I ask you my friend, why it is so important that you wish to have an understanding of these energies? What would you do with that understanding?*

George: It is not important that we have an understanding, but I can just say it's very nice to know that the *Creation* is underpinned in that sort of way.

*Can you tell me please, what good it would do you to know such a thing?*

George: No, I guess it's just a love of understanding, or partial understanding.

*And what would you do with that understanding, if you were given it?*

George: Just enjoy it, I guess.

*Physically again. You would enjoy the ability of your brain, to absorb what it has been told. Would it have advanced your spiritual progress?*

George: No, I suppose not.

*Then why bother? I trust I have not offended you sir?*

George: No, not at all.

*We find it very strange, that so often your physical minds are devoted to what, to all intents and purposes, is useless information.*

George: Yes, perhaps I'm just naturally inquisitive and perhaps this a defect in my character. *I believe you have an expression, 'you said it, I did not.'* (chuckles) *I'm aware of your modern idiom, you see. Frequently we watch you, we watch your minds, turning over these things, ploughing through a morass of events of bits and pieces of inconsequential matters, that have no relationship to actual living at all. Much better would it be, if the time you spent upon such inconsequential philandering mentally, were devoted to an inward examination of your own spiritual progress. And to achieve spiritual progress my friends, it is quite unnecessary to consider every aspect of physical living. Think rather of an investigation into the spiritual self and whether your spiritual self, is still walking the path which it should be treading. There is nothing wrong in questing for information of a physical nature, but please do keep it in perspective. And the time you spend on searching for things, which merely satisfy a desire for knowledge and would not appear to have any practical advantage in developing your own spiritual selves—why do so? You have free wills, we cannot make you use them in the way which we can see would be most beneficial to your progress, not only upon this Earth, but in the lives to come. But we are sometimes a little disappointed, that you do not spend more time, in that way. Please consider this.*

George: Yes, I'm sure we will, thank you.

*Is there more I can tell you? Or more I can say to discourage you? (chuckles)*

Sallie: I find what you say very encouraging.

*Thank you, madam. I feel my visit has not been wasted then.*

*(strong agreement)*

Sarah: Being *human beings*, we need putting on the right tracks, because as we're human beings, that's why we do all these things, because we are humans, and unless someone helps us onto the right tracks, we're not going to progress.

***Madam, you are still walking into the same trap. In considering yourself as a human being, instead of as a spiritual person. To say that you are a human being and therefore you do this, that and the other, is no excuse for departing from a spiritual conception of the guidance, which should be given to that human body. Is this clear?***

Sarah: Um—Sort of. I think on my path, I'm only just beginning to realise, that I am a *spiritual person* and not just a human, and it's difficult to—

***It is good, it is good that you should recognise, that you are a spiritual person. And of course, always, you should keep that in the front of your mind, that you are spiritual and not physical. The physical is merely a necessary envelope, for the spiritual, while it has to sojourn upon this planet. Try always to look beyond the physical requirements. I know they have to be accepted, they have to be acknowledged and they have to govern your living here—that I understand. But underneath it all, remember that you are a spiritual person and that must, whenever possible, take precedence over the physical requirements. It is not easy, it is difficult, very difficult—we do understand this; this is why we attempt, at these times, to give encouragements, small, as it may seem, to ensure that you do always recognise your spiritual being, rather than the physical.***

Sarah: Thank you.

Lilian: I suppose the very fact that we are sitting here, is encouraging, because we are curious about the spirit.

***The very fact that you are here madam, is in itself, an advertisement for your spiritual development; otherwise you would not be sitting here, listening to me rambling on like this. Were you more concerned with your physical being, you would probably, if you do such a thing, be sitting with your feet up in front of the fire, which would be much more comfortable, than going out in such weather as you have now? I am told it was very bad for you this night.***

Margaret: It's very windy.

***So, the fact that you are here, is an indication that your spiritual self, is superseding your physical self, you follow? (general agreement) This of course does apply to you all. The very fact that you are here, is your spiritual self-convincing your physical, though you are not aware of that, that it is the correct thing to do, for your spiritual progress. (general thanks)***

Sallie: It also helps you physically though doesn't it? Well as you develop spiritually, physically there is almost like a reward in comfort within your physical being.

***You are quite right, and I am pleased if you are already experiencing this, because we have on many occasions said, not only here, but elsewhere also, that the awareness of the spiritual development, must of necessity, be shown in the physical improvement of the body and the physical mind's activity also. It cannot be anything else, since the physical is dependent upon the spiritual, whilst you are here—of necessity, it must benefit, from the advantages of the spiritual development. And you will find, as you progress in your learning madam, that you will begin quite subconsciously, to radiate the feeling of serenity, calm and almost a self-satisfaction, other than a physical one. This will be radiated to other people in your vicinity, without them being aware of what it is, making them liking to be in your company, without you being aware of what you are radiating; but believe me, it will happen.***

All: Thank you.

Sarah: Does that mean that people who are very depressed, they are lacking a lot spiritually, they are totally unaware of their spiritual—

***Yes, usually it is so. There are exceptions, but people who constantly suffer from depression unfortunately, have not been very aware of their spiritual abilities, in order to overcome the depressions of their physical mind. It is a great pity that it is so, but it is.***

Sarah: Thank you.

***Now I believe, I am being told that the energy is depleting and I must ask you if there are any further questions, before I have to leave you?***

George: I think we have all benefited very much from what you have told us and I'm sure we'll all think about this and we all thank you very much.

***Thank you for your very kind expressions my friends, I have enjoyed being with you and I hope I shall get the pleasure of speaking to you at some future date.***

George: That will be our pleasure.

*(general thanks)*

*I bid you farewell, God be with you, may the Great Spirit encompass you with his love at all times.*

## White feather

White Feather is a North American Indian friend who has visited before. (10/3/97)

Les: Welcome to you, thank you for joining us.

***White Feather.***

Les: Hello White Feather. This is an unexpected pleasure. It's a long time since you've spoken to us.

***Hard for me—stay short time only. Welcome to my friend.***

Les: It's certainly very nice to have you here again.

***Many new peoples here, since first I came to you.***

Les: Yes, there are indeed.

***All old souls and well-loved.***

Les: That's very nice to hear. And we're very happy to know that you still work with us.

***Have travelled much since we last spoke; over many oceans and through many of your years and upwards into Higher Plane.***

Les: You have been busy and we feel it an honour that you should come back to us again. Am I right in thinking that there are three you would wish to speak to, who are new since you were here last?

***I will speak, but not to individual peoples, those who have not heard my words before, will know I am addressing into their very hearts. I bring you many, many greetings from those who cannot travel back into your realms. You will know how difficult sometimes it can be to return. I can say to you, and you know I do not mean to cause offence, when I say this, it is a difficult thing I do this time. Due to physical body I use, I am managing to keep my voice lower than you probably have heard it before.***

Les: Yes, it has been very loud in the past.

***I say to you now, I come for specific purpose and will speak now, for short time only.***

Les: We're always happy to listen to you of course.



*I wish you to know that before your next new moon, there will be much, much to please you, coming into this room. I would ask each one here, to please in the weeks that follow now, that before you come into this most peaceful and tranquil place, you will find time, in your busy lives, to rest and meditate, before you make your journey here.*

Les: Yes, we shall certainly try.

*We need tranquillity of mind, body and soul and hope that with quiet meditation, it may be partly achieved, so that what is intended here, can slip in with minimum effort.*

Les: Thank you, we shall certainly try and do that for you and of course, for ourselves.

*To those who are unused to hearing my voice, I say to you that the next time I speak with you, it will be louder and please not to be alarmed. You are used to me I know my dear friend.*

Les: Yes, when you used my lady, you were very loud.

*And you can assure these people, I am more gentle, than perhaps I sound.*

Les: Yes, we understand that.

*I will say to you and I'm sure you know your lady is with me many, many times.*

Les: Yes, I am aware of that and I thank her for it.

*We work as the team we were told we should be. She accompanies me on journeys and is learning so much and giving so much in return.*

Les: Yes she always did that when she was here. I'm not surprised that she's continuing to do it.

*She is truly amazing and most beloved person.*

Les: I'm pleased to hear that.

*The oceans are not large enough to take the love that emits from her soul.*

Les: I was very grateful for the years I had with her here.

*I will leave you now, with the blessing of White Feather. I will return at the time of your next new moon and I will speak to you and teach you something that I have learned since last we met.*

Les: We look forward to that and to hearing you speak again.

*We will advise you when I will return, there will be certain conditions, which with your acceptance, we wish to ask for.*

Les: Yes of course, you only have to let me know and I shall be pleased to do what you wish.

*Now, this little one tires of me and we do not wish to distress her further. There will be no more speech here this time. Please bring both this little one and our dear friend here back gently and then say your closing words.*

Les: Yes we will do that and once more we all thank you very, very much.

*White Feather say to you all, until we meet again.*

Les: We look forward to it. Our love goes with you and God bless you.

*White Feather happy to have been amongst you once again.*

Les: We're very, very happy to have had you with us and we look forward to the next time.

*White Feather then blessed us in another language: **Hakinjehmorcavagarm Ekotivahh Distavarn Ekontigargo.***

White Feather returns after a long time. (21/2/11)

Lilian: Good evening.

*(The was no reply but much creaking came from Eileen's wicker chair)*

Lilian: Are you having a good look round?

(More creaking)

Lilian: Do you wonder where you are?

A very deep voice and more creaking:

**How! I come to you another time. No time now.**

Lilian: I see. What would you like to talk to us about when you come another time?

**I will tell you another time.**

(Chuckles)

**I stay if I come another time if you like me.**

Lilian: Thank you.

**My name: 'White Feather'.**

We declared that we were sorry 'White Feather' was unable to stay longer and looked forward to next time. On repeating the name, it seemed to ring a bell.

On checking our records, 'White Feather' is a North American Indian gentleman of large build and deep booming voice. He last visited on 10<sup>th</sup> March 1997 when the group met in Leslie's house. He will have noted a few changes! Being so large, it is likely he would have struggled a little to get comfortable, and it would be very reasonable that he look around to take in the changes. And we certainly look forward to this one returning—hopefully soon. It may be of interest that our group has past life Native American Indian tribal connections, described in some detail on one occasion by Chief Gran Mancha. It is our understanding that we were of the 'Gor-rukka Tribe' within the group of many tribes known as 'Baa-Ba'—around 2000-years ago. And we have received over the years from such names as High Waterfall, Great Elk, Moon Feather, Running Dog, Silver Star, White Horse, Red Fire and Nahashiwah (a more recent past life of Eileen, meaning 'small body – great spirit').

## Sister Veronica

A very humble soul who was wonderfully open about her life as a sister, and how her Earthly thinking did not always reach the purity that she aspired to. (20/10/97)

**—I don't know why you need to know this, but I'm told I have to say that my thoughts are not always pure.**

Les: Well you're in good company. (chuckles)

**Ah! I see, that is why I have returned is it?**

Les: That's why you're very welcome! You're one of the fraternity now. Our thoughts are certainly not always pure. (more chuckles)

**But you see mine should have been, but they were not. Anyway, I have to tell you — oh dear, I find it difficult even now to repeat what I felt. I was not too kind to the mother-superior.**

Les: We can understand that.

**She was rather harsh at times and my image of her was that she was rather a little bit of a dragon and I should not have harboured those thoughts.**

Les: Well you can hardly help it when you're in the company of a dragon, can you?

**But what I need to tell you all is that I had to confront that thinking, when I went to Spirit. That those thoughts faced me squarely, when I reached Spirit and I was shocked, because I thought I had hidden them well, (chuckles) but let me tell you all, nothing is well hidden.**

Les: No, so we've been told tonight actually, and in the past.

**Perhaps that is my purpose, to reinforce those words.**

Les: When you say they faced you squarely, you were conscious of them mentally, were you?

**Oh yes, my thinking was there in front of me and I was not honest, was I? I was not honest in my thinking, so therefore they returned to me.**

Les: Well, I would doubt that, because you probably were honest in your thinking, but that honesty wasn't suitable for your spiritual development.

**Yes, because I was devoted to Truth and I was not showing Truth was I, I was harbouring doubts and unkind thoughts.**

Les: You were *supposed* to be devoted to Truth, but how can any human being be fully truthful all the time, every time?

**No, you cannot. But that is the sad part of the people who join — I nearly said 'profession,' but of course it is not, it is a calling. But I think we are supposed to honour and look up to our Mother-Superiors.**

Les: Yes you're supposed to try to, but I don't see how it can reasonably be expected that you would do.

**I know now that it is impossible — we are human. But no matter, what I need to tell you is that all thoughts that you think are shown to you and you have to make judgement upon them.**

Les: Now you've got us really worried. *(laughter)*

**Well, perhaps I have come to the right place after all. I spent many devotional hours I have to tell you, in saying sorry. But still I was faced with all of my thoughts, which I have to say, rendered me so helpless, speechless.**

Les: Because they're living things thoughts, aren't they?

**Yes, you cannot dispel them, they are always there.**

Les: They are always there, so it does behove us all not to have the wrong thoughts, if it can be avoided.

**(Yes.)** Then again, we have to accept that we can't always have those pure thoughts.

**Oh I know you are speaking to the right person! I know full well what you speak of!**

*(laughter)*

Les: Well we're very happy to welcome you into our group you know, because you're one of us. I don't want to bring you down to our level, but —

**May I ask what 'one of you' are?**

Les: Like you.

**Oh no I don't think so, we would never have allowed men! *(laughter)***

Les: There are ladies here too and they are just as untruthful as we are. *(more chuckles)*

**Well, we'll see, the reckoning time is coming for you all!**

Les: I know, don't remind us.

**No, and I do have to tell you one other thing, I may as well confess all, may I? Yes, I had the most beautiful rosary beads given to me by my father, when I entered the convent — and I hid them.**

Les: You hid them?

**Yes and I am not about to reveal where!**

Les: Why did you hide them?

**Because they were not permitted, they were much too grand.**

Les: Were they?

**We had wooden beads.**

Les: Of course — simplicity.

**Yes, they were the most beautiful mother-of-pearl you could ever wish to see.**

Les: Do you have them now?

**Oh yes, I have them with me! But of course, you cannot see them I don't suppose.**

Les: But as long as you've taken them out of hiding, because the gift was one of love, wasn't it?

**Of course, and how can such beauty be wrong.**

Les: No of course it can't. This is one of the contradictions we have to face all the time.

**I have learned so much I tell you, since I have come here — I enjoy the communication with other people — that is something I sadly lacked and missed. Again, I should not have thought that way, but there you go. I know now, I probably should not have entered the order. I had too many doubts —**

Les: None of us propose entering anything! *(laughter)*

**Oh well, what can I say? I am lost for words and that doesn't happen very often. I think you could be doing with a few Hail Mary's.**

Les: Oh, thank you. Will you do them for us?

**Oh no, you do your own. No, I am only joking, I would not dare to put that upon any of you.**

Les: No, that's the human side of us coming out.

**Yes, you are your own judges, know that too. There is no judgement upon you. Know that also that you face up to what you have done. All will be shown to you, I assure you of that!** *(chuckles)*

Les: Right, that's very much indeed for your comfort! *(laughing)*

**Yes, I hope I have not led you to have a sleepless evening. I did not wish that to be my intent!** *(more chuckles)*

Les: No, we shall probably be doing some self-examination. I think I must put my thoughts in a sealed bag!

**Yes — they will escape! Don't worry. Never mind, I've enjoyed myself everybody, thank you.**

Les: We've enjoyed having you, thank you very, very much. *(General agreement)*

**It's been lovely to be with you.**

Les: You feel happier after your confession now?

**I've already given it to others, so I'm not too concerned. But I thought I'd tell you anyway.**

Sarah: Do you get on well with Mother-Superior now?

**Yes of course I do. She's not so bad — I know now that she was a good person. It was my thoughts that were not quite up to scratch, I think you would say.**

Les: Like ours.

**Yes, but there you go, that's personalities for you. And we cannot like everyone can we? It matters not what anyone tells you, if you are human you have failings.**

Les: Quiet, and some of them are enjoyable. *(more laughter)*

**I wouldn't know about that you see. I was deprived of much, I have to tell you — we will not enter into that conversation. Now, yes, I think this one *(Les)* needs to be taken in hand. *(more chuckles)* I will leave that task to another. I can come back another time, if you would like?**

Les: Yes please. Are you going to give us a name to remember you by?

**All right, I'll tell you the name I was known by, shall I? *(Yes please.)* I was known as Sister Veronica —**

(General thanks and cheerful farewells)

## High Waterfall

A North American Indian called High Waterfall from the Native American Indian Nations, came to share some wise words through Sue. (2/2/98)

***Talk only for short time, to have more time with this one for communication. I give you the name of High Waterfall. (Thank you.) I say to you; every person here has bright and shining horizon. I say to you, use your psychic eye and look further than you can see. Look and you will discover the secrets of your inner mind.***

Les: Yes, we would like to be able to do that, the difficulty is learning and knowing how to do it. You were far more experienced in those ways.

***Spend quiet moments in tranquillity, look inward and you will be able to look outwards and forwards. Be of sound thought, do not let doubts creep in, accept every small particle that you see as truth and then the sky will open, and your horizons will become close.***

Les: Thank you, we shall certainly try, and what is the totem within us that we should be looking for most often?

***Look and feel the peace, even in inner turmoil, there is peace, do you believe my words? (Yes, I do.) Rugged pathways are only a lesson in peace.***

Les: Yes, we do understand that since the universe is subject to the laws of cause and effect — if there is turmoil then there must be peace, if there is peace then there must be turmoil.

***You cannot have black without white. There is no grey, you understand me, no grey?***

Les: Not in the spiritual context, only in the physical world.

***You all must try to feel the inner peace, the spiritual land which has been yours, is yours and will always be yours. Do you understand what words I say?***

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

***Negative is not good, negative breeds fear, and fear cannot be spiritually beneficial to you.***

Les: No of course not.

***Face your fears, hold up the white light of love, so that any fears recede and die. I speak truth, but I do understand the difficulties you have, in applying them to your life, but all I can say to you, is try, even a small amount will bring you light and success, in smoothing out any rugged steps, which you feel you may fall upon. Do you feel my words are harsh?***

Les: No, we think they're very sensible. The only harshness is in ourselves, trying to understand how to do it.

***Can you understand when I say to you, that there are times when we could beat our heads upon the ground, in frustration?***

Les: Yes, we could join you in doing that.

***But we understand, we understand that what is clear, like crystal water, is like a muddy pool to yourselves.***

Les: Yes, you're quite right.

***But it is no good using the stick to stir the muddy waters, you must let that water settle, that any dull and muddy particles sink to the bottom, allowing the clearer water to rise to the surface.***

Les: Yes, we understand what you say and will certainly try to do that, because we know the wisdom of your words and we thank you for them.

***You will not ever be alone in your endeavours. Each one of you will have someone at their side, influencing, guiding —***

Les: Yes, we're quite sure that you're with us and we're very grateful for the knowledge.

***Think upon my words and try, try to put fear behind you.***

Les: We shall certainly try to do that.

***We only wish for you to look forward and see the bright light on your horizon, like the sun rising in the East.***

Les: Yes, we shall do that.

***Your suns will never set, they will always be in the ascendance.***

Les: Good that's very comforting.

***I give you great blessings and love from High Waterfall and will give what help I can to open the new channel in your souls.***

Les: Thank you very much indeed and we all thank you again. God be with you.

*Ar kee nyah, ar kee nyeah pah*

## Sister Superior Veronica Madeleine or just Sister Maggie

Sister Maggie gives a little information about the drab colours that sisters have to wear and how the auras of many should have been brighter. (11/1/99)

***Good evening. I trust everyone here is well. I understand that at this time of your year, you do suffer in your human body, from some aches and pains and different ills—***

Les: We certainly do.

***Yes, I myself used to be afflicted at this time of year. But of course, you can overcome these things, with the mind, as well as the cough linctus's and the tablets, can you not?***

Les: So we are told, and we try, but I don't think we are as successful as we'd like to be.

***But we must bear it with fortitude, must we not?***

Les: Yes I'm afraid we do rather accept that that we have to bear it, because we can't dispose of it.

***No, never mind, your time will come.***

Les: I'm looking forward to it—I can't speak for everybody else. *(Chuckles)*

***Come, come you are not ready quite yet—not quite yet.***

Les: No.

***We'll let you know.***

Les: You'll let me know, yes I expect so!

***On a more serious note, I have come with a request. Have we someone here, who is familiar with a gentleman called Francis? (None could connect with that name) No matter, do not rack your brains, it will come. I ask that when you recall this person, you send to him kind thoughts. He has been some long time, in the grey part of our world and we are pleased to say, he has come forward now, into the light. I—one moment please—He could also be recognised by the name Chuck. Perhaps in the meantime, in quiet times, before you take your rest this evening, you could all send out loving thoughts to this person please. And then in time, the bond between him and another, will be forged, I am sure. Thank you. (Affirmed) I'm sure you are familiar with Anna?***

Les: Yes we certainly are.

***She wishes to send great love to you all.***

Les: Thank you Sister.

***And says she misses her little chats with you, does that mean something to you?***

Les: Yes, I'm glad she did, she's a very old friend of ours.

***—You are aware of course that she has moved on a little and is involved in other spiritual matters.***

Les: Yes we were told that some time ago. You are heavily involved in the same work, aren't you?

***I am privileged to say that I have been given the opportunity to do good work in my world yes, and I am honoured to be able to do such things.***

Les: It's a great pleasure to have you here and I'm going to ask you if I may, to give my friends here, a little information as to the work you do, because it is rather unusual I know and I'm sure they would be most interested to hear it.

***I would be most honoured to speak to you on this matter, but may I brave your indulgence and ask if I may return one other time, because it has been agreed that I shall return to you on two occasions, to discuss deeper matters concerning my work and that of others. I do not feel I have enough time this time, to give you enough information. Do you mind if I refuse this time?***

Les: Of course not, we shall look forward to hearing of it another time.

***If you will forgive me, I will say to you dear friend, that you this time have, how do you say, 'jumped the gun'? (Chuckles) I am aware that you can, shall we say, 'pick-up' on thought waves, and I was going to ask you whether I could return to discuss my work and you came in a little quickly.***

*The conversation then emphasised the importance of humour, which has been discussed in detail elsewhere. They then spoke of those of the church who pass over:*

***—It is with sadness that we see so many people, who think that they are doing good work in the name of the Lord and really all they are doing, is making themselves miserable. They would not agree that they are miserable of course, but we can see the auras around them and they are not as bright as they should be.***

Les: No and we can understand this, it is their own thought pattern, which creates the dimness.

***Indeed, and some do take a while to come out of that mist when they join our realms. I am pleased to say that with my somewhat cynical outlook on life, when I was in the order, when I was on the Earth, it took me only a short time, to throw off the dark garb, and put on the bright robe. Do you understand?***

Les: Yes I do.

***Even some of the good sisters—and they ARE good, I am not decrying them, they would feel better, if they were allowed to dress in a brighter, softer colour, can you understand?***

Les: Yes we understand perfectly...

***There are some who dress in white, but predominately it is dark and that is a great sadness.***

Les: Dark, black, brown, grey...all miserable colours.

***But we hope in time, that we can bring enlightenment to the religious orders, not in your lifetime, or the lifetime of everyone here, but it will come, we are sure.***

Les: Yes, so we have been told, it will come.

***We are hoping that there will be sisters who come through to our realms, who will be prepared to return to a similar life, but with greater knowledge, so that they may educate people, to the right path in these matters, do you comprehend?***

Les: Yes we do comprehend.

***We have several now, who are doing such work and it is difficult to explain, but the other self looks on and also learns, does that make any sense to you? You are aware that your Spirit is not one, so I think you will understand a little of what I say to you.***

Les: Yes, we have been taught that the soul has many parts.

***So you have one part that was, shall we say a dour and stern Sister and another part that has been born and gone back to the religious sect, with a much enlightened mind. And both parts learn from each other. It is difficult I know to comprehend, but it is something, that will benefit your world.***

Les: Yes I think we're all beginning to learn and understand a little more, of the complexity of the soul.

***I must say I have still very, very much to learn, but I'm sure you will agree, it is great fun having your lessons, is it not?***

Les: It certainly is, we enjoy it.

***You have your lessons from your master who comes here and we are learning all the time, from many, many different teachers. It is great fun learning, great fun.***

Les: I'm sure it must be. As well as the serious work, we get a great deal of joy and happiness, from what we learn here. *(Agreed)*

***That is what learning is all about, enjoyment, satisfaction, the ability to take one small piece of information and store it and know that it can be used another time, for good. It is exciting, is it not, to learn?***

Les: It is exciting, when I know that the work we do here, if it were based upon the type of attitude one finds in most churches, I wouldn't have been in the least interested, but when I knew that it had a sense of humour and you in your world also have a great sense of humour, that appealed to me, as much as anything else.

***Yes, I look forward very much to my next visit. I have been told that I will be coming with another and for two of your meetings, we will be telling you something of what we do and why we do it.***

Les: We certainly look forward to that.

***Until then I will leave you. May I give you my name? My name is Sister Veronica Madeleine.***

Les: Sister Veronica Madeleine—you missed out one didn't you? Sister SUPERIOR Veronica

—

***I don't like to boast.***

Les: I know you don't, but you're entitled to the authority, you've earned it.

***Perhaps you do or don't know that although I am known as Sister Superior Veronica Madeleine, I like to be known as Sister Maggie.***

*She departed shortly after this and there then followed an amusing pair, through Sue (Mary) and Eileen, (Jim) who did a lot of work with the 'poor' children, over in the spirit realms. They both worked with Sister Maggie.*

The expected guest (Sister Veronica) followed through Sue, bringing young children from the Spirit realms for us to work with. (18/9/00)



*How nice of you to allow me to come to this special place. I am honoured to be here and hope that I can bring you the love of Spirit, and trust that each one of you will feel enveloped by what I hope to bring to you. The love of Spirit is the most wonderful thing and we want each one of you to sense how much love for you all. You have learnt have you not that the most special love, the most uncomplicated love is that of the love of children and I say to you that the love of the Spirit children knows no bounds. They give their love unconditionally, especially those who have always lived in Spirit. I say to you now, that in this room, set at the feet of each one of you here is a little child. These children, with the exception of one, have never trodden your Earth. I will ask you please to send out loving thoughts to these children, individually and as a group. May I be permitted to give the names of the children here and who they are beside? Here in front of the lady Lilian is a little girl. She is four of your years. She has never lived on your Earth and is being raised in Spirit until it is time for her to be reborn. This little child is called in our world Faith. Please Lady Lilian, send out loving thoughts to this child. She will be around you for some time and you may sense her in your rest periods. Lady Sarah, sat at your feet is another small little girl also never having lived in physical. She is six of your years and her name is Annabel. The three gentlemen, you have three young boys, all who should have been born on this Earth as what you would term as triplets. Unfortunately they were returned to Spirit earlier than they should have been. Their names have been given as Andrew, Jonathan and Clive. They are three of your years, are beautiful, beautiful children who love one another as siblings and love everyone and everything around them. Send out your thoughts to them please and they will send you back love a thousand-fold. Again you should feel their presence in your sleep state. To the other two ladies, I bring you two little girls, their names have been given as Felicity and Marion. Again they have not lived on this Earth but are growing beautifully in Spirit. They have long, golden curls which reach down to their waist and are wearing blue, shimmering dresses—it is the clothes they have chosen to be seen in. Give them out your love and feel their presence around you in your quiet times.*

Sara: Can I ask how old they are?

*Felicity is four years old and her younger sister is two years old. I ask you also to send loving thoughts to their birth mother who lost both these children before she was able to cradle them in her arms. Naturally there are reasons for this, but of course the dear lady is unaware of them.*

*To the lady sat beside me (Margaret), I say to you, that at your feet is a very handsome young man named as Marcus and he walked your Earth for seven years. He was brought back into Spirit and is progressing very well. He has a strong affinity with you dear lady. There is a connection, but I am unable unfortunately at this time to explain it further, but he is very, very much connected to you and is sending you much, much love. You should in time hear his name again and the connection will become more obvious to you, but this is in future times and I am unable to say more at this time.*

*The children are singing to you now. They have been practising for some time. It is a song of love of gentleness and music and colour. They have made the words themselves and I have to say to you that they are extremely proud of them. We realise it would be asking too much if you could hear them although I do ask you to feel the music, feel it running through your veins. They are very happy to be here and as I said previously they will be around you in your quiet times. They are now turning to each one and curtseying or bowing depending on whether they are boy or girl and each one is presenting you with a*

*flower. Listen to it also in your quiet times, you may be more receptive when you are at rest. I have to say that it is a beautiful song and the children are so proud to be here and to sing it to you. Thank you for allowing me to bring my blessed children to you. My name is Sister Veronica. I hope in time I may return and tell you how my beloved children are progressing and perhaps bring some more to sit at your feet. I will remain here quietly until your meeting comes to its close, so please feel the presence of them in this very special room. I leave you now with my children and with my love. (Thanks + farewells)*

Follow up question by Sarah about the children. (9/10/00)

Sarah: Last week we had a communicator through Sue and she said that at each one of our feet there was a child and she was explaining what the child was like and how the child was, but she said the child had never been on this Earth. I was curious why they should have a physical form if they had never been on this Earth and why they would wish this. Maybe they were just taking on this particular form to visit us, but it seemed curious to me why they should wish to do that.

**Because when a Spirit takes on the physical garb, although that child does not walk the earthly plane, he has still chosen two people to be parents. When that child returns to our world, that interest is still there. Although they have gained in knowledge and that is all that they have needed to know, still the interest remains, because once that Spirit has decided to enter a new body, it is essential that they continue to grow in our world.**

Sarah: So these are all children that have been conceived, but have not actually— (Yes) Ah, right, that makes sense, I hadn't realized that.

**If the children had never been conceived, they would never return to this Earth plane. Is that clear for you?** (Yes, thank you.)

## Moon Feather

Brief visit from Moon Feather. (27/9/99)

***Moon Feather, Moon Feather will see old friend. Moon Feather will be happy to see face to face and talk many, many long moons. We have much to say. Moon Feather very happy, can speak here. He comes with great love to all. Leave now, not easy this time.***

Lilian: Will you come again and talk to us.

***Have come many times, so will return again to speak and will one day come with friend and all will be happy.***

Lilian: We look forward to that very much.

***Leave you now—much to do.*** (A few words were spoken in Moon Feather's language before leaving.)

Salumet introduces a Moon Feather who in turn promises a new visitor to the group for a future meeting. (18/4/05)

**As I join with you this time I hope my dear friends that you feel how the energy is building within this room. You should be able to, at the beginnings of our meetings, to feel and sense the energy that surrounds you all.**

Paul: I think I feel a lightening, or something like that.

You will all have your own feelings about this energy, but so long as you have that feeling deep within, that is all we ask. But each one of you should be aware. I would even go so far as to say to you that you should concentrate at the beginning of every meeting that we have in order for your sensitivity to be increased.

George: We must remember that. It is certainly a very good feeling in this room.

Lilian: Yes, sort of a closeness, isn't there.

Sara: I feel a love and peace and it is very comfortable.

**Yes. It also should bring to you upliftment to you for your daily living. I do not intend to speak long this time, but we bring to you someone who you will find of much interest and with whom you will be able to converse. (Thanks expressed) We will need a little time for the one to come and they will come to you through this instrument, (Hand gestured towards Sue) but might I suggest to you that our dear lady friend, (Sara) takes us on a peaceful journey in order for conditions to be right for this one here—this lady of energy to come to you. I will remain this time although there will be no speech, because my dear friends, we wish to make some assessment with each one of you. Therefore, I will sit quietly with this instrument and make observations of you all.**

Lilian: May I just ask: there're two people I know who live in the village here and they would like to come as visitors. They do know quite a bit about the group and have read the transcripts and so on—just a one-off visit.

**Yes, again provided each one is content, I am happy to receive. (Thanks, expressed)**

*There followed Sara's guided meditation, then dialogue with Moon Feather through Sue, who last visited in September 1999, and then a lengthy session with Bonniol through Paul, transcribed separately:*

***Moon Feather!***

Lilian: Lovely to have you.

***Stand! (This was an instruction that Moon Feather wished to stand) Prepare for next time. We bring new man, never here before. Has taken much to bring him. Moon Feather has worked for this for many, many moons. (Thanks expressed) Next time—I have missed speaking here, but working hard for you all. Little one is not used to me this time. (This referred to Sue the medium) The clouds are racing by—time goes, never still. In blink of eye I will return with new person for you. (Thanks expressed) Please give thought to this new person, help to increase power for next time. In busy house, difficult to find time, but please I ask you spare a little meditative time a day previous to next meeting.***

Sara: We will all remember this, Sunday, before the meeting.

***Day not known in my world, but will leave it in your hands.***

Sara: Yes, we won't forget—we will remember to do that.

Paul: Would it be possible to have a name for this new man?

***Nothing that would mean anything to you, but I will give you a word: 'Gorm'—not a name but a presence, like master who comes to you here. I have to return to my realms, but will return before you realize it. Please to give little one help when I leave. (Affirmed)***

*Some words in a different language were said, something like the following: 'Tar-kioo-pushunka, mor-kabree-sharumka'. (Thanks + farewells)*

## A lighthouse keeper

A lighthouse keeper comes to explain his work with energies. (11/6/01)

After a period of quiet, Lilian went round to each member of the group and placed her hands on theirs for a few minutes. After a period of meditation, one came through Sue:

(Welcomes)

**From each one here we are extracting a fine skein of energy from you all here. We are taking a fine, bright cord from each one and we will place them like this over this arm—entwine the skeins. Are you with my words as I speak? Are you with me so far?**

Lilian: Yes, you join them together.

**It is like the plait of the hair, yes, you understand? (Yes) Each skein of energy is to be mingled with the energy of another, until each one of these wonderful friends have a common bond, which will be used for upliftment and enlightenment at times of sadness or illness or worries in the mind. Do you still appreciate my words?**

Lilian: Yes, we understand so far.

**We are storing this amalgam of your innermost energy and it will be a powerful, powerful source of light and love, because it has come from each one of you and you all share this bond of spiritual love and acceptance. Are you still understanding my words? (Affirmed) It is a bond, which can never be unravelled, shall we say. The bonds will grow tighter and tighter as your Earth time progresses. It is difficult I know for you to quite comprehend exactly my meaning, but I have to tell you that it is something that has been planned for some time. It is an important part of this group's development and association with each other. You are aware I am sure that other parts of your souls have been together as a group in previous times. Am I right? (Yes) Let me tell you then that in different times, a similar thing has been achieved with the same parts of souls. So, try and understand that in the aethers, there is another entwined ball of power, which has come from you all and is continuing to help your previous parts. Do you understand me? (Yes) Difficult I know but perhaps the Master will be able at some time to explain a little more fully. Be proud my children that such a ball of love has been produced from yourselves. (Pause) It is complete.**

Lilian: Could you explain your part in this?

**My part?—I am the voice who has told you, that is one part of my understanding of what you are saying, 'why am I here for this?' I am what you in your words call 'lighthouse keeper'. I have the knowledge to use these balls of entwined energy to guide darker feelings into the light. You understand me? (Yes) When any of you are low spirits for whatever reason, it is within my power to use the entwined power of love to guide you into its beneficial love. Do you understand me? It is the only way I can give you information in way that perhaps you can understand and follow. (Yes) I have obviously simplified it; it is more complex and more extraordinary than you could imagine, but I could not expect you to understand fully what occurs with this entwined energy. So will you accept my words as lighthouse keeper? (Affirmed) Lighthouse keeper in your world is in charge of the beam of light, which helps the passing ships, am I right? (Agreed) So I use the light of love to help the passing Spirit and mind and thought waves. Is that simple enough for you? (Yes) But as I say, perhaps our dear friend, your Master, will be able to give you some more information at some time. I will see what can be done in that matter. Now, I leave you. I am sure it will give you what you say: 'food for thought'. Question as you have always been told, question, do not just accept it, question and then things will become clearer to you. But I say this to you just this once more before I leave you, dear friends, feel proud, feel proud that you have the knowledge and the love and the commitment in the love for each other here, that such a thing can be done. A small piece**

*of you will always burn brightly and will always be part of each other. Imagine like you would, twins or triplets or quads, I don't know if there is a word for all of you, but you have the umbilical cord and you are sharing it. Do you follow me? (Affirmed) I leave you now to think and discuss and ponder, and I am sure you will be asking questions at your next meeting. The greatest love surrounds you and is mirrored and is sent back. (Thanks + farewells)*

*Finally one followed through Eileen, calling herself Betsy, who has been visiting the circle from Spirit realm, along with many others, for many years, also listening to the Salumet teachings, though we have been unaware of her regular visits. She encouraged us further with our individual development. She also mentioned that Leslie oftentimes comes back to visit the circle too, which we were all delighted to hear.*

*Betsy departed with the following prayer: May you always feel love and compassion in your hearts for your fellow man, and not only for your fellow man, but for yourselves, because without the knowledge and the understanding of love and compassion for yourself, how can you love another? May Love always surround you my good friends.*

## White Eagle and Silver Birch

Salumet confirms that the knowledge given by these two are from source and so should agree with what he has said. Neither White Eagle nor Silver Birch have ever trodden this earth. Many teachers come from the Indian Nations as they were once a very spiritually advanced group who have since dedicated themselves to helping others who are less fortunate. (4/2/02)

George: Perhaps I could go right back to the beginning. Your mission was to raise awareness and to help prevent mankind from destroying himself. I have recently read about White Eagle in Spirit and the White Brotherhood and of Arthur Conon Doyle who passed to Spirit in 1930, and around that time they also had a mission to raise awareness and to help prevent mankind from destroying himself. In view of this delightfully parallel and similar mission, I wondered if you would care to make any comment about White Eagle and the White Brotherhood?

**Yes, I am aware of all of these soul energies and have I not told you my friend that many of us from our world have congregated in order to help human beings reach awareness of what he is about to do, what has to be prevented and so forth?**

George: You have told us, indeed.

**White Eagle is a name known to many, many people throughout your world. He has given many talks to those close to him. Those people have indeed given his words to many. White Eagle belongs to a group of beings who have given themselves the mission of assisting and helping through communication with others. He is guided by the angelic group, as many more are. You may be aware of some other names, but as you know my dear friend, names are not important. But I would say to you that *White Eagle* and *Silver Birch*—another name well known in your world—are composed of the same energy. There are many, many of them. These energies came to this planet to achieve something which we have all striven for, for many, many of your earthly years. This mission first was**

conceived, not just a few of your earthly years ago, but in many thousands of your years ago, because, you understand that *time* means nothing in our world. But the progress of this planet Earth had to be viewed in advance, before mankind could destroy himself. I am happy that you have taken some of White Eagle's words, because he—I will not say 'was', because he still exists as energy and is still teaching upon this planet—not as White Eagle, but in many other guises. Do you understand what I say to you?

George: Yes and I would say it's most refreshing to find such wonderful agreement between details of his teaching and your teaching to us.

**But that is how it should be. There should be no difference in truth. As I have told you in past times, when there is disagreement, you must look to lesser degrees of form of energy who are not, shall we say, not 'changing' the truth, but can only give you as much as they know. Always keep this in mind when you read your books or you listen to different channels in your world. Where there is disparity of words and actions, it is only that they do not hold the wider scheme of existence in the same way as those energies that call themselves White Eagle and Silver Birch; they were energies of teaching that come from the Source, therefore their words and mine should agree.**

George: Yes, they certainly agree wonderfully.

**There are many teachers, and did I not also tell you my dear friends that all that I would give to you would in some way around this planet be clarified or repeated or given to others in order that the truth overflows among you humankind?**

George: Yes, and one of your more difficult teachings to us, I felt, was about the Angels of Darkness and Angels and Light, but the White Eagle teaching includes a section on those Angels, and it's particularly nice that I found such wonderful agreement.

**I will repeat once more: Truth cannot be changed. It is as simple as that and who is there but those who come close and come from the Source who have the full knowledge of teaching. Many, and I would like to refrain from using the word 'lesser', but I cannot find a more apt description for you, but these beings would not be to 'lesser' communicators known; they would not understand the energies involved. Do you understand? (Yes) Have you more questions, please?**

Sarah: I don't actually know much about this White Eagle, but did he come through at any time on this planet as an Indian, (*Native American Indian*) because it seems that quite a lot of the communicators we have coming through were in this life Indians? Is there any reason for that or is it just that they happen to come back to us?

**That is two questions. Let me try to answer them for you. The one you speak of as White Eagle is known to those who were close and used by him as of Indian origin. It is as we all do for the sake of communication, we need to give to you human beings some form of identity. I have told you that names are not important. When beings of light come to this planet, they are energy form, they are shapeless, they do not have form as you would know it, but for the sake of communication they use the energy of the human mind to make a form. I hope this is not too complicated for you?**

Sarah: No, I understand that.

**Because the human mind looks for explanation, we have to present ourselves in some kind of form either by name or some vision that you can clasp hold of. So, White Eagle shows himself as he does to those he uses. There has been in those Indian nations, one who would be called *White Eagle*, not once but many times, but what I wish to say to you my dear friend, is that the energy known as *White Eagle* was not one who trod this Earth.**

Lilian: Would that go for Silver Birch as well?

**Yes, but this is where it may be confusing to you. To have acceptance, to have form, you must remember this: many times those energies have been given form by drawings, paintings and so forth. Remember that the thought form is so powerful that it would be created in the communicator's mind and also that of what you would call on this planet *Psychic Artists*. We are returning to the power of thought form. Do you see what I am trying to tell you? (Yes)**

Lilian: Yes, I believe there are drawings of Silver Birch, but I am not sure.

**Indeed there must be, but what I tell you is that these teachers, these *energies* that inhabit these forms for the sake of communication, are *beings of light* who have not walked this planet, but who have devoted and given of their time to teach.**

Lilian: Such as yourself?

**Yes, when first I came I told you that I was a conglomeration of beings. This is something we have not yet fully discussed, but in time we will; so too are all teachers of any type of powerful stature that appear in your world. No matter what you are told of these people—let us say White Eagle, because that was the name given to me: That being would have projected himself for the benefit of the communicator. Does it make sense to you? (*Affirmed*) I am explaining to you on a higher level of energy that would not be fully understood by those with lesser knowledge.**

Sarah: Something else actually has come into my mind about these Indians that come through to us. Eileen, your medium, one day she saw an Indian and, when the Indian turned round, she saw her own face. As I have said, we have had several Indians through so I understand what you have said, but does that have any relevance?

**Yes, before I answer that, let me say and answer the second part of your question. The Indian nation whilst on this planet—not only the Indian nation but all nations that have gone which have been extinguished from this planet—had a great spirituality about them. They respected the laws of life, they were close to their own spiritual guides and the very nature of their living entitled them to be great souls when they returned home. That is why you find that many of them will return to help those less fortunate than themselves, because whilst upon this planet, they had already grown to such a degree that it is an obvious step forward for them to return and help others. It is as simple as that; they wish their knowledge to be returned to the place that they have left.**

**Now let me speak about the lady I am using. She did indeed see and I believe was much surprised by that vision of her own face. I have to tell you that the face was superimposed for her benefit, because at that time we did not feel that she would readily have accepted that it was *her* from a past time. You can give her those words, because I know at that time she was taken aback to see that someone so alien in form had the look of her own facial features, but it was to help her to realize, and I now know that she has fully accepted many things, but at that time she was not ready for it. Does that help you?**

Sarah: Do I understand that she was a Red Indian once herself? **(Yes)** Yes, thank you very much, she will be interested to hear that.

**My dear friends, let me say this to you: I say it not often, but I do thank you for these periods of question times. It gives me the opportunity to go over many of the points that we have spoken of, but it also gives you, my dear friends, the opportunity to reiterate those points which you are not fully clear on. So you see, we help each other as always, or I hope I help you. (*Affirmed with thanks*) I believe I have told you that this, your coming earthly year should be a time of great advancement for each one of you and during this coming time, there will be the opportunity for each one of you to go on a journey inwards,**

and I will tell you now that next time I will send to you someone who will take you on that journey to find for yourselves, that thought, that knowledge, that inner being, that inner guidance which is there for you. You probably will all experience something different, but that is part of your own growth and we would not wish it otherwise. So, I will leave you now and give you time for your own thoughts and I will speak with you again, not next time, because next time it is your turn to work with yourselves, and we will discuss what you have discovered. *(Thanks + farewells)*

## A silent order of nuns

A visitor came through Sarah, communicated that there were 3 nuns from a silent order who wished to come and speak, and also experience the human voice for a short time, which of course had been 'silenced' during their lifetime. (29/3/04)

First nun: *Hello!*

Lilian: Hello, nice to have you visit us.

*Thank you for letting me come. I have been waiting for some time for this opportunity to speak again and now that I know that it is quite in order to speak, I wish to say a few words and I was told this group would be ideal for the opportunity.*

Lilian: It must have been quite difficult. *(in the silent order)*

*It was extremely difficult and even at the end I often had wishes I could just say one or two words.*

George: But of course you *thought* a lot.

*I thought very much about all sorts and I did wish that we could just say a few words. But now I am happy that I have again opened my mouth! (laughter) And I thank you for your time.*

Margaret: You're very welcome.

Second nun: *My time has at last come. (greetings) I have so wished to speak and I am so grateful to you all for this opportunity.*

George: We feel very honoured that you've come to this group.

*I have watched you in session on many, many occasions and I have longed to come and be part of you and to speak with you. (thanks expressed) This time is so joyful for me and I give you my greatest love for this wonderful opportunity.*

Lilian: Will it help you to move forward?

*I am ready to move forward, but I had this overwhelming desire to speak one more time, before I moved away from the time when I could come back. Once I move forward, I will not have this same opportunity.*

George: I can see that after being silent for a long period, it must be a great joy to just find expression in voice.

*I has I have to say, been most painful not to speak and although I have communicated in Spirit and know that I AM in Spirit, I still had this overwhelming desire to speak.*

George: We can understand that. *(affirmations)*

*So for this I am most grateful and thankful to you.*

Margaret: We're very pleased to be able to do it.

*(We then chatted quietly amongst ourselves, before the 3<sup>rd</sup> guest arrived.)*



Third nun: *My choice was not to speak, and when I hear you speak, especially of things that I would have liked to have said myself, I realise now that not speaking was quite unnecessary. These trials that I put myself through, did indeed help me to focus on many things that I most probably would not have focussed on. But I have to say, had I spoken, there would have been many things I could have passed on to others that I was of course unable to do. My thoughts were strong and many things I know I passed on through Thought, but there were indeed many things that I was unable to pass on and this I found most difficult. One thing I was unable to say and which I had a longing to say, was: why did I choose that particular profession? Why did I choose to go into an order that was so strict that there was no joy in living? The joy that I got was minimal.*

Lilian: Have you not questioned the reasons, since you've been in Spirit?

*The learning I received was great and I know this was my reason for choosing, but whilst I was in that order, I wanted to ask the others, 'why did YOU choose this? Why did we all choose this?' But we could not discuss, we could not answer each other's questions, we could not ask ANY questions.*

Lilian: Were you allowed pen and paper?

*This was so difficult. We did not communicate at all.*

Margaret: It's very sad.

Sara: Amazing.

*This was a most severe order.*

Lilian: Do they still exist today, in our time?

*I am not totally aware of ALL that goes on, but I do know that there are areas where the regime is most strict.*

George: It's a joy for us to realise that your thinking is preserved and you've obviously had much thought development at that time.

*When you cannot speak, you can only think. This has to be in some ways good, but in others, there is no one to guide you, if your thinking is not quite correct.*

*(affirmations/understanding) You can of course get much from Spirit, but when you are in human clothes, you tend to go astray and without communication, it is very difficult to stay on the right path.*

George: Yes indeed. Might I ask if you meditated in your order?

*We spend long, long hours praying and this was our form of meditation. Of course there were times of great enlightenment, but there were many times of darkness and to have been able to speak in these times, would have been an advantage.*

George: Yes, and a shared enlightenment, would have been very nice.

*That also would have been a good time to speak, but of course if you are happy you can cope with things, but when you are not, it is very difficult to not say anything. This was my reason for wishing to come back, so that I could just express a few words.*

George: Yes, it must have been a burning desire to do that.

**Oh! I have longed to be able to open my mouth to speak and sometimes I tried to catch the eye of another, but at a glimpse, the eyes were lowered—we did not make contact. This was a very long period and if I were to choose to come back, I most certainly would not go into this order again.**

Sara: How many years were you in the order?

*I was taken in when I was 23 and I passed away when I was 84. (expressing of awe) This was a very long and I have to say at times, painful time in my earthly existence.*

Lilian: *Very interesting to hear. (affirmations)*

*And for your kindness, we—us who have come to you this evening, will stay by you for some short time, to give what we can to you, as our thanks for your patience with us all. (general thanks and farewells)*

## Emma Hardinge Britten

Emma Hardinge Britten was part of the early modern spiritualist movement. She was born in May 1823 and died October 1899. Much of her life and work was recorded and published in her speeches and writings on the spiritual movement, and in an incomplete autobiography that was edited by her sister. She is remembered as a writer, orator and practitioner of the movement. Emma wrote two books that give detailed accounts of the history of early spiritualism in the USA. So when she came to the group, there was much excitement and new knowledge about what she is doing in spirit world now. (8/12/03)

*Then one followed through Eileen, giving personal messages to each sitter. She gave the name of Emma, stating that while on Earth she had also dedicated her life to spiritual work. We later deduced that this was the first of many visits of Emma Hardinge Britten. (8/12/03)*

The following January, Salumet was asked about this visitor which gave a little more information. George had worked out who she was anyway! (12/1/04)

George: Could I refer back to a welcomed communicator who came through to us last month and she gave her name as Emma. She also reminded us that names are not important. Sometimes when they connect with our recorded history I feel it helps with those who might read these transcripts—help to focus their belief perhaps sometimes. From several things that were said, I rather felt that she might be the one who had a life as Emma Hardinge Britten, who promoted the world of Spirit in the early part of the last century. I was wondering if you'd be able to confirm that it was indeed she, or perhaps I ask an inappropriate question?

**My dear friend, I am always happy to help you when I can, and yes, you know I do not come to you to give trivial words, but inspiration, philosophy I hope and many other things. But on this occasion I will tell you that indeed you are correct. That dear lady works tirelessly still for what you call Spirit.**

George: That's nice to know. I'm sure that will be noted by a number of people.

**Yes, she is always attracted by dedication to the work and that is possibly why she was attracted to speak with you here.**

George: Yes, thank you for confirming that.

**She speaks many eloquent words, does she not?**

George: She spoke extremely well, we felt.

**She captures her audience.**

George: Yes, she gave the impression of being a public speaker.

**As she still is. I hope that satisfies you my dear friends.**

Emma returns in 2005 to help Eileen return. (13/6/05)

*I don't intend to stay too long. I am here only to help the lady to return this evening. But of course, I always take the opportunity whenever it arises. I am so pleased to be here with you again, because you see, groups like this one, are always close to my heart, because it was a group such as this that I also belonged to (exclamations of surprise). It is always a great pleasure, once you have made contact, to return more than once, but of course, I have nothing of significance to bring to you, only that I am here to help the lady to return to her own being.*

Sarah: It sounds as if you have been to visit us before. Is that right?

*I most certainly have.* (warm welcomes)

Sara: What's your name?

*Emma.*

George: Yes, of course!

*I would like to say only that someone is calling the name of 'Wilson'. I don't know if that is acceptable to anyone, but it is of little importance...*

George: I knew a Winnie and Tom Wilson.

*Ah! Well indeed it may be for you. It is possible. Are they with us here in Spirit? If they are...*

George: They are...

*They are sending their regards to you.*

George: Thank you very much. I send my regards to them! *(Yes.)* How lovely to hear of them. *(Yes.)* Yes, they were dear friends.

*Yes. I do believe my task this time has been completed and the lady will return eventually.*

George: Yes, I think you were known as Emma Hardinge Britton, on the Earth, when you were here, and as I recall, well known for your speaking.

*Well, it is of little importance that names are given, but for the sake of recognition I always say my first name.*

George: Yes, of course. We have our history book notes, as you know—and your name is there.

*Well, I've been humbled that you should remember a name that is hardly for remembering, but of course, I know that when you are on the Earth plane, that names sometimes have some kind of meaning and seem important.*

George: Yes, well, they get into books sometimes and we read books and it makes us more aware of the diligent work that was done at that time.

*Well for that I will say: thank you and on those words I really must leave you.* (general thanks and farewells)

Emma makes another visit to the group. Her speech has not been recorded but George made some notes on the subject. (22/6/09)

George's Notes:

*One dear acquaintance, who followed, was Emma—that is, she who in Earth life was Emma Hardinge Britten, from our Victorian era. One interesting little detail is that when this lady comes to Eileen, she always first leans forward, then sits upright with straight back (and the movement makes the chair creak), so we know from this that it is Emma before speech begins! On her previous visit, we heard about her latest project in India—influencing downtrodden women, to help instil 'equality' in the Indian society. Now she brought an update, indicating that there is useful progress. Whilst on Earth, she championed knowledge*

*of spirit communication—now she champions equality in India. And she was quick to point out that her spirit work continues, with visits to groups such as ours to make known the arrangements for the evening etc. We always enjoy Emma’s beautifully articulate voice, we think cultivated during her extensive public speaking on Earth.*

Emma works with the women of India and the mention of that name attracted her to the group. (21/11/11)

Lilian: Good evening.

***Good evening—it is I, Emma.***

*(General welcome)*

George: I thought it was from the way you sit, with a straight back. Welcome to you!

***Thank you. The mention of India captured my attention, because of course you know, I have been helping the suppressed women.***

*(We recalled Emma’s previous visit)*

***So of course, the mention of India was enough to bring me here to you. I have to report that the suppression of women in your world is slowly being unravelled. After all, as spirit, you are both male and female energy, therefore, why should females be suppressed in your world? I have continuously supported women by using subtle energy to persuade them to take control of their lives. It is not always easy as you may well know, and there are still many places throughout your world where women are still not superior to men.***

Jan: Or equal.

***Yes, equal.***

George: Yes, unfortunately there are traditions that are upheld—this putting down of the womenfolk—

***But these traditions have to be dissolved.***

George: Yes, I like your word ‘unravelled’ (Yes) because I think it is good to unravel deeply held traditions. Within the Moslem—I think it is called the ‘Shariah’ system, which must be quite a problem as seen from spirit.

***Yes, not so much a problem as a need to educate, I would say. That no one should in any case, in any place be subservient to another human being. This is the teaching of spirit. As I have always been involved in the way of the women of the world—not because I feel they should be superior, but there should be equality between men and women of all nationalities. And again I say to you: that is always what I strive towards.***

Jan: I think with the Arab countries at the moment, fighting for their democracies—I think that will be the next step.

***Yes, it is, slowly, slowly, but progress is being made.***

Jan: Yes, because, obviously they can’t give democracy just to the men (*no*). They have to give it to the women as well.

***Of course!***

George: There’s considerable unrest in the Middle East at the moment (**yes**). One feels that, eventually, there has to be a good side to this.

***It is their time of evolution—perhaps that is the kindest way to say it, rather than think of the discord that exists amongst these people. I’d rather see it as a form of education—their evolution.***

Jan: Mm, so you’re educating the females as well as the males—you are impressing both?

*Yes, in effect, in a very subtle way. Yes, it will not happen overnight. It will take much time, but the fact remains that we are making progress* (Good).

Paul: Where do you think it comes from—this lack of equality, because we understand that before the big religions of today's world came, feminine qualities were respected a lot more.

*Yes, many females were regarded as priestesses and higher, but you see, all of these things take their course. I cannot give you one definite answer to that question. I do not personally know that answer, but of course, men in your world have always been physically stronger, and I feel that perhaps in many cases this has taken precedence, and of course, when you speak of religion, that is another matter.*

Jan: I was thinking along the same lines as Paul who asked the question—it's the male throughout our evolution, who has picked up the arms first (*yes!*). And, as women bear children, men don't like to see them physically fight. They actually can't handle that spiritually—to see a woman bloodied and injured, and I think history along the way, has twisted that somewhat. That's just my viewpoint.

*But any idea is open to change and that is what I look to. I look forward to seeing women becoming stronger in their viewpoints in these countries where they are downtrodden—and be assured they are downtrodden.*

Jan: Yes, we know. I think though, women have a universal power that extends to every sisterhood of the planet and we're very good at coming together as a whole.

*Yes, I do not even strive for a sisterhood. I strive for 'equality' and a 'oneness' and a 'wholeness', which is the spiritual aspect of life.*

Jan: Yes, but first of all, because you are talking of the female form that—

*They have to be recognised as a whole, yes. I do understand what you are saying, but I need to tell you that my objective is that equality of spirit is paramount* (Mm—yes).

George: And with equality, there is the matter of 'team'. Male and female have developed different qualities, and these qualities can work together as a team.

*Yes, as they should—one should complement the other. That is the purpose of male and female. Of course, there are always exceptions to rules, but you have to think I feel, of the spiritual nature and quality that exists in all humankind.*

Jan: When you look at it through spiritual eyes, to be reincarnated as a female when your previous life was a male, and to be treated in that way—what actually happens to the spirit—the soul?

*It is abhorrent—yes.*

Jan: Yes, I can really understand that.

*That is why most people wish to experience both female and male energy at some time. This is why reincarnation is important for that very reason, because we are all male-and-female energy, and it would do well for this whole world to recognise that. But anyway, I did feel that I had to come and say a little about the progress which is of course happening around the world. You may not hear of it, but it is creeping very slowly towards change.*

Paul: I notice that some of these countries now have female Presidents and female Prime Ministers, as leaders.

*Yes, and why not?*

Paul: Exactly!

*Equality should be there should it not?*

Paul: I think India has a female Prime minister.

*They have—they have indeed, but they also have many castes, where women are suppressed—as in all areas of your world (yes), even in your so-called dignified countries.*

Jan: Yes, the western world has other problems such as trafficking and all those sorts of things which are still suppressing, so yes, we're not exempt from it.

*And there are many ways to suppress the spirit of another, so it's a delicate issue I feel, and one that keeps me extremely busy.*

Jan: Yes—a very worthwhile. Would you call it a project, Emma—your quest—is it a quest? *It is! It is something I feel I have to do. I have always fought for women, and from spirit, I can see the larger picture, which encourages me to go forward, and, also, I have to tell you that it is helping in my own spiritual growth.*

Jan: Yes, of course!

George: Yes, I think when you came to us before you used the word 'project'.

*Yes, you may use any word that you wish, but to cap it all, it means going forward and soul growth.*

George: and to remind us all that we are each of us both male and female energy—that's a good message to impart.

*It's something that you should always keep in mind, and I know in your world you will say, men are so different, and women are different from men. No, you are not! You are all part of the whole, and if it takes a little understanding, then, so be it! That is another part of spiritual growth in recognising others and recognising within yourself what is wrong in your thinking.*

Paul: It's very noticeable with the younger children—up to a certain age, the boys and the girls do similar things. They play together—you get tomboys—basically they're just doing what boys do, and boys sometimes do what girls do. At a certain point, suddenly, they become aware that they're not supposed to be doing that—'I'm this' or 'I'm that' so they start to move away from what they actually want to do, and adults then either become either one or the other, and we are, as you say, much more similar than we realise.

*I have to say it is only human beings who put so much emphasis on gender. If you are both male and female, then you should accept yourselves and each other for what and who you are.*

George: Yes, I'm afraid this problem is exacerbated by the advertising firms which advertise items for women and items for men, and there's the connection to making—some people so committed to making large amounts of money, and this is a complication which attaches to the male /female thing, I believe.

*Yes, if, as the gentleman has said, young children were left to their own devices, they would find their own way, their own pathways whether it be towards male or female, as long as there is love within that soul, how does it matter? That is what is important—love—love for one another, to help one another—that should be your goal in life.*

George: Yes, unfortunately, there's a few who have sidestepped into this as a means of making money, when it should really be a love of one another.

*Yes, that sullies the word 'love' does it not—when it is for such things as wealth and such things as ego shall we say? I do not like that word to be used with those things. One's love should be pure.*

George: People are recognising that a minority of population is making too much money, people are reacting to this and this is another revolution that is going on at the moment.

*Yes, inequality has always existed in your world and I have to say it will continue for quite a long time to come, but mankind is at least aware that there are these inequalities, whereas at some point in your history it was not recognised—it was just part of living.*

George: Yes, I think this is a time of growing awareness of these things.

*Yes, in many areas of your lives, there is a growing awareness. Anyway, I do have to say, it's been a pleasure to come and talk with you all, and now I really have to go.*

Lilian: Well I'm glad your work is going well with the Indian ladies.

*(General farewells)*

*Thank you and goodbye!*

George's Notes:

Emma Hardinge-Britten (1823-1899): *It is of course always good to have news of old friends and their work in spirit. Whilst on Earth, Emma founded 'Two Worlds' magazine. It continues, and in fact, in its August issue, appeared a favourable review of 'The Chronicles of Aerah', leading to a few book sales via the magazine. Thank you Emma!*

On this occasion, we were visited by our dear friend Emma via Eileen—Emma Hardinge Britten, who in 1887 founded 'Two Worlds' magazine that still continues on the bookstalls today: (8/10/12)

Sarah: Good evening.

*Good evening to everybody.*

George: And welcome.

*I can always expect a good welcome.*

George: That's nice.

Sarah: Have you been before?

*It is I, Emma!*

*(Warm welcomes—we normally recognize instantly, because Emma straightens her (Eileen's) back on joining us, which makes the chair creak, but on this evening Eileen was using a different chair!)*

Sarah: Very nice to have you back.

*I have come this time to update you on my work.*

George: Thank you.

Paul: I was going to ask: how is the work going?

*The work is progressing beautifully. I am sure you must be aware of the change in the women of your world, even in those places of disruption and war. You know well my work took me to those places where women were downtrodden. And that is slowly, slowly changing I am so pleased to report.*

George: Your work centred on India, or does it go wider?

*It goes wider now but mainly India (yes)—that is my mission. But I am so pleased—so pleased that it is happening at last.*

Paul: Yes, I think we hear on the news or on documentaries occasionally that there are steps forward. I think even in Saudi Arabia, some of the women now are able to do certain jobs that they just were not allowed to do before—they also had them in the Olympics—they still had to wear a funny headdress, but at least they are allowed to compete.

*Yes indeed, many are amused by my headwear. As you know, this is one of my great joys to wear these hats.*

(Chuckles—we are aware from previous occasions of Emma’s love of decorative hats)  
***I don’t surrender them too easily, but that is not important. I am unimportant—the work is important. But I just thought you would like to know this.***

George: Yes indeed, and when you put on a hat you felt perhaps quite important, and I think it was the fashion in those times, for the western ladies to have very decorative hats (Yes) and there’s a series running on TV at the moment which is a period piece, and you came to mind actually because of these ladies wearing extravagant and detailed hats.  
***Yes, it was a form of recognition with these hats. But of course that is not why I wore those hats. I have a particular love for them, and I still retain that, even to this day.***

Sarah: Is the one you are wearing today blue?  
***It is.***

Sarah: Yes, I thought it was.  
***Yes, you are quite correct.***

Sarah: With pale blue flowers?  
***There is one flower, and a very substantial feather. I have to just say that I am being told—the lady I am using has forgotten to take her line out—the telephone line.***

Paul: Oh right!  
***Don’t be concerned about it. I am being told just to tell you that.***  
*Eileen normally unplugs the telephone so that our séance is not disturbed*

George: Nice that they were able to get the message through, thank you!  
***Oh, we are most organised here!***  
*(Chuckles)*

***As organised as you maybe, but nothing goes to chance, everything is well organised, and that is how I like it.***

Rod: Do you go to the races here—to Ascot on Lady’s day—where ladies go with their hats?  
***I have seen, and I am quite amused, I have to say—quite amused! Some of them—could you possibly call them hats?—I don’t think so, do you?***

Sarah: Not only could you not call some of the hats, hats, you couldn’t call some of the dresses, dresses either!  
***Well—they look more like underwear to me!***  
*(Big laughs)*

***But that is just what you call progress!***

Rod: I think I misunderstood something here, because I thought you were working with downtrodden women in Pakistan, and I don’t see the significance of you wearing a hat.  
***Don’t you?***

Rod: No.  
***Because that is just who I am (aha)—yes—or was.***

George: I think you travelled in the United Kingdom and America—you sailed to America—  
***I did indeed go to America—a wonderful opportunity, yes. But all of that is so insignificant as to what I am doing now*** (yes).

Paul: Do you ever work in Afghanistan as well?  
***Do you know, it’s possible to go just wherever you please? It is not a place that I have had a mission to, but I am aware.***

Paul: I think they don’t always get it right on the news, but they announced that was the second worst country for women (***Yes***) at the moment. I don’t know how they rate it, but I just wondered, from your angle—you see more than us—



*I would say in general most of these women have a spirit that is waiting to show itself—in all of these countries where they are downtrodden. Women will not be kept down indefinitely. There has to be change; after all, we are all made from the same Creator—yes, we are all part male and female. So one cannot suppress the other and it is time in your evolution to change these things and this is what attracted me. I have always supported the women's right.*

Sarah: So how do you actually get to change this? Do you work with the leaders, or? *I do not personally—I work with the women. I try to uplift, encourage and support them. They of course cannot see me, you must remember. It is spirit working with spirit.*

George: A matter of adding to their thoughts—  
*Yes, it is changing the way they see themselves—that is my mission.*

Rod: I wondered if you might be working with the leaders of the countries, but—  
*No, that is not my mission* (I see).

Sarah: Do you know the people who are working with the leaders?  
*It is not something that I have looked into. I am only concerned for the women at this 'moment in time', anyway—as you would say. But my work is ongoing, and for that I feel pleased.*

Sarah: You've made good progress *(Yes)*.

George: With any change, it does take time—on this planet.  
*Yes, and you know that 'time' is most complicated!*

*(Laughs)*

Sarah: Yes, you don't have any, do you!  
*No—but I just thought I would take the opportunity and visit, what I believe to be 'friends' now.*

Sarah: Very much so, yes!

Rod: And do you have helpers—your side who are helping you?  
*Oh yes, it is not just me. There are many who wish to do this.*

George: It's nice to know—very nice to know, that it's going on; and does the passage of time here make your work difficult in some way?

*Not really—I am of course aware of Earth time, but it doesn't affect what I do. I go by the time, if you like to call it time, in our world—yes, that is what matters.*

George: It's very nice to know that there is the influence happening for these people, who must be—well perhaps they've got so used to the status quo—that they are not really frustrated with it; so would I be right in saying that it's like that and it has to be a very gradual process?

*You can't change eons of time in a second of your time. Things have to progress at their own rate. I am on this mission because I can see the time is ripe for these things to change. That is why I chose this mission.*

George: And it is very much a time of change on this planet—  
*Yes—the WHOLE of your planet is changing—not just for women, but for human beings in general.*

Sarah: I think even in my lifetime I've seen huge changes.  
*Yes, I'm sure you have. All is possible.*

Sarah: I think the planet went through a long time of little change and then suddenly it's been a huge acceleration.

***Yes, I would say 50 years of your Earth time has seen great changes and I know that people here do not always feel that it is so, but I assure you it is. You ALL can play your part, but I am pleased with what is happening.***

Sarah: Yes, well, well done! You're obviously doing a very good job.

***And now I really must go.***

George: And you are a very good friend (***Thank you***) and it's very nice to have you drop in from time to time and let us know how things are going with you.

***I will indeed keep you updated from time to time.***

Sarah: Thank you.

***Thank you all for your welcome.***

Sarah: We will think even more of you as women's liberation continues.

***I agree.***

George: Thank you Emma for being with us.

Rod: Do you need a hat pin by the way, for your hat?

***I don't think so***

*(Chuckles)*

***But thank you anyway.***

George: You would not wish to change it for a burka?

*(More laughs)*

***Oh my goodness me, now we do have a naughty one! I will leave you all in peace.***

*(More laughter and fond farewells)*

*There then followed the rescue of an elderly lady in her 90s who died a physical death at some steps. She needed a little gentle counselling, before she was able to move on. At first she would not accept that she had died and believed she was still at the bottom of some steps, until Sarah got her to feel the arms of the chair that Eileen was sitting in. This convinced her that she was in fact sitting in a chair in Eileen's lounge and was no longer in her old physical body. She could see light from street windows, but on looking above, she became aware of the spiritual light. She was then able to move through the tunnel of light, where she was met by her husband Denny, who had passed on before her. (Many audios of 'rescues' are freely available on our website: [www.salumetandfriends.org](http://www.salumetandfriends.org))*

George's Notes:

Emma Hardinge Britten (1823-1899): Advocate of the then 'modern spiritualist movement', an author and orator who has retained her public speaking voice. Books: *Modern American Spiritualism* (1870), *Nineteenth Century Miracles* (1884). She was herself a spirit medium and entertained by pre-emptively playing at the piano songs that her audience were thinking of requesting.

Previous visits: 8/12/2003, 13/6/2005, 22/6/2009, 30/5/2011, 21/11/2011. This lady first came through as a 'control' with messages. We noted the name 'Emma' and her fine public speaking voice and did a literature search to get the full name, then checked with Salumet who confirmed it was indeed she. He added (12<sup>th</sup> Jan 2004): 'The dear lady works tirelessly still for what you call 'spirit'.' Quite so!

We were expecting Salumet but to our surprise, Emma popped in first with her latest news. (14/1/13)

*I come to stay only a short time, because your teacher is coming I believe (yes). I was listening to your conversation, and it is I Emma. (Emma Hardinge-Britten has been visiting our circle for several years now)*

*I just wanted to say that all I have told you is in fact happening right now.*

George: It is indeed. I've thought of you several times, Emma (*thank you*) and there has been great news about women coming much more to the fore.

*Yes, and not only in India but in many, many places. There is a movement taking place, and I believe I must say that myself and those who help have had some part to play—but I just wanted to remind you.*

Sarah: And on behalf of all those women being helped: thank you very much!

*You're very welcome, and now I will withdraw and allow your evening to continue. (Thanks from all)*

Emma returns again to bring a little laughter, but also agreement on the need to have a voice when things are not right. (4/3/13)

*Next, Eileen's chair creaked as she adopted a more upright posture:*

Sarah: Good evening to you.

*Good evening!*

George: Good evening to you—do we have Emma?

*You certainly do have Emma.*

George: Oh—welcome back!

*Thank you. I was just thinking that this young lady, if I may call her a lady, needs to pull her shoulders back!*

George: That's where *YOUR* shoulders would be?

*Yes, I am sure she is aware of what I am thinking. It was rather wonderful to make a connection with her recently, although she was not aware that I was with her. But the gentleman speaking to her knew I was there. Perhaps you can just tell her that I've just confirmed that it was I.*

*This refers to a reading given to Eileen a while back, and in fact Eileen had awareness but remained silent*

*Do you like my hat?*

George: Your hat? Well, I think you *al*ways have a remarkable hat when you join us.

*I do?*

Sarah: Is that a feather in it?

*It is.*

Sarah: Very nice!

*I feel very frivolous tonight.*

*(Laughter)*

*There's no point in being so serious, surely.*

George: You've had so much success with your ladies around the world.

*I hope so, and I still am. Yes, I've been very, very busy.*

Sarah: When we hear of success stories of these women, we think of you.

*I hope that you are sending thoughts to them also. Yes, that was your part was it not? (Yes) And it helps enormously.*

Sarah: And you have a very nice necklace too, tonight—

*Oh, my dear!—yes, and I really shouldn't be feeling this way. It's not very spiritual is it!*

(Laughs)

***That's what happens when you return to this vibration.***

(More laughs)

***But I will take it as a compliment from you. So that's really what I came to say, just to join you, say 'hello' and go on my way.***

Sarah: Thank you very much.

George: We endeavour to combine some spirituality with a little bit of fun sometimes.

***Of course!***

George: It all helps to make the world go round.

***It certainly does.***

Sara: And it's nice to add a bit of colour, isn't it?

***Of course—sometimes too much, but we'll not go into that.***

George: There are indications of an effect on the planet at this time.

***Yes, and that was my intention—to make people responsible, especially the women—not to be so downtrodden. And this is happening, and is causing quite a lot of problems in parts. You don't gain anything by being quiet.***

Sara: You've been doing some work in India, haven't you?

***Yes, I've been going around, but India was my first choice. A lot has happened in that country that is not normal.***

George: I'm not sure how much on the planet you are aware of at the moment—

***Regarding what?***

George: This doesn't concern women—

***I am not interested!***

(Much laughter)

***I am only joking.***

George: Well—I was going to mention one named 'Bradley Manning', who has leaked military information to the Internet, and he is on trial for this. But I rather fancy there is going to be people-power involved in this—and one Icelandic member of parliament has said: 'I think he is a hero and he should be awarded the Nobel Peace Prize'. And it's a nice little indication of developing people-power, I think (**yes**) and this gentleman has very good motives—he doesn't like military secrecy. He likes to have things out in the open, and I think that is the direction in which the planet is moving at the moment.

***Well, it sounds very good to me, and I wish him all success in what he is trying to achieve.***

***Yes, there always has to be a voice—someone has to stand and say what is to be expected. Do you know the gentleman?***

George: I don't know him personally. I just read what has been said and what has been mentioned on the television.

***I have to be very honest with you and say that I am not aware of this gentleman, but I could find out I suppose.***

But you are aware of world changes going on generally—

***Yes of course, in general, yes, of course I am. As always, it's been very pleasant speaking with you.***

(Pleasantries exchanged)

George: It's always a nice occasion when you come Emma.

***I hope I haven't been too presumptuous—and frivolous!***

(We just remembered before Emma departed, to mention Thailand's first lady prime minister—now that, we must all agree, is a fine example of a woman coming to the fore!)

***I think that you will find that all over your planet there will be these occasions when women will come to the fore, but what I do not wish to happen, is that the world becomes filled with women-power, because that would be just as bad. No, what we want is fairness and justice—and equality—of course.***

*(Emma then said she really must go. Sara said: and next time you can show off another of your nice hats to us, while Emma assured that pride is not a good thing. And I think we all enjoyed the fact that Emma had put on a frivolous air this time.)*

Emma returns with news on her progress but also work that she has been doing in Africa.  
(4/11/13)

*The chair creaked as Eileen's sitting position changed:*

***Good evening. It is I Emma.***

Lilian: Nice that you are with us again.

George: Yes, I wondered actually, because you always sit with a straight back, but this time I wasn't quite sure because you didn't seem to disport yourself in quite the usual way.

***I was awaiting the welcome.***

George: But you are most welcome, obviously.

***Thank you, you are most kind. I thought perhaps you would like an update on my work.***

George: We would indeed.

***You know what I have been involved in—and I have to say that it is much easier from this side of life.***

Lilian: Is it?

***Of course yes. It is quite easy to go from country to country—quite easily, in the blinking of an eye.***

*(Clearly understood and acknowledged by all)*

***And I am very pleased with the progress being made, I really am. There are many issues to address of course, but there are many helpers also from this world, who endeavour to do whatever they can. I have been involved in much work, and there, young women, especially in India where my heart is at this time, are becoming stronger—stronger in their outlook, stronger in their views.***

Lilian: Yes, we do hear things about trying to help.

***Yes, we can only TRY to help of course, and I have to say: we are succeeding. And I do not say that with pride, but I say it with encouragement.***

Paul: Yes, I was going to say: with happiness, no doubt.

George: And no doubt it gives great pleasure—happiness, yes.

***And then of course I have worn my hat this evening to visit you all.***

George: You love your hats.

***I do like my hats, and it is a mark that you will always recognise me by.***

Sarah (who usually manages to sense Emma's hats): It's quite a small hat this time isn't it?

***You think so? I thought it was very appropriate. But thank you all the same.***

Sarah: But very nice.

***But that isn't significant is it not, compared with what must be done in this world.***

*(Agreed)*

Paul: Are there any particular countries at the moment that you are working with?

***Well you know, it is so easy to travel the world—I can go from place to place in an instant. But yes, I am working in Africa a lot at the moment. And I think you will find that in time***

***to come, these things will be told to you through your media (ah!). It is something to watch out for.***

George: Yes, our media are a little slow sometimes to pick up the real news.

***Yes, but do not be too harsh. They do have agents that are there.***

George: Yes indeed.

***But anyway, it is quite a short visit but I hope you are encouraged by my words.***

*(General agreement)*

Sarah: I was just thinking, the Arab women seem to be getting stronger too, don't they?

***Yes, we have also been influencing the men, because they may have to change their attitude to women (yes). So there is much work to be done in that direction, and it is being done.***

George: And I believe we mentioned the wearing of the burka on your previous visit.

***Yes you did, I believe.***

George: I guess you would like to see that dispensed with altogether.

***Eventually—it is something that has been around for so long. But you cannot make instantaneous changes (no). It is influence, it is understanding, it is many things. And I am not here to judge or pass judgement on any one race. My intent is that these women who have been downtrodden for too long be helped (yes). That is my task and that is what I will endeavour to do.***

Sarah: Well, I'd say you are doing very well so far.

***And now, I will take my leave, because I am being called, unfortunately.***

Lilian: nice of you to come again.

George: Thank you very much.

***And it is nice to come to somewhere where there is equality.***

*(General acknowledgement)*

George: Thank you so much for your update. That's good to hear.

***That is most welcome—most welcome.***

George's Notes:

Emma Hardinge-Britten (1823-1899): Last gave us a full update on her work on 8<sup>th</sup> October 2012; also popped in very briefly prior to Salumet on 14<sup>th</sup> January 2013. As Salumet has said, this lady continues to work tirelessly for spirit.

Emma has now extended her work to helping women all over the world. (2/2/15)

Paul: Is it Emma?

***It is.***

Paul: Ah well, welcome back Emma!

*(Emma Hardinge-Britten (1823-1899) has of course visited on several occasions, and Eileen's chair would always creak slightly and reveal her very straight-back sitting position—aiding our quick identification of the dear lady. But since her last visit the chair has been changed!)*

***Thank you. I felt it necessary just to update you on my work.***

George: Excellent! Thank you.

***Of course I'm still helping women as you know, (yes) but I am being used in a much wider capacity, and I am helping women from all over your world at this time.***

Paul: So perhaps not just in the Middle Eastern countries?

***All over—it is time that women recognise their own worth—to free themselves from those—may I call them 'tyrants'? Because that's what the feeling the women on your***

*Earth have, that they are being treated as how you might say: second class (yes) and this cannot be allowed to continue.*

George: Yes, quite right.

*Yes, so therefore I am being shown all of these women that need help. Might I ask please that you remember them in your prayers?*

*(Affirmed by all)*

George: Of course. We had another one through—a gentleman who is engaged in that same type of work, who's name—we understand his name as 'Cho' and I think he said: yes, he is aware of your work too.

*Oh indeed! I cannot reciprocate, but I will endeavour to find out when I return. But of course, as always, this is a very short visit. I just wanted you, with your love and your kindness to remember these women and to help all that you can.*

Paul: So not to focus on any one place, but women *all* over the world.

*All areas of your world, yes, they all need help.*

Lilian: Funnily enough on our news today, a very well known young man—one of his things was to help downtrodden women, which he's just started.

*So we are making an impression on others!*

Lilian: Yes—a well known character. *(David Beckham—ex-footballer)*

*That can only be good, can't it?*

Serena: And there's an international women's day on the 7<sup>th</sup> March, to celebrate women's strengths.

*Yes, and I shall be around on that day, just to see how things go. Thank you. Now, I will leave you in peace—take myself from your company and—(Ah!) Ah? You are sad that I am leaving?*

George: I was about to say: we are delighted that you have been with us. I do think of you from time to time, because your work is clearly very, very important and we are aware of the sad status of some women about the world.

*Yes, well it is only when you have had difficulty that you appreciate and understand it. That is why it is quite close to me. I do not feel I can move forward whilst these poor women are being mistreated.*

George: Here in England we've had our Suffragette movement, so we know our historical connection.

*Yes you do, yes and you must appreciate the work that you do here too. Do not forget how much you do to help others. We in spirit appreciate it greatly.*

Paul: We certainly need our reminding though, to focus on different parts.

*Yes, if I might say: it is one of your little downfalls that the memory isn't always intact. But anyway, I do have to go and allow whatever is going to happen, to happen.*

Lilian: Well, we'll look forward to the next visit.

George: And I know we all very much appreciate the work that you do, and we wish all those ladies about the world: very well.

Paul: And we'll remember them when we say our prayers next time.

*Yes, thank you. I know you will remember, yes. I will say: good night and bless all of you.*

Emma reaffirms that anybody who represents freedom for another is doing good work.  
(22/1/18)

Lilian: Good evening and welcome.

**Good evening.**

All: Good evening.

**It is I, Emily.**

General welcomes

**It is so good to sit amongst women who have their own free will; you remember that I am trying to help women become free?**

Agreed

**I have to tell you that it is a long slow process.**

Lilian: Yes, I can imagine.

**But, as you can imagine, each woman that we save from any wrongdoing, gladdens us, gladden us to the extent that it drives us on, drives us to continue with this very good work. My hats are not always appropriate though, but still I need to wear them, because it has become like an emblem for me.**

Giggles

Lilian: Yes.

**Yes—you are all very subdued this evening.**

Sarah: We are just interested in what's being given to us.

Jan: Yes, I think we hear in the media that strides are being made in the efforts to free women in their daily lives and then you hear other stories that puts a few steps back, as it were.

**Yes, it is an uphill struggle, I will not deny; it is just as well I am here in spirit and not with you, or else it would seem never-ending, but we are never disheartened, there are always good people that we can use, in the same way as we use you for many other things.**

Jan: There's always hope.

**There is always hope, my dear, always hope.**

Sarah: Good progress has been made with women in Saudi Arabia, they're becoming more free.

**Yes, you must look at your world as a whole. Although, I mainly stay in one country.**

Jan: India, don't you?

**Yes, that is correct. Everywhere in your world, there is help available. And although you speak of times of governments which are corrupt, even this is improving, although you may not always feel that way.**

Jan: We've been told, as Salumet said to us last week, our teacher, that we are on the right pathway—the planet is on its right pathway. So we take that—that everything good (Yes) that will come, we are working towards.

Mark: Yes, the Socialist Parties are doing quite well over here for representing women.

**Yes, anyone who represents freedom for anyone, is doing a very good job; yes, I would encourage it wholeheartedly, yes of course I would; but as I say, I am among free women with freedom of speech, which of course, as you know was most important to me.**

Jan: We're very privileged, I think, to be born this time, into a society, that on the whole we had progress, in such short space of time.

Di: Even though we can't always see it. The last hundred years, especially. (Yes)

**Indeed, you are people of an age where you are able to help others. Two hundred years ago of your time, it wouldn't have been possible.**

Jan: No, to do this, we'd have been accused of witchcraft, even two hundred years ago.

**Well yes, you may have been well heated up.**

Giggles



Jan: I think one of us, weren't we told that one of us was actually burnt at the stake?

***Were you?***

Jan: Yes, but we don't want to know who.

Mark: I wouldn't mind knowing if it's me, you could tell me...

***I will have to arrange when I go back that they come and let you know.***

Chuckles

***Yes, I am sure that you probably have all have been witches at some point in your lives.***

Di: Yes, I've been called one a few times, not always in a nice way.

Giggles

Jan: So, are you very busy at the moment, are you?

***Yes, I am always working for the betterment, not only with the women, I have been involved sometimes with children.***

Jan: Yes, and that obviously is where the education lies, with the younger generation, to impress *them*.

***Yes, they have to be impressed to make changes, but they need the opportunity to do so.***

Jan: Yes, which comes from education and being educated. **(Yes)** It amazes me though, that from India, comes such marvellous doctors who *are* females. Are those mostly the females that are born into, shall we say more wealthy, educated families?

***Mainly, their caste is important in countries such as India, but today even there are women of lower caste who are making it into these professions, if you like.***

Jan: Remind me, what is the lowest ... there is a word for people who...

Di: They are the darkest skinned ones...

Jan: ...who in India have no rights at all.

***No, the lowest caste has no rights.***

Jan: Not even the man.

***No, it is a very caste-like society, and yes, if you have money and wealth then you will survive quite easily.***

Jan: So if you're born of that caste, they can't actually step over, can they? They have to stay within?

***They can as they attain older age go into some type of profession, but it means a lot of luck, a lot of help and it is not easy, but it can happen and it will happen.***

***Yes, well, I have had great pleasure in coming to talk with you again.***

Jan: The pleasure has been ours.

***Yes, it's...***

Sarah: I think I keep seeing your hat, is it made of felt? Has it got quite a big brim?

***It has, and I have a magnificent little feather.***

Jan: Yes I've seen the feather!

Sarah: Do you know what it reminded me of, when I first saw it, it reminded me of Dick Wittington's cat. There's some cartoon or play, where he is actually wearing a hat, and that's got a feather in it as well, so...

***I see, you're comparing me to a cat!***

Laughter

Sarah: No, not at all, but it just, it was that particular hat, I thought it looked like Dick Wittington's hat.

***I would recommend a feather to you all.***

Sarah: Oh thank you.

***If fact, why should we not leave one for you all.***

General thanks

Jan: White feathers...(Yes)

Sarah: Well I'm sure Eileen would like a white feather, (The one you're using) because some time ago, somebody was going to send her a feather and she gave them the money and they never sent it. So I'm sure she would like a white one.

***I'm sure she would, I shall see what I can do.***

General thanks

***Thank all of you for listening and perhaps it will not be too long before I can return again and update you on our work.***

General thanks

Sarah: You are always welcome.

Di: Keep up the good work.

***I just wish I could be rid of the pride I have in my hats—it doesn't seem to have disappeared yet.***

Mark: Well, it's not doing anyone any harm, is it?

***It isn't, is it?***

Sarah: If you enjoying them, that's...

***I do, it's almost just, it almost becomes like a trademark.***

Jan: Yes, it's a recognition.

Sarah: If you're happy then that's the main thing.

***Yes, but you do not want too much pride.***

Agreed

Jan: No, I wasn't picking up pride, anybody else...not at all, I think it was a recognition thing, more than pride.

Yes?

Di: A trade mark.

***Well, I really must go, because Cho is calling me—oh, he is so bossy.***

Giggles

Sarah: But very nice.

***But very nice. Good bye my dear friends.***

Goodbyes

## Communications from the pre-Incan and Incan times

The previous evening had finished with a short speech in a foreign language via Sarah. Salumet was asked if he could give any indication about the language so interpretation might be possible. This proves to be the first of a series of communications which turned out to be pre-Incan. (19/4/04)

At the end of the evening one came through Sarah and spoke to us very clearly in a foreign language, possibly a foreign *ancient* language, and we've no idea what that language was. It might have been a prayer or a blessing and I was just wondering if it's possible that you could help us in reflect of what the language is so that we can get a translation.

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

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

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

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

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

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

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

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

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

Sarah: Yes I do. On this occasion when this Spirit came through me, I have to say I did think it would be nice—it was not exactly a test, but I had in my mind, because we had this Danish woman—I do believe that the Spirits that come through me, *are* coming through me—I thought it would be a nice proof if a Spirit came through me and I didn't understand the language, then it would be real proof that it is coming from Spirit. So, I was sort of expecting to have somebody come through me, but I certainly wasn't expecting to have an Incan language through me!

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

Sarah: It was just for my own...

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

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

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

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

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

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

A visitor from the pre- Incan times comes to talk with the group. (26/9/05)

***I am visiting you once again. I hope you remember my last visit to you. This was some time ago, when there was a Danish lady here. (Expressions of joy)***

George: That was Jetté! (A good friend)

***When I came that time I spoke in my native tongue. I have been asked to come to you and speak in a tongue that you will understand.***

Paul: What was your native tongue?

***We were from the Southern Americas.***

Paul: Ah yes, I remember.

***This group that was my family was brought to a kingdom that was foreign to us. We were taken as slaves to work for this powerful unit. We were ostracised, because we could not speak their language and it was during this time that the language I spoke became intermingled with the language of those who took us, and in time, our language became redundant. It was for this reason that you could not find a translation for our language.***

George: Oh that's most helpful that you've told us that. We thought at the time that it was an Inca dialect—an ancient Inca dialect. Would that be anywhere near?

***The Incas were the ones who took us. But the language was not Inca. It became intermingled with their language, but the pure language that I spoke at that time was from further south, and was a tribal language. It bore little resemblance to the Inca language and this is why it died out when I was taken. The tribe that I came from was so depleted that it was unable to exist for much longer, and the language ceased in that part of the Americas as well. So it would be very hard for you to find any translation of that language.***

George: Yes. Thank you for telling us that.

***But we were a proud tribe, and we wished dearly that the language would continue. It was for this reason that we wished to bring this to you, so that a recording could be taken and it is therefore not completely lost.***

George: And it is not lost in Spirit of course...

***This language, of course, can be used, but I have to say that we do not use language any more. But, in returning, I had this strong desire to use a language dear to me and to the members of my tribe.***

George: Yes, we understand that. I can say that, since that occasion, we have got some much better recording equipment, so if at some stage you would wish to use that language again, we now have a superior recording of it.

*Our guest immediately launched into a 2-minute oration in their language—Audio link:*

[http://www.salumetandfriends.org/resources/2005\\_09\\_26+keeping+a+language+alive.mp3](http://www.salumetandfriends.org/resources/2005_09_26+keeping+a+language+alive.mp3)

George: Wonderful! So we have your introduction as well as the spoken language. Are you able to tell us something about the meaning of the words you have just spoken?

***Much of what I was saying was to praise the tribe and the living that we had. When we were happy, we were partying, as you would say. And it is in this joyful atmosphere, that I was bringing you words of happiness and enjoyment, and discussion of various activities that had pleased both the tribe and the elders. (Wonderful!) Words that were given were difficult to translate word-for-word, but the general feeling was happiness and gratitude for life, and the joyous moments that can be taken from activities of groups together.***

***Venteh-oohah! Is 'greetings to you all'. And I know that the members of my tribe are most***

*happy that you take such an interest in our language. We would hope that sometime, we will be able to impress upon you, not only the beings as we were, but of our clothing and headdresses that we wore.*

George: That would be wonderful.

*We will try on another occasion, to bring to you the atmosphere and the whole concept of our living to you, and we will try to dress each one of you in an attire of that time. But I will need some help from others in order to do this, so this will be for a later time.*

George: Yes, and hopefully we shall have a larger group here; our numbers are small at the moment. We offer you our regret and sympathy that you were taken into slavery. That must have been a difficult time for you.

*It was a very sad time. But, as you are aware, that is really of little importance today (Agreed) So, I will take my leave of you, and look forward to dressing you all up on another occasion.*

George: Thank you so much for your visit, and we are very happy to have this recording of your words in both languages.

Paul: And it would be lovely to hear more about where you lived—it's a beautiful area in South America. You've got so many different aspects—mountains and jungle—wonderful rivers—lovely to hear about where you used to live.

*We will bring more information to you next time. And we will bring the chief with us, who will inform you of much of the area, as he was the narrator at that time.*

George: We shall look forward very much to that visit. Thank you so much.

George's Notes:

*On the Monday following the earlier visit (19/4/2004), questions were asked of Salumet about the language, and his words were: I feel that you should look towards the Inca language. He also said: you may find that some of what was said is of the ancient language and may not be as easily available to you as you might hope. On reflection, the words as chosen are very apt! Through the Internet, we were in touch with Barry Werger, in California, who assured us that it was not Quechua—the lingua franca of the Inca, and that is about as far as we were able to get with our enquiries.*

Another communication via Sarah, from a pre-Incan South American tribe. A beautiful description of what was worn and how to keep out the cold. (17/10/05)

Lilian: Good evening.

*I am most happy to be with you once more. We have been keeping an eye on you, and feel that you are ready to take on some of the clothing that I mentioned to you last time.*

Lilian: Yes I remember.

*If you are happy to dress in another garment I will bring my friends with me and each one will put on one of you, a garment that was used in our time. So, can I ask if you will be happy to be dressed this time?*

George: We'll all be very happy. Thank you. (*Enthusiastic agreement*)

*So each one will have a separate dresser and each one will take a different costume. We will ask that you try to tell one another what garments you are wearing. This has been done in conjunction with others in Spirit, and this is part of your development as well as a little light heartedness from a 'previous time's dressing'. So, if you will prepare yourselves, we will bring to you the costumes, and I will return in a short while to hear what you feel you have been dressed in.*

Lilian: That should be interesting for you.

*And if I may say, I think it will be quite interesting for you as well. (Chuckles)*

Lilian: Yes, it certainly will!

*So, I will stand by for a short while, and then will return for your comments.*

George: Can you say if they would be everyday clothing, or would they be ceremonial attire?

*There will be a mixture. This is why I have brought along my friends to dress each one of you in different attire, but let me assure you that my tribe would have all had a part in the preparation of these costumes, so they are from our tribe only.*

George: Mm—thank you (General thanks expressed)

(Pause of 2-3 minutes)

*Let me first explain my costume: I have several feathers in my hair. My hair is tied back and the back part is plaited. At the end of the plait there is also a bunch of feathers. On my feet I have skin from a wild boar, and the fur is covered over the top. On my legs I also have skin. This is wrapped round the legs and tied with pieces of skin and coarse grass. On my lower part I have a skirt which is also made of skin, but it also has woven in it, parts from a plant which is most hard to touch, but when soaked, becomes soft. When it has been woven together and crushed, it becomes quite soft. This is used only in the hot weather. In the cold weather, the skin is laid over the top and is fastened together through the legs. This helps to keep warm. On the top, I have another of these woven garments, and on the top I have a beautiful fur, which has on the back, many feathers with the quill pointing upwards and the feathers forming a fan over my shoulders. These feathers we colour. Each colour of the feather denotes something. In my case, most of the feathers are red. This is because I am the chief of the tribe. On the front, I have buttons, which are made from pieces of bone, and are tied on with pieces of skin and grass. My headdress with the feathers, is kept on by a leather strap. When it is cold, a cape is made from the grasses, and the fur is stitched onto it. It is attached at the shoulders, and this helps to keep warm—but always the feathers must show. On my back, the feathers are mostly red, but on my head they are white. This is a signal that I have taken over from a deceased relative. If there are no males to take over, the one in charge would have his feathers red, and the ones on his back would be red and white.*

*And now I look forward to hearing what you feel you have been dressed in. I will sit quietly and listen.*

Lilian: Yes. Thank you for the way you have described your costume. (Thanks expressed)

Graham, what did you feel?

Graham: Well, I think I could feel something around my body that was brown and I think was tied around my middle, and I think there was something white round my neck and across the top of my chest. And my legs were covered with brown leather—soft chamois-type leather. These kept me warm. I didn't feel anything else.

Lilian: Sue?

Sue: Well I felt very cold and was wearing almost nothing, but I then had the impression of a heaviness around the shoulders and I think I had a cape on. I also feel I have bells sown around my ankles, also something like an apron covering most of it, going across my chest, round the back and tied. And I've still got this feeling of a heavy cape, with very little else.

Lilian: George?

George: Well, I have a feeling of more like a bark-cloth, but I may be wrong about that. It seems fibrous and smooth—a sort of brown jacket, and something around the lower body—

tan coloured with small brightly-coloured pieces. A sort of shoe—possibly a skin sandal. I haven't really got any feeling of feathers. And that's about it.

Lilian: Eileen?

Eileen: Yes, I'm also dressed in a brown chamois-type material, quite plain type of material. My hair also is plaited. And I have a feather, which is white, with a black tip. But at the end of the plaits, it is like pieces of leather of some kind, in blue, yellow and black. At first my feet were bare, but now I could feel flat boots, with a white fur. And I've got beads around my neck and they also are blue yellow and black. And it almost feels like I am in a marriage costume. And perhaps that's why the boots were placed on me. All I can say is that I feel very clean, if that's important (*Laughs*)

Lilian: Well, I was feeling feathers, almost before he'd stopped talking. I can only think it's a cloak. I may be wrong there, but a cloak covered with feathers. I don't know about my feet, but I felt there was braid about my legs. Nothing with the hair or the head. So let's see how right we are...

*We are most glad that you have been able to accept what we have put on you. Let me tell you that the first gentleman, (Graham) was a worker in the stables. We have many animals, and you were indeed helping with them. The costume you had was one of one who works with animals.*

*The lady (Sue) who was dressed in this heavy cape, this was because she was taken to the fields with food for the shepherds, and it could be most cold. This was her work, and the one who would wear this cloak was the only one who would take the food out in the winter months.*

*The lady who was sitting next to me, (Lilian) she is the one who would prepare the food for the summer months. In the winter months, she was allowed to be with the elders in their capes, and her role would have been to make sure all was well with the high-up people in the winter months. For this reason, she was made to look much more attractive than most of the females in the group, and was permitted to wear these braids upon her, not only on her legs, but also on her arms and around her head and neck.*

*The gentleman, (George) he would have been one to prepare the ammunition for fighting and hunting. He was a most important gentleman, and he was the one who organised all, to make sure there was sufficient arrows and suchlike for the fighting and the hunting. But he seldom went out hunting himself. The job of fighting and killing animals was up to others.*

*And the last lady, (Eileen) how right she was! (Speaking tenderly) She was my wife.*

Lilian: Oh—very colourful, I should imagine...

*Unlike nature itself, the females of the leaders of the tribe were dressed in the most beautiful attire that could be made, and much work was done by others in the tribe, to prepare the ladies for this most important role. At all times, they should be dressed and attired in the most luxurious and attractive clothing and ornaments that we had available to us. This was partly why the other ladies were always dressed in dull colours, so that the most important ladies could shine and were indeed noticed.*

*We are most grateful to you for letting us bring to you a little of our life and costume.*

George: We also are very grateful.

*It warms us most heartily, because we now feel that our language and our dress have not been completely lost forever.*

George: Chief, you mentioned the cold several times. Does this mean that you were from a mountainous area?

***We were a tribe of some 'nomadity', if that is the word...***

George: Yes, nomadic, yes...

***We spent some months in the valleys and some in the mountains. But we were pursued, and we needed at times, to go high where it was cold, so that those pursuing us would not venture that far. For that reason, we needed to have both warmer and cooler clothing. We would have preferred to stay in one place in the warm climate, but for the sake of staying alive, we had to suffer the cold. So I hope that answers your question.***

George: Yes indeed. Thank you very much for that.

Lilian: Did you have more than one wife, or just the one?

***I had the one.***

Lilian: As we do here...

***But it was not uncommon for leaders to take more than one. But I needed only one.***

Lilian: Did you have big families of children?

***I was most fortunate in having twelve children, and five of them were male. So I was hoping that I would have an heir. But this, as you know, did not happen (Yes) I will now ask my friends to join with me, and give each one of you a taste of our celebration wine, which was made from a berry that was so sweet that in next to no time, the wine was ready to drink.***

Lilian: Interesting that you made wine as well...

***We are putting a little on each of your lips, and ask you to savour the sweetness, as we take our leave.***

Lilian: Thank you—very interesting!

George: What a lovely thought! Yes, thank you very much for that. (*General thanks expressed*)

*That concluded the third visit from our South American tribal friends, and left us with a valuable picture of how life in that region must have been; and how sad it is that they were finally taken into slavery by the Inca. Perhaps this record and the language record received earlier have been in the nature of a healing?*

To start the communication, we were treated to a little over one minute of very loud and clearly articulated pre-Incan, now an extinct language, as we had heard on a previous occasion. (1/8/11)

George: Would you by any chance be the one from the South American tribe who spoke to us once before?

*A lengthy pause followed, during which we recalled that earlier visit. In fact, on since checking records, this one was with us on 26<sup>th</sup> September and 17<sup>th</sup> October 2005. Sadly, his people were enslaved by the Inca and their language lost—which is why he loves to physically articulate it.*

George: Welcome to you!

***I am most pleased that you are still meeting together, and I wish to tell you that my people are still keeping in contact and keeping the tribe alive. We know how much your world has changed, and it has saddened us that you have in many places disregarded nature and all spirit that it contains. But we know that you are aware, and it is for this reason that I come back, because we have much enjoyed reliving what was taken so unkindly from us.***



George: Well, you are most welcome, we love having you with us and we in this group—yes, know the wonders of nature, appreciate them, and we do our best to spread the word.

***Ah yes—we know what good work you do, and we have been around when we have heard you talk about us.***

George: That's good to know.

***—And we had the opportunity to come back to you this time.***

## An ex police officer called Harry

Harry talks via Gary a little about his career and the insidious effect of corruption being self-defeating. He goes onto talking about criminal activity such as drugs where he himself is capable of becoming a 'barrier' to stop movement. (18/7/11)

***It's good to come through from our spiritual realm—my name is Harry. I was a policeman in old times—and I am overseeing what is going on in this country at the moment. I'm trying to see the good in the change. We don't like to see it as a corrupt system, like in other countries at the moment—I feel very British.***

George: I feel there is some corruption—we do have these resignations from high positions. ***Yes, but corruption always kills itself in the end—even in my time when I was in the forces—I was in the war—the 1<sup>st</sup> world war. Then I joined the police force. I survived—I was posted behind the lines fortunately. I was sad for all the injured on the Somme. They always haunt you—those images. I learnt from it and served the force with those experiences. I served for many years in the ... oh...***

George: The Somme must have been a terrible ordeal.

***Oh it was, yes. It was very traumatic. I served in Canterbury—that's where I was based—the Kent Force. But I moved around. I started there then I went to Oxford, yes. I was there for a while—it brings back the memories—in spirit you forget. Then we talk about it and memories flood back—I remember the images.***

Lilian: So what do you do in spirit?

***Well, I try and prevent crime in your world. I try and save victims. I try to stop events happening. It's a very difficult task I have really—to stop murders taking place.***

George: Are you able to warn people?

***I do, I attempt to communicate—instead of going by a particular route—guide them off of that route. Yes, it's still in me to prevent crime.***

*(Following more talk about the difficulties)*

Lilian: So are there circumstances where you are not allowed to interfere?

***Oh yes, we do have a strict system in place. Sometimes, we try to stop the criminal—that is harder still, if they are hell-bent on committing a crime. They have all these toxic substances that affect the brain balance and they commit crimes without being fully conscious.***

George: Are you talking about drugs?

***Yes—bonded to drugs. The old time was more natural in a strange way. The drugs are synthesised now—from a leaf to a powder. The drugs—powder from a foreign land.***

Paul: So, it damages the brain—

***Yes, and it affects the mind—the ego mind—the alter ego, and it breaks through—the dark side, the shadow side, takes hold. So I'm continuing the work of the good—yes.***

George: Sadly, we haven't got on top of the drugs trade. There's still a lot going on.

***Indeed.***

Eileen: So how do you try to help? Do you try to impress? Are you able to transmute your energy?

***Sometimes, I become like a wall—produce a shield.***

Eileen: Oh, like an energy shield?

***They are incapable of movement—I have stopped people. There are few like me with my skill. I can come quite close to stop these activities. It is permitted to stop. I am not permitted to get into their heads. But I can stop their physical body—that is permitted.***

Paul: I suppose you've got the question of free will—the free will of the victim—who doesn't want to be killed.

***Yes. There is a complex interplay of rules—there are regulations in spirit—what we can do and what we can't.***

Graham: Yes, interference must be an issue, mustn't it?

***There is repercussion. I may stop it, but it may create a greater problem.***

Eileen: So people would call you an angel, wouldn't they?

***Well—I think they may.***

—If you are able to stop crime.

***—A force for good—yes (yes).***

Paul: Occasionally we get the feeling that people are murdered for political reasons to silence them. Do you ever get involved in those?

***It is not wise for me to comment on that at present. I do not wish to attract negative things into the group (mm—thank you!). It has been good to speak. I will now bid you farewell.***

*(Enthusiastic thanks)*

George: Thank you for your words and I think we've all learnt something from them.

Paul: It's nice to know that there are people like you around, keeping it a bit safer.

***Neighbourhood Watch!***

Eileen: May I ask your name again?

***Harry, Harry Walters—yes.***

Eileen: Thank you Harry.

## Grey Eagle

A North American Indian medicine man called Grey Eagle visits the group via Gary. It seems that Grey Eagle spends much time visiting groups such as ours; explaining that it is in his nature to travel—he enjoys being free to wander beyond the tribe. He spoke of the use of herbs. (25/7/11)

***There is a certain sage—the burning of the sage cleanses bad spirits. One can eat it, but I refer to the spiritual use. It would be a white flowered sage—grey-white—California sage is good. Californian sage can be bought in certain of what you call 'New Age' shops. You can buy the oil, but the smoke has great power. It is what we used to use for our dance rituals—invoking the ancestors. My tribe settled in Arizona—Nevada with another tribe the Navaho. I was a son of their medicine man.***

He went on to speak of animal spirits and how they were able to link with them. Linking with the eagle spirit enhanced their seeing into the future. Their tribal chief was 'Standing Bear'. Then, speaking of the world situation today, he described how he and others can be close to Earth with helpful influence. He said of our group:

**You keep a candlelight going in a troubled world. It will improve, and we must be optimistic for the future. Fresh ones will return (incarnate) in the future and bring new knowledge.**

He attends spiritual groups elsewhere, including one in Brisbane, Australia, stating that we have some kind of link with an Australian group.

(That may be the Circle of the Silver Cord, with whom we have communicated, knowing that we do similar work—with indeed, Emma Hardinge-Britten having visited both groups.)

## A circus traveller

Gary channels a traveller who was once with a circus. (1/8/11)

**Hello!**

All: Hello!

**I've been travelling—with a circus—acrobat—Chinese acrobat.**

(It seems that entertainment continues in spirit—both adults and children enjoy the circus. On Earth, he travelled America in the 50s and 60s. There was then more optimism in the United States)

**Not the problems they have today—auspicious time—a good time—sad to see not so good now. Time is like that. And I toured the United States.**

Lilian: So you were with a group were you?

**Yes—from Shanghai yes—Shanghai acrobat. I did enjoy Toronto in Canada—and Mexico City as well, and I was in South America—North and South, yes.**

George: And you still perform as an acrobat in spirit—

**I continue to, yes.**

(It seems he is able to do more elaborate feats in spirit. It is more beautiful—more artistic) **I do Kung Fu and Tai Chi, yes—so I combined acrobat and martial arts—in combination in the act. And I see changing times in your world. China became big economically—if it is too big too quick, not so good to the environment, as you might expect. You have to be more aware of the environment, otherwise trouble looms—yes.**

(We spoke of 'carbon footprint' and our friend said: some don't believe that—)

Lilian: So you are working together now?

**We are always together, yes, travel together.**

George: China is a major world power. Did you have any thoughts about Chinese politics? **They should respect the Tibetan people. The Chinese, they are different—not the same.**

George: Yes, many of us were saddened by the Chinese invasion of Tibet, in 1950.

**Yes, some hold it against us that I can understand. We have to respect their sovereignty eventually.**

George: Yes, I think there was a consideration that Tibet is a Chinese province—

**There is argument and debate. It is not—they are definitely genetically different (yes). We do not look quite the same, and our belief systems are also somewhat different, but there**

*is similarity between our ancient philosophy—Confucianism and the way of the dharma—a bond, yes. We are all brothers really.*

George: Yes, the Tibetan philosophy and religion go back a very long way.

*But there's always the divide of the great mountain ranges- a natural border, yes.*

Paul: And, as you said China is, in a way, not all one people, the Han, are, I think the biggest group.

*In Ancient time, there were many small tribes. Modern China was a small province that expanded from little kingdoms, factions. If you look at the old map, there are many little kingdoms, not united as they are now.*

George: Several of us have read books by the Tibetan lama, Lobsang Rampa.

*Ah Lobsang Rampa, yes.*

George: Do you know of him?

*Not directly—'The Third Eye'—I know one.*

Paul: That was his first book.

*Popular—a bestseller!*

*(Pause and time now for our visitor to depart)*

*I will give you many blessings.*

Lilian: Thank you! It's very nice to have you visit.

George's Notes:

*We are aware that Tibet holds a valued place where Earthly spirituality is concerned, and it is distressing to many to see such spiritual endeavour invaded by the militarism of materialist powers. The Chinese invasion of 1950 was bloody and destructive and is to be deplored. And the Dalai Lama—'The Inmost One'—still remains exiled from his native land. But neither does this 20<sup>th</sup>-century invasion stand alone. In 1904, the British invaded, using Maxim machine guns to force their way to Lhasa. At that time also, the Dalai Lama went into exile, so that reincarnation links can remain accounted. Being British, I feel shame that this should have been so—also that our world governments continue to have belief in the warfare principle in preference to upholding the superior doctrine of spirit: "Thou shalt not kill". But, within the Tibetan spirituality, the future is known—hence, the Dalai Lama's safe exile always in good time. And we must remember that evolution's details will take their course in their own good time—preferably without harsh judgement from one to another.*

## Changing times

One via Gary comes to share his thoughts on 'changing times' as seen from spirit. (8/8/11)

*We are all one big family and work together. Our differences dissolve and become unimportant—this is what 'the change' is all about—bringing harmony and unity so that all the light-workers can allow the great light to shine in the times to come. So it is easy for me to communicate with you—I was a spiritualist as well, when I was on the Earth, as my mother was—I was brought up in it—born into spiritualism, so I was very fortunate to be a small lad sitting in séance. My mother was a trance medium—she did platform and held her own circles as well. So it feels like home here.*

George: Yes, your mother was a platform medium—  
*Yes, I was as well.*

George: Really! Are these names that we would know?

*Well—my mother was a friend of the one who was charged with the witchcraft act in the 50s.*

Eileen: Helen Duncan!

*Yes—Helen Duncan. They knew each other and they were close—Florence.*

Eileen: Your mother was Florence—

*My mother was Florence—yes—London—Richmond—yes. I was in the navy—that was in the 30s—yes. I went all over the place in the wartime, yes—battle of the river Plate. Our ship was blown up and I was lucky to survive really. I had some injuries—I recovered though.*

George: There was rather more interest in a way in the war years (Yes)—people were so keen to have news of their loved ones who had been lost.

*Ah yes! You do rescues here don't you? My mother did a lot of that during the war—that was one of the things she did—those on the battlefield, yes.*

Eileen: Could I ask your mother's surname?

*Born as Smith—then Kiers was her married name.*

Eileen: Florence Kiers—

*Yes—it was hard work, because of the volume of soldiers who were lost.*

George: It has occurred to me that the one and only good thing to come out of warfare has been the increased interest in spiritualism.

*Yes!—death has a way of awakening you! It does have an effect on the collective psyche (yes). When one sees much death, one can become enlightened by it in a strange way—awakens spirit. That's what the Rosicrucian's say—and the monks and the Buddhists—death is an illusion.*

George: I suppose we could compare the Earth life with a single page in a book—

*It is a chapter that has its beginning and end—the soul journey becomes a book.*

George: Yes, I suppose the planetary aspect could be compared to a library containing all the books—

*Yes—do not fear that Planet X, as they call it—*

George: Ah! Planet X!—also known as Elenin! *Elenin—yes.*

George: Can you tell us anything about that?

*It will come and pass (yes) and it will bring certain disturbances, but it won't be long lasting. It will not split the planet in half or anything. It will not reverse the Poles as some suggest.*

George: Yes, there was some doubt as to whether it is a planet, an asteroid or a comet.

*It's more like a comet from what I can see of it (right). It is not the usual comet—it has a strange feel to it. It feels a bit like it's an 'angel of death', but it is a metaphor really. It will bring a certain 'death', but only to the old ways. It will only—so don't worry—it will not destroy all that is positive, you know? (Mm). Beyond that, there is more to come. There will be some—it's a new sub-cycle really—it's much in our interest as spirit.*

George: Yes, some feel that a close pass from Elenin would create earthquakes—

*Earthquakes you have anyway.*

George: We have those anyway—yes.

*If you will have any more—I don't know.*

George: But if it is a comet and not a planet, then it's likely to be a much lesser effect anyway.

*Some think it's a spaceship don't they—a masquerading spaceship—yeah. The thing is not to be gone into now (mm). But you will have—the electromagnetic rays of the sun will—*

*may cause some computers to dis-function in this next year (ah yes). That is a possibility—it will bring a lot of solar activity—solar storms will be quite intense, so be warned. But it won't disrupt human society too much.*

George: You seem very knowledgeable—are you able to say how you come by your knowledge?

*I access it through the cache of great universal—knowledge is there for the taking of—once you seek it, it comes to you. Knowledge is always there in this universe.*

George: Are you speaking of the Akashic Record?

*Yes, one could call it that, but there is knowledge beyond that, which is within yourself (yes). You have your own knowledge.*

George: So this is going within—

*Yes, this is our unity with the Godhead if you like—we are a part of the Godhead—we all have a Divinity spark in us—that is 'your' knowledge—your memory. And we combine our knowledge, and then we have a 'universal' knowledge. We have what is called 'cosmic—those beyond the sphere of the Earth—space-beings', share this with us.*

Sara: There are some individuals who do not need to go within to access certain knowledge—they are linked to universal mind—

*Their mind can link up to many—like a big 'search engine'—based on the Internet—a cosmic search engine—yeah.*

Sara: When children are born with certain talents—would you say that they have certain links which can be made stronger?

*They have 'access capacity'. Like yourself, with your music. You are accessing the 'bubble' as we call it, the information. It's been good to communicate with you. I'll not take too much of your time.*

George: It's been interesting for us to listen to your words. Thank you very much.

Sara: Thank you for coming.

*It's a pleasure!*

## Rudolph Steiner

Gary channels Rudolph Steiner, the Austrian philosopher who founded the spiritual movement known as anthroposophy. He talks, amongst other things, about the work in spirit on reducing the effect of the lower astral planes on the quality of channelling, so that purer truth can be brought forward. This was the first of several communications. (5/9/11)

***Good evening.***

Lilian: Good evening.

***It's Rudolf Steiner from the higher dimensional plane, yes.***

Paul: Welcome!

***I go up to different levels.***

George: Wonderful!

***I work with this communication. I have been working for some time—trying to—we have to be like your selves, very patient in spirit to develop the channel—the medium. We, in a sense, have to be tested with more patience because we have all the knowledge and want to share this with humanity. We become excited in spirit to share this, but the difficulty is, what is termed grounding this knowledge in its purity without it becoming tarnished by***

*the lower dimensional influences. Throughout history, it has always been a challenge for us in spirit to achieve this. It is our spiritual development to master this—to create a high quality communication that gives you a pure source of knowledge that humanity has built up throughout history, from the past—all so much knowledge to share—not just the future.*

George: Certainly, we all have this feeling of wanting to share knowledge here, and in this modern world, there is the Internet, and websites, which are, perhaps, an aid in this. Are you aware of these things?

*Very much so! We even try to influence it. It can be used like anything, like a tool. It can be used for manipulation—can be used for sharing higher knowledge and wisdom the—what is called ‘spiritual information’ can be passed on through computer / Internet, yes. Much is being shared on sites.*

George: Yes!

*Much of it can be considered ‘conspiracy sites’, but there is an extension of that where it is more ‘higher knowledge Inter-dimensional’ communications. Channelled sites—where there is information from spirit, being passed on, through this powerful, global medium, so we support that. But unfortunately, it can also be manipulated by the lower levels. It is an open channel really, the Internet—it is very open to influence, and so much information, so much thought. Being on the fifth dimension, we can see how this intense energy of the Internet is growing bigger all the time—expanding—like an ocean, a bit like the Akasha—it’s become overtaken—its own Akashic record, isn’t it?*

George: Akashic record?

*Yes, it is a source of holding information—storing knowledge.*

George: Yes, so are you saying there’s a sort of comparison here?

*Yes, I believe there is, yes. There is a natural, higher dimensional record—library, and now there is on the Earth level through the Internet. It holds everything, good and bad—purity, impurity, yes.*

George: When you were on the planet, I believe you did some very interesting work with burying cow horns, loaded with material which became a wonderful fertiliser, which could be spread over huge areas.

***Biodynamic!***

George: It’s biodynamic—yes!

*And it came up with some interesting—I suppose it was ahead of its time, but it’s been filtered through since I passed over, yes.*

George: Yes, it seemed to be much more effective than one would expect from the amount of material used.

*Yes, in places like Israel and Egypt, the concept is being used, and Australia, yes—and South Brazil. I keep an eye out on the various communities, but it is quite spread out—Japan, yes.*

George: Yes do you feel that, in principle, this is a process that could be used to advantage on the Earth today?

*It is an ancient knowledge that I tapped. It is one that was done in ancient times—the Egyptians used similar methods they knew how to grow on the Nile. They mastered these techniques, and I managed to access this in the Akashic records—a vision of old Egypt, and their methods of farming, and that’s the basis of my biodynamic inspiration. It goes back to the Ancient Egyptians. They were true masters of growing food. They had to be—and in*

**India, yes. As I said, the past holds much knowledge as well! The past sometimes goes through decline that has a way of being resurrected from time to time.**

Lilian: Yes, so we've been told—

**It evolves; it develops— a bit like a painting. You start it and then you add to it and it becomes more complex. Sometimes, it goes through a process of looking worse, before it looks brilliant again. Adding layers, sometimes takes the beauty—until the right amount is added. It's been good to communicate with you.**

Graham: Yes, thank you for speaking with us.

Paul: Yes, it's a shame that more of the planet doesn't use the biodynamic approach.

**In time there will be more advanced levels to come, yes. It will have to come. With the new energies coming, it will come. All to do with the sun—it will instigate higher wisdom—the trigger. The sun is going through a huge shift at the present.**

Paul: Right!

**Your scientists know this, yes.**

George: Changes in the sun will benefit the planet?

**It will benefit the planet very much so. It will spiritualise it—purify it.**

George: Yes, I think it is realised amongst scientists that changes are about to take place (**yes**) in the sun, but I don't think it is understood terribly well about what those changes will, accomplish.

**The sun is a spiritual entity ultimately. The ancients knew this. It has a spiritual dimension to it (mm). Once science recognises the spirit of the Sun—the Logos—then transformation is guaranteed. The beginning of an advanced society can be realised.**

George: That's very interesting.

**What we also can term Ascension—the raising of the planet and how high is humanity.**

Jan: So we should turn our attention more spiritually to the Sun, then, should we?

**You can worship it, if you wish. There's no sin in that.**

Jan: But surely, that would have a positive effect on the Sun if it is a spiritual entity.

**It will recognise your calling. Part of it has a consciousness, as does the planet.**

Jan: Whereas we've lost everything—

Sarah: It hasn't lost anything has it—consciousness?

Jan: Ancient civilisations worshipped the Sun, and, as a modern civilisation, we don't.

**It is worship in the physical sense in creating and beautifying in the body—**

Jan: Yes, exactly rather than having a detrimental effect.

**—Absolutely, yes.**

Jan: So with every positive, there obviously comes a negative. Yes, that's very interesting. I shall look at the Sun in a different way tomorrow.

**See it as being alive.**

Jan: Yes.

**I will finish on that note.**

Jan: Okay, Thank you!

Graham: That's given a lot to think about!

Lilian: I was just laughing—Jan, you will be lucky to see it, but it's definitely there!

**You need psychic vision to see it—go beyond the clouds!**

(Laughter!)

Paul/ George: Thank you for coming

Jan: You will come and talk to us again?

**If I am invited to do so, that is fine. It is not my group, but I am a guest.**



Jan: Well. You're very welcome

*(All agreed!)*

**Yes, thanks!**

George: Thank you for joining with us. Wonderful to have you!

George's Notes:

Rudolf Steiner. (1861-1925): *Austrian philosopher who founded the spiritual movement known as anthroposophy—an esoteric philosophy. He developed the system of biodynamic agriculture that can convert arid infertile areas to agricultural productivity etc. Biodynamic agriculture is a specialised system of organic growing, involving buried horns filled with cow manure 'maturing' through the winter—then one teaspoon is stirred with 40-50 litres water for soil treatment etc.*

As has been the pattern Gary starts by channelling Bill as a precursor to Rudolf Steiner. Typically, he launched straight into one of his lectures—typical of his previous Earthly character. (3/10/11)

***Rudolf Steiner speaking!***

George: Welcome to you! Wonderful to have you with us again!

***Good to come down from the—what you call the spirit realm—many names given to the spirit realm—but it is pure energy—light. Spirit is light more than anything. The definition—a word given for light itself—the deeper we go into light, the more we go into spirit—the more value is our journey within our own light. Light can sometimes be contaminated by the illusion of darkness—that can be externally seen or internally felt within one's own spiritual journey. So, the journey to light is the ultimate journey that we seek to make, as a human—as a spiritual being; and the challenge is to not allow the perception of darkness to taint the light—to confuse the journey. That has always been our challenge—my challenge, your challenge, everyone's challenge. The Earth's evolution is based on that as well. A planet evolves on the basis of how much light it holds—how much light it can absorb. But this is changing as the end of the Mayan calendar comes in what you call '2012'. Ultimately, it's a phase of more light. It is a phase where darkness cannot overshadow so much. The deception will begin to lift, like a mist—***

George: More light—you're talking about spirit—spiritual light

***Yes, more light, spiritual light of the sun really and the solar energy. The sun is the nearest light—emanation of light in this part of the universe. It is our spiritual battery; it comes from our local sun—Planet Earth to our yellow dwarf—yeah ('Yellow Dwarf' – a category of smaller star to which our sun belongs). So many have always worshipped the sun, because it's the light that they worship. Call it 'Ra' or the 'Christos'—'The Christ'—that is a term I like to use—Christ energy is the light. 'The Christ' means 'The Light'. That which Jesus experienced is the illumination of the light body.***

George: Yes, I think we're aware that there is both physical and spiritual light that comes to us from the sun. Yes—are the two blended together?

***It is one, yes. The separation is—on the lower realms separation is always seen—the higher you go, the less—separation ceases to exist (Ah!). Everything becomes one, and ultimately, you reach the Godhead—the Source. The Godhead is—everything is born from the Godhead, the Elohim—so we are drawn ultimately towards the Source. We are going towards the Source. And within ourselves and as a greater collective, and behold a bit of the Source, the Godhead is within us. Going within is discovering our connection with the***

*Godhead, with the one Source of Creation—where creation is ultimately born. The Great Creator, the Architect—there are many names given to—if you like—God. And one’s prayer is to the Source. That is everything—everything is contained within the Source, so that is my journey and it is also everyone’s journey. The fascinating process of discovering, learning, enhancing oneself through challenges of Earthly life—one becomes more aware of the Creative Force, and understanding the destructive force of chaos as well—‘Theos’ and ‘Chaos’ being the ‘Cosmic Unity’.*

George: We have to see chaos as part of progress—

*Chaos exists next to Theos. Creation and destruction are there. You could say opposing each other, but are they ultimately opposing each other? I don’t know. Is it really a breaking down of the greater dividing process, where ultimately Chaos and the Creative Force become one? It is an evening of deep thinking is it not?*

George: It is indeed! One could see the centre of the sun as a (*yeah*) creative centre, but to we humans, it would also appear chaotic.

*Yes, I’m always thinking, always try to learn more of creation. When I was on the Earth plane, this was basically my lecturing.*

George: There’s a question, I wanted to ask you about that. When you were on the Earth plane, you had a teaching centre built just inside the Swiss border—

*The Goetheanum yes—*

And it burnt down.

*It did, yes.*

George: It has been rebuilt—um—

*It’s there still.*

George: And when you were first in spirit, were you able to enjoy seeing it *being rebuilt* and completed?

*It was a great joy—and a great learning occurred also. I had many opposing forces on the creation of the Goetheanum at the very start. I will let you into a secret: It is easy to see the image of myself as one that nearly succeeded, but it came at a very high cost—and I did not live so long, as you may know. I had to go through many dark days within myself to get to where I did. That is the nature of establishing anything on the Earth plane. The prophets, the saints—*

George: Well you did so much while you were on the Earth plane. It must have been very hard work.

*Yes, but I was so driven. I felt a lot of support, a lot of help—Celestial beings were—well I had contact—Archangel Michael and that—My inspiration was Archangel Michael—that was my power, if you like. I would seek his strength to keep me going in my spiritual work, so Archangel Michael, if you are working with spiritual forces, is a good one to seek help from—*

George: Archangel Michael—

*—In establishing any centre—and the others as well. When you had the Nazis, at the time, opposing my teachings, I had to have a stronger protection.*

George: Yes—were you listening in when we were speaking with Salumet?

*Yes, um, I had the permission to listen, yes.*

George: Yes, and I think we understood from what Salumet was saying that these Angelic Beings—a small part of them were in existence before the space-time creation.

*The servants of the Elohim—of the Godhead do the work of creating. The demonic aspect does the work of chaos—so they are each opposing each other. Sadly, some even fell, but*

*that is the nature of the thing—fallen angels—yes. But, in the end, it all works out. It all returns to the Source to do better.*

George: It all seems connected. And, as we progress a little on Earth, there's a certain amount of feedback to those angelic beings, I believe.

*Yes, you will come into more contact with them in the near future. Communication with beings of light will become easier than it has been. I will finish on that note—that you are in interesting times. Communicating with spirit and light beings will become easier and easier as the years go by.*

George: Well, we do appreciate you coming through to us—

*It is a great honour—*

You always have been the philosopher and your thinking is probably way ahead of ours.

Thank you for coming through to us.

*Yes, you never cease to know it all, you know. You think you know, then you do not know, and then you know again and then you do not know—a constant process of recalculation.*

George: Yes, I think we learn a little more each time. It's a slow process for us.

*Bill was then through again to close down, with: Thank you for inviting us.*

George: Thank you very much for coming through—wonderful!

*It is a very good group here—it is quite rare to have such harmony in a group, it really is, so we value it—each time we come, we think this is a very special group.*

George: You may be interested that we are in touch with Dr Ervin Laszlo, who is one of our present great thinkers on the planet, and sometime in the New Year, he plans to come over and sit in with us.

*Oh, that will be very good, yes! A very good thing for the group! It will get known, especially in the new energy phase. It will attract more—men of science will come, yes. It will be open to the New Year information. You are instrumental in doing a very good job—*

George: Well, we try, we try.

*You are a link between spirit and science.*

*(Thanks and farewells)*

George's Notes:

*Bill went on to say that I had a past life link with a student of Socrates. This feels comfortable, and it is true that what is known of Socrates comes to us largely via his students. A treasured photo of the bust of Socrates, taken in the museum at Selçuk, Turkey, hangs in my computer room and I have on occasions quoted Plato, who was one of his students. Socrates and his students have certainly had their impact on western philosophy and it is on record that the Oracle of Delphi stated there to be none wiser than Socrates. Goetheanum: Rudolf Steiner (1861-1925) had been an admirer of Wolfgang Goethe and had lectured on his thoughts concerning thinking and perception. And he named the cultural centre at Dornach, Switzerland after him. It was one of seventeen buildings for which he was the designing architect. Please note: I referred to it as 'a teaching centre'. Our visitor supplied its correct name—some may see this as a neat piece of 'evidence'! It was constructed largely of wood (1913-1919) with much volunteer labour, and through the war years, cannon fire could be heard across the border. On New Year's Eve 1923 it was destroyed by fire, possibly arson. RS immediately began designing a replacement, largely of cast concrete. It was completed in 1928—a remarkable building, fitting well into gardens and landscape. As stated by RS, it still stands today—a wonderful and unique work of art with not a single right angle within its design.*

Nazis opposing my teachings: **Nazi** is a contraction of **Nationalsozialist**. As a political party in Germany it was strong through the period 1919-1945. It was anti-bourgeois and anti-Semitic. Adolph Hitler became prominent in 1920 and the party regarded itself as Aryan Master Race. It was suggested in their literature that RS was a Jew. One RS lecture was interrupted by Hitler Youth throwing stink bombs and further lectures had to be cancelled.

Theos and Chaos: It is said that, during lectures of which there were thousands delivered across Europe, RS constructed his own terminology. Well, theos is not a dictionary word (apart from abbreviation for theosophy) so I guess he still continues to do that!

Anthroposophical Society: The Theosophical Society had been founded by Helena Blavatsky and colleagues in 1875, to advance spiritual principles and seek truth. RS became head of its German section in 1902. He and some members were to break away and form a separate society, The Anthroposophical Society—anthroposophy being seen as an esoteric philosophy having links to both theosophy and transcendentalism, sought a synthesis between science and mysticism, leading to the term ‘spiritual science’.

And it was the belief of RS that all could experience spirit world.

During the third visit, Bill (via Gary) then introduced Rudolf Steiner as we now know to be their customary arrangement; Bill’s task being to ground the communication as there are so many different levels in spirit—some high, some linked much more closely to Earth than others. Bill said that the zone close to Earth used to be a more temporary zone but it has become more complicated—the new energies should be a help:

**Rudolf Steiner here!—coming through again.**

Lilian: Good evening!

George: Oh! That’s nice!

**It is always welcoming in such circles. It interests me that you do ‘rescues’ here. ‘Rescue’ is not so common nowadays, but they need it—they need mediums to come through. The astral is often a bit confusing at a certain level. It needs more light to shine on it on that level and then they will not be troubled souls. They will be released from their—in a sense they’re still asleep still. The lower levels of the astral are in a deeper sleep—the ability to reflect clearly is limited. But on the higher astral levels, the ability to see clearly is like a sight—a vision—it’s a bit blurred, the frequencies are more blurred. But I’m beyond that, on the ascended level. Once you ascend, then you see things totally differently—and clarity comes, all the lives fit in, history begins to make sense, and confusion goes. One sees the challenges as well. The Earth is in some ways a troubled planet. It needs to rescue itself. The whole planet needs rescue and that is what the highest spiritual forces wish.**

George: It’s interesting that you say that history begins to make sense. Yes, one feels there are periods on the Earth when what is done doesn’t seem to make a lot of sense.

**Yeah, there’s progress—setbacks—progress—setbacks. Humanity goes forward a bit, then it has periods like the ‘Dark Ages’, where it seems to revert backwards, and the lower annihilistic ways of the Earth come back. Then you have a ‘Renaissance’ with a push forward towards the realm of spirit. It’s like a magnetism, and this is an age of being drawn back into spirit realm again—dropping the lower physicality—the material domination—not to be trapped by the illusion of materialism. I tried to convey this on my short time on the Earth. It is much—**

Sara: Could I ask a question?

**Yes, fine!**

Sara: I feel a bit guilty asking a personal question (**no you’re not**), but I know you understand about education, and you can probably see the problems currently in our world (**big**

*problems, yes).* I'm trying to decide whether to move my son to another school, because he's really unhappy where he is—

*The problem is somewhat in his self as well.*

Sara: Do you feel that?

*So the problem may continue.*

Sara: You think it wouldn't go away.

*It will not clear—it happens to everybody. If there is an issue, it has to be resolved internally—internally resolved.*

Sara: What do you see as the big issue?

*The big issue is: he doesn't—he feels troubled by communicating with some of the others.*

Sara: Yes, yes. Do you feel it is because of—

*He is trying to express himself fully with them—young men have that issue—yes.*

Sara: Is it a typical issue?

*Trying to find his place in the world, isn't it?*

Sara: So, it's a sort of growing up issue?

*—Part of maturing into adulthood.*

Sara: Right, so you don't see it improving in a smaller environment?

*It depends on where you can find locally.*

Sara: Yes, I see. So, if you had to look at the scenario we have, would you advise sticking with it and working with it?

*Yes. I would say: see it as a challenge.*

Sara: See it as a challenge to overcome? (Yes) Okay!

*Then, you always think there's another option. Sometimes, the option is to overcome the situation you're in.*

Sara: Well. That's helpful to me, because, at least I know we can—perhaps we can overcome it. It might be possible.

*Oh, it is not easy at any level, especially in your modern schools. There is too much external interference going on in their minds. They are influenced by television, computers. And they play these games that express—encourage an aggressive streak, which I see as unhealthy for their minds.*

George: Yes—aggressive streak—that's a good term in relation to computer games.

*War games—war games really, aren't they? (Yes)—which are allowed to be played—yeah.*

Sara: It's difficult in our environment, because all of the boys are doing this, and the way we see it is that if we ban it from our home, he'll probably go to another home to do it

*A lot of the problems he has are due to these games.*

Sara: Do you think so? (Yes) Ah! Good! I can tell him that!

*I see it in his—he's absorbed in it (right, okay!) It can possess them, you know. It can take them over (right). A lot of these children are overshadowed by the characters of the games. So really they become psyched into the games so much they develop certain traits of the characters of the game—being a Ninja or a soldier, and they lose their own personality within it. That upsets me, certainly—a great deal. They start worrying. They do not understand the higher influence of the mental aspect.*

Sara: If we were to remove it completely, do you think that that could help him, or do you think it would cause more problems.

*Well, he would react initially, for sure, and you will find his behaviour a bit difficult, but it is your challenge to consider that option.*

Sara: That would probably bear the most fruit? (Yes) Yes, okay! I like the sound of that.

***I do not like these games at all.***

Sara: I don't either.

***They are poison to their minds.***

Sara: That's exactly how I feel.

***And it's like, yeah, it's like 'an opium' to them isn't it?***

Sara: The problem I see is that I don't think he knows anyone who doesn't do them.

***There's an addiction issue with them. They're becoming addicted—***

Sara: I know—horrible games—

***—what I would call 'satanic games'. I have to use such a term because that is applicable.***

Sara: Of course!

George: These are good words. These are wise words to set down and circulate.

Sara: Yes, I'm quite happy with this. This resonates!

***I am not some—I'm quite happy to express my views on that in the strongest terms.***

Sara: Good, thank you, for that!

***They are dangerous and unhealthy in society, basically.***

Sara: I would agree with that.

***And those in power should know this, but they're so weak.***

George: Right, these words will be circulated to our correspondents.

***Okay, that is fine!***

George: I would like to say, that I heard today—only today, from one of our correspondents who began his education in one of your schools.

***Ah, that's good!—yes.***

George: William wrote in, and from the age of five to seven, he was actually at one of your schools—the one at Ilkeston, in Derbyshire.

***Ah! Much has been established since my passing over—yes. I look over them from spirit, of course. Yes they have been very instrumental in assisting the continuation of my work on the Earth plane, and I thank them for that. One man cannot do it all—only with the assistance of others can you establish a movement—a spiritual order.***

George: Yes, he has good memories of that, so I think he had a good start in life.

***But, the downside is that some of your original teachings can get lost on the way. You cannot continue the flow in spirit so easily. There can be movement in certain directions. It's a bit like trying to tame a river, isn't it? You can only do so much—then it finds its own course. What I wish to do before I go is to put down the Christos—the Christ golden light for you—to assist you in your lives.***

Lilian: Thank you!

***If you wish for that, I will provide it.***

Sara: Thank you.

***That of the sun—the divine love of the solar Logos. So, you will be blessed with that.***

Paul: We will be very honoured.

***So that is what I will do now. So just open your heart centres to the Christos light.***

George: Wonderful!

***It is a beautiful light of divine celestial love which heals and removes troubles within you. It is a cure for many ills—yeah.***

Rod: Thank you!

***I wish you to share this—for it is my strongest pillar of my teaching—the Christ impulse. I will share that with you at this time. Okay, so I will put that down and I will bid you a good week ahead.***

(General thanks)

**So just receive it now. I will transmit it—transmitting!**

(Pause)

**It has been put down—yeah**

Sara: Thank you.

**It will protect you and guide you also, and I will assist on the rescue issue, also—see what I can do to help. There's Bill again, come in there to close it down—**

**Oh! I saw that—a good bit of light there, yes. Thank you for receiving us, yes.**

George: Well, thank you for coming through and it's been very nice again. I *feel* for you, in some ways. You had difficulties at times when you were on the Earth—when the Hitler regime—

**Oh, he's gone now—it's Bill!**

George: Oh! Bill now!

(Laughter)

**I've had my troubles as well, you know, not just him.**

(More laughter)

George: Oh well, farewell Rudolf *and* Bill.

George's Notes:

Rescues: *The nature and need for 'rescues' is made clearer. The majority that we receive are insufficiently aware, or insufficiently knowledgeable, to realise that they have passed over. They think they are still in physical life on the Earth—yet something is not quite right. Some simply do not believe in any 'afterlife' and have closed their minds to that possibility; these can be the most difficult. Occasionally, we have drawn their attention to rings on fingers or to character of hairdo to convince that they have 'borrowed' the body of a medium so that they can speak with us!*

Electronic Games: *Our philosopher friend provides a powerful message from higher spirit on the decadence of the warring / Ninja games and their bad effect on the minds of youth.*

Mind: *Again the all-important nature of mind comes to the fore. There is much value in youth guidance. And clearly, when we pass over to spirit, the 'rescues' are only necessary when mind has remained closed or has become a little lost in some way. But such hiccups can be overcome and it seems that the new light frequencies will assist.*

Planetary Rescue: *This aspect of rescue also gets a mention; and perhaps we should think back to 1994 to recall that this was the first part of Salumet's mission to Earth.*

Humorous note: *The voices of RS and Bill are alike, so one has to listen hard at times to know who is speaking. Anyway, that similarity gave us a really good laugh at the end of session!*

## [A visitor who had endured a hard life in the country comes to speak](#)

He also gives a little information about reincarnation and his wish to return as a teacher.

(19/9/11)

Via Eileen:

Lilian: Good evening.

**Good evening!**

Paul: Good evening.

**Hello!**

Lilian: Welcome to you!

*There's a lot listening to you tonight. Don't need religion—don't need religion, to be good.*

Lilian: No, I'm sure the people who came with those messages meant well and it was good, but it's all been twisted and turned.

George: Yes, you don't need religion. Religion is an Earthly way of looking at it which isn't quite right—an Earthly way of looking at spirit which isn't quite right. Does that sound correct?

*I don't know. I didn't follow any religion.*

Lilian: Right!

*I didn't know anything.*

Lilian: You weren't aware of the spiritual side of things?

*No—no!*

Lilian: So, you had a bit of a surprise!

*Yes, but I was a good person, actually.*

Lilian: Exactly--yes, well that's interesting!

George: Did you just not know, or did you have spirit connection?

*No, I didn't know anything—couldn't read nor write—tucked away in the countryside—yeah.*

Lilian: What year would that have been?

*Oh goodness—I8—I can't remember—five and a two, I think—not sure—forgotten now.*

Lilian: It's the life you live, isn't it?

*Yes.*

George: Well, I was brought up on a small farm in the 1930's, so I have some idea of what it's like to be tucked away in the countryside.

*Yes—not with a wicked old man—no. He was wicked—he was. He used to beat my mother.*

Lilian: Oh dear!

*Yes, and I was made to look after the animals. His belly was always filled with ale.*

Jan: That's still a problem today with some people.

George: We still have a few with their bellies filled with ale—yes.

*Yes! My mother lived a life that was really hard.*

Jan: Yes, I can imagine—in fear most of the time, I would think.

*Yes, we used to hide from him yeah. I used to hide in the old shed, yeah.*

Lilian: Were you the only child?

*No.*

Jan: Have you seen him in spirit?

*No, I wouldn't want to—no.*

Jan: No—not even if he'd changed, which I'm sure he has.

*I don't really want to even now.*

Jan: So the memories are still quite raw, are they?

*Only sometimes—like now.*

Jan: Yes when you talk about it, they come back.

Lilian: What do you do in spirit now?

*I help those who can't read or write.*

Jan: Ah, those who can't read or write properly. So you've learnt to read and write since, have you?

*Yes.*



Jan: Do you enjoy reading?

**Yes.**

Jan: Are the books similar? Are there classics for example? Are you able to read Shakespeare or Wordsworth?

***I can read anything I want to.***

Jan: What are you interested in?

Paul: You've probably got a much bigger library than we have.

***Yes, I like to read about people—what people who used to live like—not my kind of life—happy lives*** (yes).

Paul: Are they similar books to what we have down here, or are they a bit different?

***They're replicas.***

Paul: Replicas!

***Only yours are the replicas!***

Paul: Oh yes—yes!

Jan: Yes, of course! They're written in spirit first, aren't they?

***Yes, I had a really kind gentleman, who taught me to read and write, because I wanted to.***

George: Was that in spirit?

**Yes!**

George: Good!

Jan: Is it easier to learn in spirit? Is it quicker?

***Yes, once you, know how to use your mind.***

Jan: Ah, yes, I see. It's a different way of learning.

***Yes—I like to help children here as well.***

Lilian: Oh, that's good of you.

***So I kind of—how would you say—sit by them and try to help them.***

George: Oh, that's nice! Is that because sometimes parents are caught up in the fast ways of living today and they don't really get time to sit with their children?

***Could be, but some just have a natural block to learning. I like to help all children.***

George: So the children—do they have awareness that you're there?

***Sometimes,*** (yes) ***and I am going to come back as a teacher one day.***

Jan: A great idea!

**Yes!**

Jan: Is that your freewill? Is that your choice, or is that something you actually do?

***We've discussed it and I have agreed.***

George: Mm, that sounds nice.

***I think there's about another twenty of your Earth years first to go.***

Jan: Before you come from spirit—are you able to watch part of yourself, then reincarnate? Are you able to watch that journey, or does that not happen?

***No, I cannot see—it just happens. I go to the level where it happens, and then I'm born.***

Jan: I see. I've always been inquisitive about that—as to whether we're actually aware when we're in spirit of the next life.

***Yeah, you have to agree to reincarnate.***

Jan: So, you don't have any influence over that next life at all, do you?

**Yes!**

Jan: You do!

***If I didn't want to, I don't.***

Jan: But when you say you want to come back as a teacher, you must already be aware of what's going to happen.

***Yes. I know that's what I'll be my next incarnation, because that will help me, it will help others; and it's been talked about by some that I call 'Elders'.***

Jan: That's interesting, because I have a great wish while I'm here in this life to come back as a Doctor, so when I do pass over, if I still have that enormous wish that I could help, then I can make that happen.

***You will be trained in spirit, if the desire is strong enough, and that is what you really wish to do, and it is a way to move you forward, then that can happen.***

*Jan noticed a change:*

Jan: You're Salumet now aren't you?

***I'm being overtaken by someone.***

Lilian: Yes your voice has changed a little. *Surprised murmurs*

***Yes, I don't know what's happening.***

Jan: Oh well, we do! We understand.

Lilian: It's been lovely to talk to you.

George: It is a teacher who comes through to us sometimes with your instrument. If we don't get the opportunity—it's been very nice to have you and thank you for coming.

***I'm being told to leave.***

Jan: Bye-bye then. That was really helpful, Thank you!

## Confront those faults to avoid regrets

A visitor comes to give some timely reminders about our responsibility to work on our spiritual growth. It is often not what we do, that causes regret, but rather what we do not do. (7/11/11)

Those of us who have watched on TV 'Upstairs Downstairs' or the more recent production 'Downton Abbey', may wonder how the strengths and foibles of yesteryear's upper class show up in spirit. Rebecca's clear refined voice was easy-listening via Eileen:

Lilian: Hello.

***I'm here to tell you that your friend will be with you next time. I am told you will know who I mean.***

Lilian: Yes, thank you for that!

*(Pause)*

***I wonder if you will permit me to stay just a little while?***

Lilian: Yes!

George: Yes, please do—welcome!

***Thank you!***

Lilian: do you want to sit quietly or would you like to talk?

***I'm fairly new at doing this, so it's important that I practise.***

Lilian: I see, so you would like to talk.

***Yes, please!***

Lilian: Yes, do. Is there anything we can help you with?

***I don't think so.***

Lilian: Can you tell us a little of your life where you are?

***Of course, I will. My name is Rebecca.***

Lilian: I'm Lilian and at the other side of you is George and we have other friends here as well.

***As I am speaking with you, I am aware that my problem in life was 'vanity'.***

Lilian: Yes, yes.

George: Well, yes, I guess there's quite a lot of that about!

Lilian: Yes, I was going to say—'quite common'

***I was so in love with my hair. I thought it was beautiful, but it became a stumbling block for me, because I became so vain. I can see it now, but I didn't then.***

Lilian: No, I can understand that.

***So, in a way, I wanted to do this work in order to learn humility, and to understand the problems of others.***

George: So when you were on the Earth, did you have social graces?

***I suppose you could say I did.***

George: Were you an aristocrat?

***Not quite, but I aspired to be (ah!) yes. So I have much to learn and I felt that in doing this work, I have come a little way (Yes) in making changes.***

Lilian: Well, it might interest you to know that I've been told one of my lessons in this life, is tolerance.

***Tolerance—really?***

Lilian: Yes.

***Well, I know we all have a cross to bear—like I say. Do you all have something that you carry with you?***

George: I'm sure we do and we well recognise that this is a learning planet.

***Yes, indeed! But it is well that you recognise it (yes). I unfortunately did not.***

Lilian: No, I was told by the friend that you mentioned was coming that one of mine was tolerance in this lifetime.

***I must say that I'm most interested in finding out who your friend is.***

Lilian: Ah well, he's a teacher from your realms. We call him 'Salumet', but he teaches, obviously, spiritual teaching.

George: He is from Angelic Realms.

***I see!***

Lilian: I think you have them—you can go and listen to these people.

***Yes. They come to our level (yes). Yes, we do not go to them.***

Lilian: Well, we were lucky enough that he came to our group—very lucky!

***Do you know why?***

George: I understand it took a very long time to prepare the way (***Yes***), and much depended upon the lady whom you are using now.

***I see. I am aware of teachers who come, but there are many I am not aware of.***

George: your instrument—she can go into full trance which is necessary when the one we know as Salumet comes through.

***I see. It is most interesting—***

Lilian: it's fascinating—absolutely fascinating (***Yes***). The man who started the group—he and his wife worked really hard with healing and rescues (***Yes***) and they deserved something really, so that was another aspect of it, but we're not the only group. There are lots of groups that have other teachers.

*I have visited other groups. I like the feel here. I don't know what is different—*

Lilian: Thank you for that—

*But it feels calm. It feels comfortable.*

George: Good! I think we're very well bonded.

*Ah! Perhaps that's what it is—yes.*

Lilian: we have our faults and all the rest of it and it doesn't matter. We're all very different.

*It doesn't matter?*

Lilian: No.

*What faults do you have?*

Lilian: *(With laughter)* I couldn't tell you offhand, but we're all so different **(Yes)**, but it doesn't really matter.

*If I might just add a word and say to you: do not leave it, try to alter your ways whilst you live on the planet, because it's so much harder when you come to spirit. It is harder because you feel that you have let yourselves down. And it causes some grief, I believe.*

Sarah: We have been told that before.

Lilian: And, also, say we smoked cigarettes—if we can get rid of that habit before we come over, it's better, because otherwise you are going to want—

*If you could see the people who crave these many things, it pulls you in the direction of anxiety, might I say—so I would suggest to you to think about your faults and to rectify them if you can. Not always easy!*

Lilian: Or a bad habit—

*Yes, I am feeling some faults within the group—*

*(Knowing laughter)*

Lilian: I'm sure you are!

*Perhaps you need to address them.*

Rod: Mine's too long to list for you—

*(Chuckles)*

—I know they're there, **(ah ha!)** and they are difficult to get over, especially on a bad day.

*Ah well that's the opportunity given to you to change—yes. May I ask with whom I am speaking?*

Rod: My name's Rod!

*Yes, you do have a few faults, do you not?*

*(More laughter)*

Rod: I do—I have a few **(Yes)**.

Lilian: So you—can you see those faults?

Rod: Can you feel them?

*I feel them.*

Rod: Oh! Golly me! Is it that obvious?

*(Chuckles again)*

*Not only you—*

Lilian: All of us!

*—you all have some.*

Lilian: Well we're human aren't we?

*But I have to say, don't worry too much, because there is a calm feeling here, so perhaps you should take the feeling you feel now, and use it in your everyday lives.*

Jan: We do try since Salumet has been coming. That's what we endeavour to do, in our daily lives.

**Yes—is that what he teaches you?**

Jan: Yes!

**Yes. Well, I'm sure that, with a teacher from our world, you cannot go wrong.**

Jan: Of course we're still human, still got all the faults that go with humanity.

**But you need to strive to dissipate them. Do you not agree?**

Jan: Yes, totally!

Rod: I'm surprised that it's difficult to get over the faults when you come over to spirit. I would have thought it would be an easier realm to do that.

**But it is much easier to do it while you are here, because you then recognise your faults. If you bring them to our world, you suffer because you realise they are things you should have disposed of—you understand?**

*(Agreed)*

Jan: Also, we're taught that if you recognise a fault, the recognition is half the battle (Yes), but, with recognition, sometimes comes regret, but we've also been taught not to hold on to that regret.

**Yes, yes, I quite agree. Firstly comes the recognition of the fault. That is the first thing you must do. Recognise the fault within yourself, and, then it can be dealt with. I'm not saying that you can think about it and it will disappear—no, no, no!**

Jan: It's how you deal with it.

**It is how you deal with it and how your heart is, yes.**

*(Agreed)*

**Yes!**

Jan: I think I've been learning that I'm a great one for living in the past and having regrets—that's how I've lived my 52 years so far (Yes), but, if you're not quite hard on yourself, and you realise that you've made a mistake and that was wrong which is what we've been taught, if you then live by that lesson—

**Yes, let it go—yes—**

—and you try to change, the regret isn't quite as hard to carry along with you, if you know what I mean. You become softer on yourself.

**Regret is very negative, so you have to let it go, yes, because, if you don't let it go, it is one of the causes of your illnesses in your world.**

Lilian: So we've been told.

**I have learned that since I came here.**

*(Agreeing murmurs)*

Paul: You can't regret really—because you only do what you can each moment (Yes), and, of course, ten years later, you know a lot more, so you would have done things differently, but back then, you didn't know.

**What has gone—has gone; and you must live in the moment. If you are to be true to yourselves, you must live in the moment.**

Jan: That's been one of Salumet's biggest lessons for us, hasn't it—to actually be true to ourselves.

**That is something that you do learn, I suppose, if 'learn' is the correct word, when you come to spirit.**

Jan: Because you can't be anybody but yourself in spirit can you?

**Yes, you are open for all to see (yes).**

George: Yes, 'living in the moment'—that is spoken like a philosopher, and I would say you are very well-spoken (**Thank you**). Does that mean—when were you on the Earth—in the nineteenth century?

**Yes, you are correct—yes, you are quite aware aren't you? But time is of little importance. I do not live by time or what happened when I was here. Those things should be left behind. We need to move forward, and, in the same way, as you need to move forward.**

Rod: Did you have a family here?

**Well, of course, no one is a single entity.**

Rod: Did you have children?

**No! No, I did not—um—not a regret for that lifetime, I have to say. I was much too vain! My vanity really was my downfall.**

Rod: Tell me Rebecca—this lovely hair—what did it look like—what colour was it?

**It was the most beautiful golden-brown that shone like the sun.**

Rod: And you washed it with what?

**I washed it with natural water and perfumes.**

Rod: You'd have a good choice now if you went to Tesco's. You've got all these products! (*Chuckles*)

**Tesco?**

Rod: It's our supermarket.

**Ah, yes, I am aware of a great range. But, of course, you know, in my time, I did have a lady who brushed my hair always, and that is one of my regrets—that I expected her to do this task for me, but my true failing was my vanity. I can't stress that enough to you.**

George: That was quite common in those times (**Yes**). There were the upper class and lower class. One who was possibly on Earth the same time as your self was one who has been through to us three times recently and that is Rudolph Steiner, who was a philosopher.

**Yes—I am not aware of him.**

George: No, he might have been a little later. He left the planet in 1925.

**Yes, I do not recognise who that might be. It is impossible to know everyone, although the blending here is amazing.**

Lilian: Talking of faults and things, have you ever been anywhere close to the dark regions where you are?

**Have I? Never! No! I know that they exist, but, no, I fortunately have never been close to them.**

Lilian: I would say that there would probably be quite advanced souls that would help in those places. Is that so?

**There are those—I believe the gentleman mentioned the Angelic Realms. There are angels and there are those who work towards helping those unfortunate people, and it would be very difficult to get close to those regions (I see). Yes, you would not be able to approach them.**

Lilian: Ah right! Yes, they must suffer, really.

**They are lost souls for a while, until recognition comes to them (yes). Anyway, I am being called.**

Lilian: Well, it's been a pleasure to have you.

**And I am so pleased you have allowed me to talk with you.**

George: Well, we've much enjoyed the conversation, and your voice is very pleasant—a very pleasant one to listen to. Thank you!

***Well, I thank you. I am never quite sure what I sound like when using someone's voice. It's not easy to gauge.***

Jan: The instrument you are using has a very nice melodic voice anyway, so you sound very, very pleasant.

***Well, thank you very much. You are all most kind.***

Rod: have you got your hair in curls tonight?

***Ah, now you really are making me think about 'vanity'.***

Jan: No, she doesn't want to think about vanity. **No!**

Rod: I've got mine to get over.

Jan: What your curls?

Rod: No, my faults!

*(Laughter)*

***Yes perhaps when you all reach your homes, you can think a little about one of your faults, because you do have more than one each of you—Chuckles!***

***Yes, now I really must go. I am being called.***

*(General bye byes)*

## Sister Agnes

Sister Agnes comes to wish the group well and deliver a message for Christmas. (12/12/11)

Lilian: Good evening and welcome! You've been listening?

***It's so lovely to be with you.***

Lilian: Well, thank you for those words, Nice to have you with us.

***It's been a long time—a very long time. I've been with you before.***

Lilian: Yes, can you remind us of your name please?

***I am Sister Agnes.***

*(Delighted murmurs)*

***Yes, I was so attracted to your energies tonight and I wish to come just to wish you all a beautiful Christmas.***

Sarah: Thank you very much.

***Although, I don't need to honour the Christian religion anymore, I still do enjoy this time of year because of the love and the singing—I don't call them 'hymns' now—singing of love and joy and what you were speaking of—peace. It's just so beautiful.***

George: And it goes beyond any single religion, no doubt.

***Hold on, I wish to give you these beads. I want you to give them to your lovely lady wife.***

*(As Sister Agnes' hand—Eileen's hand—reached across, I cupped mine to receive the beads ... and later transferred them to an envelope. Both Lilian and Jan declared that they could see them.)*

George: Oh! Wonderful!

***Please accept them from me.***

George: Wonderful! Thank you so much!

***Each one I have blessed. Please make sure she has them.***

George: I will, I will. These will be treasured—much treasured (Yes).

Lilian: She will be very, very pleased!

*Yes, I used to be most fond of them. They are most beautiful, but they are imbued with not only the love that I give, but all of those sisters who are standing behind me (ah!).*

Lilian: Are they the colours of the rainbow?

*You can see the colours?*

Lilian: It just came into my mind **(Yes)**.

George: This is wonderful, and, going back in time, Ann was educated at a convent.

*So, she will appreciate the rosary bead, yes?*

George: She will, indeed!

*Yes. Oh, I can't express to you my pleasure at being with you again. I really did not think I would ever visit you, but it is my great joy to be with you tonight.*

Lilian: It's been a pleasure!

George: It's wonderful for us too, to receive you Sister Agnes; and you are now beyond any single religion? Could I put it like that?

*Of course, but as you are well aware as a group, we do sometimes return in the old garb that we became so used to and, my goodness, was it not garb—so itchy!!*

*(Laughter)*

*I was so pleased to dispose of it.*

*(Laughter)*

*Although, it took me many of your years to even allow that thought to enter my head.*

George: Yes I can imagine.

*Yes, but it is wonderful the freedom that you feel.*

Sarah: Do you ever go and visit nuns who are still wearing the garb?

*Not too often. I have really gone past doing that. This has been a very special visit—this one—*

Lilian: We're honoured!

*—yes, because our acquaintance goes back such a long time—your time I mean, not ours. And I just felt I needed to just say 'hello', and because of the teachings that you have had, that I felt it appropriate tonight.*

Sarah: Well that's lovely, thank you!

George: We're so blessed with all those teachings, and it's a wonderful, if I could use an expression 'icing on the cake' for you to come through to us again.

*(Much Laughter)*

*How generous of spirit!*

Sarah: I think the last time you came to us we were in the other house. We were at Leslie's house **(yes)**. Have you come across Leslie since he's been over?

*I have encountered that dear gentleman, who spent so many hours speaking with us. Yes of course, his contact with, not only with myself but the other Sisters goes back much longer than you would know.*

Jan: Oh, that's interesting!

*Yes—yes I have met him. I believe he keeps himself very busy.*

Sarah: I am sure he does.

*(Chuckles)*

*And now, I really don't want to go, but I have to. It's been lovely. I don't know what else to say, but one of my old sayings—'God bless you all'.*

All: thank you very much!

George: It's been a wonderful treat for us to have you with us again, and, if it is possible for you to come again, you will always be *most* welcome.



**Thank you!**

Sarah: We send our blessings to you too.

**Thank you, and now, I really have to go.**

George's Notes:

1: Leslie spent much time speaking with many Sisters: Our regular records date from June 1994 with the start of Salumet's mission. Since then there have been visits from Sisters: Anna, Marian, Marietta, Rosetta and Veronica. The visits of Sister Agnes were pre-June 1994. Lilian remembers, and several older members are aware of Sister Agnes, simply because Leslie often spoke of her visits. He had fond memories and was clearly much impressed by those communications.

2: Beyond Religion: This communication helps to make clear the place of 'religions' in our world. It might be said that they have become increasingly enigmatic. Some devotees follow in good faith, while others (often younger people) are apt to criticise. To some, the repetition of service is questioned. Did those, such as Jesus and Buddha, who delivered 'the word' ever intend that it should be cloaked in ceremonial ritual and split into hundreds of different sects? Such presentations seem only to make sense if, on becoming more aware, we see them as 'jungle pathways' that eventually lead to the 'main thoroughfare'. And, of course, the main thoroughfare is what it is really all about. It is clear that Sister Agnes is on that 'main thoroughfare', having progressed beyond any single Earthly religion.

3: PEACE AND GOODWILL TO ALL: It seems clear, from Salumet's words and his commentary on our feelings, how we should regard this traditional wish. And I think we can see that 'peace' arises out of 'good will', at least the terms are well connected. That means: no wars, no munitions stockpiles, no thoughts of hostility, and always honouring that principle which is embodied in the original teachings of EVERY Earthly religion: 'Thou Shalt Not Kill'.

Ideally, our wish extends across all international borders, datelines, class groups, age groups, ethnic and monetary divisions; it also permeates nature and all Creation—not just this one single planet, but the entire universe—other universes too. And let us not forget all those in spirit—associated with all planets. The Creation—of God, or Creative Principle—extends so much further than just one single religion, or indeed one single little planet of our most immediate knowing!

★ ★ ★ ★ PEACE ★ ★ ★ ★ AND ★ ★ ★ ★ GOOD ★ ★ ★ ★ WILL ★ ★ ★ ★ TO ★ ★ ★ ★ ALL  
★ ★ ★ ★ ★ ★ ★ ★

## A visitor from Egyptian or South American times

A visitor from our distant past comes to tell us that the message given so long ago, will now finally be understood, due to our own growth. (20/2/12)

***I am happy to be back with you once more!***

Lilian: It's lovely to have you back.

*But who was it? Then in less certain tone:*

***I am being taken over by another one, who has not yet been with you ... I am now one other who is bringing one to you...***

*It was a slightly strange beginning that had us wondering—and now a louder, crisper voice was speaking:*

*I wish to let you know that the one that you know as ‘Kumbala’ is taking you on a short return journey—one that you will have taken before, but you will not have any memory of it now. You are in a desert plain. You are a group together, working in hard conditions. You have asked for help from those who you termed in those days as ‘Gods’ (ah!). You built very substantial buildings and you used these, not only as your work place but also for your gifts to the Gods.*

George: The ones we called ‘Gods’ were those from elsewhere in the universe, who visited this planet? Is that correct?

*These Gods were ‘spirit’ and you believed them to be human. You were as one with these Gods. You had no fear.*

Lilian: Do you mean the Gods were from spirit?

Jan: Or do you mean the sun and other elements?

*I am talking about the ones who came to you—who came close to you.*

Jan: Oh I see.

*They were sometimes visible to you and in many cases, just around you. But you believed them to be Gods. These visitors were trying to give you a message, but although you felt no fear, you did not interpret their messages correctly. I am now coming to you, because I feel that these messages that were brought to you so long ago would now be accepted by you in the way they were intended.*

Lilian: I’m sure we would.

*So this is why I have come to you this time. (Wonderful!) It is just to let you know that we are so glad that you have all developed into such beings that we had hoped that you might be, so long ago. My visit is one of joy, and we hope that, in your quiet times, you might again be able to see us, and when this takes place, you will have some recognition from the times past. We are the same. It is you who have changed somewhat, but that element there—that was so long ago—is still with you, and it is this part of you that we will tap into, should you be able to see us once more.*

George: Well, that’s wonderful! So—I’m just trying to find a description—so you are ‘beings of spirit’, that have on some occasions become visible to humans, and you bring messages, or have attempted to bring messages that will help us to move forward. Is that fair description?

*Yes, that is quite correct, and we are still here to help you should you need such assistance.*

George: Wonderful! (Yes) Thank you for making this known.

*We are most happy to reconnect with you, and are always happy when we can be of help. That is our work.*

Lilian: How would you describe yourselves—guardian angel or angel of some kind?

*I would not say ‘angel’, but I would say: ‘higher being’ (Thank you).*

Jan: You mentioned the desert—you were able to be seen by people in that desert—you are not just addressing people in this room—we were together at some other time, were we?

*Oh! My dear friend, I did say at the beginning, you would not remember. You were indeed all together.*

Jan: So those of us in this room—those present and those normally with us were present at this time?

*You were indeed—a part of you.*

Jan: A part of us was there at that time—

*You were indeed.*

George: We know that we have been together at previous times, but I *think* you are speaking of very early times—

***I am going back a long way in your years—yes.***

George: Perhaps, could I suggest *thousands* of years?

***You could suggest that and I would agree*** (Thank you).

Jan: Thank you for clarifying that. I was a little confused there for a moment.

***Your association has been over a very long time and I can say to you also that there were more of you at that time and you are only a small part of them.***

George: Yes—there are sometimes more of us meeting on these occasions. We are only seven this evening—quite often there are ten or eleven of us altogether.

Jan: But you are also referring to all the people that have been in this room over a period of years—and there must be others—

***Yes, I am talking about you people now, but there were more people at that time so long ago who are not here. That is what I mean.***

*More was said, leading to:*

***Some of those who were in your group were not part of that initial group. I am talking about you now—you people here in this place.***

Jan: So even though we (*Some*) are related by blood now, this is totally insignificant—

***Yes, but of course, the fact that you were there at that time does have some bearing on you being related now.***

Jan: Yes, I've heard this before—the love bonds—the love ties cannot be broken. And we go on to reincarnate in the same group with different relationship to one another.

***Yes, that is correct.***

George: There have been books written by people who, shall we say, are more receptive or aware, and they speak of groups of people who help generally in the universe, bringing information to those on planets. There is always a difficulty in describing exactly who these beings are. Could I ask you: are you concerned with people on this one planet? Or are you concerned with other planets as well?

***I am mainly concerned with this planet but I would say I have visited others, but my main concern is this planet.***

George: Thank you for that information.

Jan: What is your main objective regarding this planet, apart from the message of love? Why would you be interested in this particular planet? Are we at an interesting point in our evolution or are we at a crossroads?

***When you take it upon yourself to help those who are in some need, you give yourself over to one project, and my project was this planet.***

Jan: So your involvement goes back millennia, does it?

***A long time, but I could have chosen others. There was no particular reason, but I chose this planet, and I have been happy with my work so there was no need to change.***

George: We are most fortunate to have your attention. Thank you!

***Well, when I see the progress—albeit I have to say very slow—it is such a joy that finally the word is beginning to be understood.***

George: We have received help from others in spirit, especially one we know as 'Salumet', from Angelic Realms. Would you know of this one or are you a quite independent organisation?

***Well, I would not call us 'an organisation' I have to say.***

*(Chuckles)*

*And yes, I am aware of the one who comes to you, but we do not, shall I say, communicate—but we are aware of one another (good, splendid!) yes. And now, I feel it is time for me to return.*

Jan: You've given us a lot to think about!

*But please, we would be so happy if there could be some recognition at some time.*

George: Well yes, I think we would be most happy also, and we do very much appreciate your speaking with us. This has been wonderful. Will you be visiting us again? You would be most welcome.

*I am happy to have the invitation, and if the opportunity arises, I will come again. But, of course, I do not need to have to speak to you in so many words, because we can communicate in your quiet times.*

*Now I will take my leave and thank you for your time—and your progress.*

George: We shall endeavour to devote quiet time to make contact. Thank you so much.

George's Note:

Kumbala: *Re the desert and very substantial buildings in remote past; this suggests Egypt or South America with their massive stonework's.*

## An evening with Olive, Ray and Trish

On this occasion, a party of three Internet / website contacts had travelled 200-miles from Norfolk to sit and ended up discussing the Olympics, ET, Truth and going with openness. Happily, it turned out to be a most wonderful and memorable evening for us all! George writes a few notes to take up some of the themes discussed. (10/9/12)

**As I join with you, we give a warm welcome to dear friends. I was aware of your conversations before this meeting started, and the talk about the importance of this year. So much in your world is being spoken about and I have to say: not all words that are spoken are sensible. But we shall be eager to see what it brings. We have spoken briefly about this matter, so I will not go any further this time. I would like, my dear friends, just to say to you that the feeling of anticipation is great and it brings much joy to us in our world to find such eagerness for knowledge. After all, that is the purpose from those of us in spirit that we bring knowledge and truth, not only to those who know us well, but to those people who are *seekers*. It is important that they judge for themselves the truth of life—the truth of spirit—that is what is important. I will take some questions this time.**

*(Pause)*

George: Wonderful! Thank you Salumet. We have three guests with us this evening and it may well be that they have questions to ask—anyone coming forward with that?

Ray: Yes, Salumet, I'm Raymond, and thank you for allowing me to come to this circle. I would like to ask—something that's concerned me and I've been thinking about for a long time is that, in our world we've got human beings but they seem to be as a group, a different species—we have a native African—big strong with different bone structure—the Japanese in Asia are small, and a different bone structure again—and then there's the Viking types from the north of our area. And my question is this: Did all these people originate from our planet Earth or did ET seed these people on our planet? You understand?

**I understand your question. And I would say to you that the people of, not only this planet but of others, have a life-span which does not encourage the *mixture* of beings. I know**

**what you are saying, but my answer to you is quite simple: no matter the outer structure, what is important is that spark of spirit, which is within. And that alters not at all, whether it be on this planet or any other. Do not bog yourselves down with this kind of thought. What should be uppermost is that the spirit of all peoples, are the *same*. Do you understand?**

Ray: Yes, I understand. Thank you very much indeed.

**Yes—too much in your histories of, not only this planet but others, are always concerned about this matter. I would say rather, concentrate on the spirit.**

Ray: Yes, thank you very much.

**Whether you came from another planet and met with another here, the spirit would be the same. Therefore does it really matter what the outer structure becomes?**

Ray: Not at all.

**No—I am pleased that you understand my reply.**

Ray: Thank you very much.

Lilian: Either of you two ladies?

Olive: Yes, I have one. My mind is a thirst for knowledge (**yes**). I have read extensively and researched and travelled and somehow I'm still not anywhere near answers. I have read a book called: 'The Only Planet of Choice', where it insinuates that the Earth is a marvellous planet and therefore needs to be cared for. However, the medium that is used, going back many years, has obviously passed to the other world; but these séances continue. I feel that from what is said from the past to present day, is rather constructed by the US government rather than that of someone like yourself. How does Salumet understand and can he help with an answer?

**I understand your question (Thank you). When first I came I wanted to bring to this world some truth. Mankind has always elaborated and contorted truth. My purpose was to tell the truth of *all* of Creation, and to tell those who would listen that simple truth, which has always existed. My words are well-written about this matter. So much is constructed in your world which does not have the basis of truth, but is elaborated to suit mankind. Mankind has in a sense the most active of physical brain that you could ever come across. But what mankind lacks is the equation of the quiet spirit. Are you following what I am saying?**

Olive: Yes.

**Yes—I would say that to find the complete and utter truth that you wish to find, you will only find it, when you go within quietly and find your own self. That is the only true pathway to truth; then all of these happenings around begin to fall into place and you either accept or you do not accept. That is why you have been given free-will. Do you understand?**

Olive: Completely.

**So all knowledge that you have gained, all seeking, all searching is fruitless, unless you find yourself first. And that has to be done quietly—quietly go within and find that spiritual self. Then all answers are there before you. You do not need to have confirmation from others.**

George: Yes, I think I would be right in saying that this is the *pure* way forward—**It is the *only* way forward.**

George: I was going to suggest that others have found this way forward, or made proper spiritual connection, but *always* their findings have been so badly reported and distorted. **Yes, of course, yes. Are you happy with that answer?**

Olive: Yes, I feel I've found my inner self and that is why I am now questioning the *written* word.

**Yes, which you will do because that spiritual being that you are knows the fuller truth. That is where the questioning begins—you understand?—because you have that inner *knowledge* if you like, yes. And of course, the more you know and understand, the more you seek. The pathway is never easier, but if anything, it becomes more complex. And that, my dear friend, is what is happening within your world at this time. Each step, of information / of knowledge, brings to you another set of questions that require answers—and so it continues. You will never find all of the answers when you are in this physical condition; but you already know that. Are you happy with that answer?**

Olive: Yes, totally—thank you.

Trish: Salumet, mine is not a question, it's more of an observation. We have just recently witnessed our Earthly games of the Olympics, brought to a conclusion by our Para-Olympians. And the positive energy that *they* have exuded in the past few weeks and along with the other Olympians previously, has been enormous and apart from their extraordinary disabilities, it's come across as extremely positive and the energy has been wonderful, and it's excited everybody and enlightened everybody—and we are hoping, and I feel that possibly this is one step forward as the enlightenment has resonated around Britain our country, and also I think around the world. And hopefully this positivity is a forerunner of much more positive energy and enlightenment to come.

**Yes, I understand what you say, and of course, any energy which is positive grows much more quickly than the negative energy, which surrounds your world, and there is much energy which is not good in your world. But it shows, my dear friends does it not, that positive energy lifts everything (yes). Yes, and it is almost tangible—you can feel it around you, and that is what this world needs (yes). It is, and I have said for many years, that that is what is gradually, or *should* gradually happen to your world. It *will* happen—that is a truth.**

Lilian: Yes, that's wonderful.

**Yes, but you also must learn to be patient, because it is another thing that human beings are not good at—is patience. After all, we all know that time in *our* world is unimportant. And you are living in but a small, small part of time. But yes, I would say that all of these times are good for positivity, yes.**

Trish: Yes—wonderful.

Sarah: Salumet, going back to what the gentleman (*Ray*) was asking—I understand that we shouldn't get bogged down in detail that's perhaps not necessary, but I have the feeling you said some time ago that we weren't involved with the ET's. (*i.e. Inter-breeding*) Is it just possible to answer that question or is that not appropriate?

**You must remember that as time continues there are changes taking place, and when time is right, then there is a change—not only on this planet but on others—and we know within this room, that there has already been contact with other beings. Yes—I do not like though, the term 'ETs'—they are beings, as you are—maybe differently formed, but as I have said to the gentleman: that is of no consequence. You should be considering the spirit within. *That* is the truth.**

Ray + Sarah: Thank you.

**Of course as your understanding and your abilities for travel, which you have already lost as you know—as all of these things come together, then it becomes easier for the congregations of other beings to come to your world—as it will eventually come that**

people from this planet—which has already happened to a very *small* degree—travel to another planet (yes). **Yes, it is part of the evolution of life.**

Sarah: Travelling to other planets, but not necessarily staying there—going to other planets just to learn but not to *stay*—or will some people stay?

**That would be a free-will choice, but that could come.**

Ray: Salumet—sorry to interrupt, but how would you envisage travelling from the Earth plane to another solar system, or another galaxy—for a better word?

**Well I have told my dear friends here: when you speak of travel, you are speaking of *physical* travel (yes). Yes—that is a long way off for Earth beings. But on other planets they *have* found a way to travel, and that is because they have superior knowledge. The Earth, after all, is a very *young* planet, and the people of the Earth have over time neglected their knowledge of travel (yes), and after all, you have to add this point: remember the power of thought. With the power of your thought you can be *anywhere*.**

George: Yes, I think you infer teleporting as the best and a many, many, many times less expensive mode of travel!

*(Laughs and agreement)*

**That should be open to all people, but here on your planet, it is not widely understood, and as of this time is still considered rather—to put it into Earth words: ‘rather a silly way of thinking’ (yes!). But you all have that ability. Your thought can take you anywhere.**

George: Could I put the idea Salumet, of ‘openness’ as opposed to ‘secrecy’? I don’t know if you have awareness of the ‘Julian Assange’ situation. He released secrets from (*via*) the Internet—state secrets—and there is a move to get him moved to America so that he can be punished for that. But a wonderful—I think it’s a wonderful solution—the Ecuadorian Embassy has given him sanctuary, and he is safe in the Ecuador Embassy. But I see him as a ‘*champion of openness*’ in a world where there are so many state secrets that should not be state secrets. Have you any comment on this Salumet?

**I would always, my dear friend, advocate openness and truth, as you well know. I am not here to either condemn or anything else that a human being does. After all, in your world, with your free-wills, you are capable of much good but also much that is not good. That, my dear friends, is the responsibility of you *all*. And I would say only that I champion *Truth and Love* (yes). Your world has to find these things for itself.**

George: Yes, we must never forget ‘love’.

**No. Without love, you would be as well not to exist. There are too many people in your world who seek only for themselves—who have no thought for others. But the time must come when they face themselves, whether it be in this world or in our world, and as I have told you before: it is much better to deal with these things whilst on the Earth planet.**

George: Yes, I feel a rather sad thing is that so many people around the world pay their taxes to their governing bodies and those governing bodies are secretive about how those moneys are being spent (**yes**), and that is where it’s wonderful I think, to see the beginnings of openness occur.

**Yes—there are still many places in your world where this would not be possible, but because of the media type that you have now, much can be brought to a wider audience; and if that is used for good, then so be it. Yes—you must always champion good.**

Paul: There’s a lot of excitement about the Internet and what can be achieved with it. It was wonderful—I think the one who is credited with inventing it didn’t want it to be something that one person owns, but wanted it to be for the people of the Earth—for everybody. It

could be that the Internet (**yes**) will be one of the great tools that produces this *openness* that we all want.

**Yes, your world is a complex one, but one that can be changed—with our help—with much Love.**

George: And we're so appreciative of that help, Salumet.

**There are many of us who come to your world as you know, and it brings great joy to us when just one soul finds themselves and discovers that *Truth* and *Love* is the ultimate in their lives. That is all we strive for. The rest, my dear friends, remains your responsibility.**

**We can only come, we can only offer our wisdom to you, but ultimately it lies with you, to find that love and that knowledge within, and then to send it outwards to all people. That is our mission to help you all.**

George: Yes, and the Internet has clearly become part of that sending-out-to-all-people—(**yes**).

Sarah: With all the knowledge you've given us Salumet (**yes**), it's been invaluable to me, and I would think to all in the group. And I'm sure there are others who are teaching like you are (**yes**), but we just thank you again for what you've done for us.

**As with all things they have their *good*, but they can also be misused; so be aware that anything that is good can also be abused.**

Sarah: And it *is* abused—

**Yes, unfortunately that is a price that is being paid for such knowledge.**

**Now, my dear friends, for this time I will take my leave. As always, I encompass you with my love and light and until we come together again, I will leave you with that *Love*.**

George: Thank you so much for coming to us this evening. I'd been hoping so much that this is the timing that would work out. Thank you so much.

George's Notes:

1: Seeding from elsewhere: A question was placed to Salumet, 18<sup>th</sup> July 1994, inquiring if extra-terrestrials had bred with humans. Salumet's answer then was a definite 'no.' I think now Salumet is encouraging us not to get bogged down in these superficial overcoats and to focus more fully on the spirit within.

2: Spirit is universally the same: On Earth, it is obvious that bone structure, size, shape and skin pigmentation vary around the planet. But consciousness, mental aptitude, awareness and mind power have much the same potential regardless of these physical variations. That is very clear in the Earthly situation. It is also clear from our single-planet séance communications that those four qualities pertaining to mind / spirit continue much the same in spirit, after the physical frame has been discarded. It is also clear from our mind-link communications with beings on other planets that these qualities prevail on their planets too, just as here. It is also clearly evident from our work—including this evening's dialogue with our Simkah friend—that the same qualities prevail in those spirit realms that are connected to their planets. So the pattern of spirit, spirit realm and planetary life is consistent throughout all creation. This universal design has been well demonstrated. One might also add that all planetary beings of our knowledge recognize the one Creative Principle that many on Earth call God (this fact was given to us during extensive communications with Bonniol of Planet Aerah).

3: Truth elaborated to suit mankind: Throughout our history there have been those with the ability to go within and find truth—Jesus being one prime example. But while documents written by Apostles and others include truths, religions based on them fall very far short of



*the original pure teachings. Truths are included within the Christian Bible—fathomable by the discerning and the wary; but the canon of books forming the Bible was decreed at Councils of the Roman Empire more than 300 years following Jesus. The formulation of the ‘Trinity’ began here (contrived by Emperor Constantine). The Christian symbol that combines ‘X’ and ‘P’ was used on Emperor Constantine’s battle shields at the battle of Milvian Bridge—Earth’s most decisive battle with its extremely far-reaching consequences. The Nicene Creed of Athanasius was born of the Council of Nicaea while Emperor Constantine presided. This human adaptation of Jesus’ truths is entirely consistent with Salumet’s words. The fuller much more detailed account of the Roman Empire’s construction of a State Religion and the reason for it is elaborated as Chapter 13 of ‘A Smudge in Time’.*

*4: Julian Assange: It is clear from Internet reports and world-coverage-news-channels that the case of Julian Assange was dismissed by the original Swedish court, so that he was free to enter the UK. A plan has since been contrived for his extradition back to Sweden, with prospect of extradition from there to the US, where he would very likely receive at least a long term prison sentence and Wiki Leaks would be without its founder/leader. But he has sanctuary in the Ecuadorian Embassy which UK police dare not enter. Ecuador has the support of the whole of South and Central America. And the eyes of the world are now focussed on this major issue, because so many in this world now seek truth and openness. Neil Armstrong became something of a recluse—this it is said, because he was not allowed to reveal truth pertaining to the moon mission (under threat of death for himself and family!) What we think are reliable sources refer to UFOs on the moon at the time of the lunar landing, which, knowing what we know, is very reasonable expectation.*

*Source: DrGreersBlog.DisclosureProject.org and then click on ‘Neil Armstrong’s Secret’. So this kind of official secrecy nonsense really has to stop!*

## Trainee spirit doctor

This was a trainee spirit doctor who was able to explain to us some of the preparation work that goes on in spirit in respect of healing others. (29/10/12)

***Good evening.***

Lilian: Good evening.

George: Have you dropped in for a chat?

***I have indeed*** (good!).

Lilian: Can you tell us your name?

***Stephen.***

Lilian: Stephen.

***Bursel. I suppose I should tell you why I’ve come—***

George: Well, we’d be interested to know.

***I’ve come to learn*** (oh!) ***yes. You will help me to learn. You see, I always wanted to be a doctor, but my intelligence level let me down.***

George: There are many like that.

***Yes, and so now I am being trained to be a spiritual doctor*** (ah—wonderful!) ***so you very healthy people attracted me to you. I am indeed most interested in doing all that I can for people on the Earth.***

Lilian: Yes, well the lady that you’re using as a channel, she is a spiritual healer.

***Yes, I believe so. I am still looking for my instrument to heal with.***

Lilian: I see—is there a particular field that you would like to help with?

***No, I am interested in all things (I see), perhaps in time to come I may be allowed to specialise—I don't know at this moment in time.***

Lilian: Funnily enough, when we were talking before you came through, there seem to be on the planet at the moment an awful lot of people with depression.

***Yes, that is not something I have had to deal with so far, but I know that there is so much of it, because I think the people in your world do not take time to allow their spirit to rejuvenate.***

George: So, normally we rejuvenate during sleep state.

***Yes, but when you live with so much stress and anxiety, it counteracts that state of being that is created that night when spirit returns to us (yes); it needs to continue more than in your sleep state. I would say it is important that you all take time to allow the spirit to rest—consciously.***

Paul: So, in our quiet times—meditate.

***Yes, you must do it and be conscious of doing it.***

George: So, there's meditation time, and we all try to do daily meditation. I think you are also talking about relaxation periods during the day. Is that?—

***You must learn to relax the MIND, which is of course, spiritual as you probably know. There is too much activity—that is an opinion of mine.***

George: Yes—physical and mental?

***Physically and mentally, yes.***

Jan: You said you are still looking for an instrument (***Yes***). How are you going about that?

***I do not do it on my own. I am being guided at the moment. I am being trained by spirit doctors who will then encourage me to blend with another on this Earth.***

Jan: Has that person already been chosen by spirit?

***I feel it is coming closer, and at the moment, I am listening and learning—listening and learning to people in your world, in order that my knowledge expands.***

Jan: So spirit has already chosen the channel (***Yes***) and have you been introduced yet?

***No, it is in progress, but I have not been informed yet.***

George: Will there be any trials here and there to find out, and make a final choice?

***Well, 'trial' is a word I would not use. There obviously has to be those who understand energies, and what would be the best pairing for me to have.***

George: So the selection process—

***Selection—yes.***

George: Would be entirely in spirit?

***Yes—of course, with my agreement.***

Jan: So you are going to concentrate on healing on the Earth plane rather than those in spirit are you—or both?

***I would wish to do it on the Earth—I think probably the need is greater.***

*Jan continued, commenting on those who carry Earth problems (pain/illness etc.) into spirit, though of course they no longer need to hold onto that pain —*

***You do not change so quickly—some do some do not. There are many spirit doctors who are there to help. There has to be—if you think of your tragedies or disasters, when so many people come so quickly—there has to be many doctors available. And they are the ones who train people like me, who have the desire to help. The desire is the important element.***

George: I have met the Apostle Paul, who works through the instrument Ray Brown (**Yes**) and he seems very adept at understanding and manipulating the energy pattern. **Yes, he is only one of a few I think. I would of course need an instrument to work through. I would not have the ability as he does. In fact, I believe he teaches others in the spirit world for medical reasons. He is a teacher in our world** (right).

Jan: So are you hoping to be a psychic surgeon, or hands-on healing or—  
**No—I will find an instrument through which I can work and then as time progresses, perhaps I will have the desire to specialise in a particular part of the human body. I do not know as yet. I am only too pleased to be allowed to train at the moment, and to be allowed to come to people such as yourselves, just to talk and gain knowledge. It is a wonderful vocation.**

Jan: Absolutely! So, when you were here, working in your previous life—you wanted to follow a similar pathway but you could not? Did you follow a medical line at all?  
**As I remember, to be turned down was devastating for me and my life, I have to say, took a turn for the worse** (oh). **And I am not happy to discuss that.**

George: You are not alone in being turned down in something.  
**Yes—so I always admired those who went forward and did their work. I of course had time to face up to my own—I do not want to say ‘wrongdoing’—that is not right—but my mistaken pathway was not easy to face. But I feel now my desire is strong and I will have a good channel eventually.**

Rod: Do you have somebody teaching you or do you have to read up a lot?  
**We have doctors in spirit who train us, because healing in our world is not as you would expect here. We work with subtle energies—we work with the spirit body. So, it is not quite the same. That is why we need to have an instrument through whom we can work.**

George: Are you able to say when you were on Earth—what time?  
**I sir, have no recollection of time any more. I only have recollection of what I wanted to do, because it is associated with what I do now.**

George: I only enquired out of interest in the state of the art as it would have been.  
**Yes, I understand. Everyone wishes to know: what is your name? When did you live? What did you do? And it is really, really not important.**

*Jan spoke further re our nosiness, but he explained that he was not one to wish to hang onto past knowledge*

Lilian: So were you aware at the start of our meeting?  
**I was listening—I was already here. Yes, and I wish I could fix it for all of you, but I cannot be so bold as to overstretch my visit here.**

*(On speaking further, he stressed that his ideal situation would be to work through an Earthly surgeon.)*

**That to me would be the ultimate, but I know of course that may not be the case.**

Lilian: And they wouldn't be aware of that?  
**I would like a doctor who was aware and there are many.**

Jan: Well there aren't any coincidences, so I assume our conversation blended with your coming anyway (**Yes**)—I can imagine there are doctors throughout the world, Paul mentioned some, in Thailand?

Paul: Beijing, China—a hospital where they use three physicians who use the power of thought to heal.

***I think I am right in saying that in those countries, their knowledge goes back so far, and in fact that knowledge was used in times gone by, and this may be re-discovered, if I might use that word.***

Jan: We've forgotten how to use it, especially in Western civilisation—we have forgotten.

Paul: Like the Chinese, many do tai chi—working with energy. I think they already have a better understanding of energy and things that are not totally physical.

***I think that I am right in saying that in the last 200 of your years on this planet, there is a return to nature—a very welcome return, and I know we are happy to see this to be so (yes).***

Jan: And return to using plants—

***Yes, nature is a great healer. Those words are so true.***

Jan: It is all there for the taking. I'd imagine it must be quite sad for the plant world really, to be sat in a wood somewhere thinking: here I am, I've been growing for maybe thousands of years and nobody has discovered me!

***Well if only you could see the plant life we have in spirit, you would be overjoyed. The life and energy that they produce is something to behold—yes.***

George: Our teacher and guide uses that word: 're-discovery', very frequently.

***You will find that lots of teachers in spirit will use that phrase, because it is almost like a cycle of energy that continues—it is lost—re-discovered—it continues. It is never-ending (yes). And I am learning more and more. The more I study and work with these wonderful people. I KNOW that there is so much wonderful stuff that is happening.***

Lilian: So, can you look in on our operations in our hospitals?

***If you so desire, you can do whatever you wish. Yes, we are everywhere.***

Lilian: Yes, I had a spell in hospital a few years ago now, and I was very aware of the atmosphere— a lovely atmosphere.

***Yes, I beg to say: it was probably the Angelic Beings. They work very well in hospitals. They bring peace and calm a lot of the time.***

Rod: Are they with the doctors as well as the patient?

***They are wherever they are needed—yes.***

Jan: Well I'm sure I speak for everybody when I say we're honoured you popped in tonight, and I wish you every success in finding a right channel in the future.

***There is no doubt that the channel is waiting, and as soon as I am ready, I will begin my work.***

Jan: Very exciting for you!

***Yes, 'exciting' is a strange word to use. It is a word used much on the Earth.***

George: Yes, it's a physical expression.

***Yes, it brings to me 'humility', it brings to me 'peace'—love—humility —so many, what you would call emotions.***

Jan: Obviously your emotion is more (***contained—***) yes, contained than ours. You'll have to excuse our Earthly emotions.

***I would just like to thank all of you for allowing me to speak, because not all do. Do you know, there are times when we can be so close to people and yet they are still not aware of us?***

George: I would like to say that we do very much appreciate that there are people like yourself in spirit who are wanting to help in their various ways. This is very much appreciated.

***Yes, most who have returned to spirit, eventually wish to help others in some way or another. It may be small, it may be large, that is their choice—but ALL eventually wish to help others.***

George: We had one through recently, who was killed in the war together with two others. And the three of them, he explained how they work together to help military killed in the war, because, when they pass over, they are in such a state—they are so distressed about what they have been doing (**Yes**) and it's good to know that there are people like those three who are helping out.

***Yes, you would be amazed by what goes on. Spirit world is a beautiful place—it creates beautiful people eventually. But it does not happen in a second. It takes time in—it takes great need to go forward and help others.***

George: Do you still have consciousness of time, but not in quite the same way that we do. ***No, you remain the same for a while, and then you can see your true pathway. And that is what has happened to me. Until the point was reached where I knew I could achieve what I did not achieve on the Earth.***

Lilian: Very interesting!

***Thank you. And thank you lady for recognising that I was here.***

Lilian: You are very welcome to come again.

***Well, perhaps in time to come, you will recognise Stephen Bursel and I will be able to say that I am working through another for the health of your nation.***

George: Well thank you Stephen and we look forward to another visit.

***I cannot say when that will be— but I will make note—thank you all.***

*(Farewells)*

## Sister Wendy

Sister Wendy—spoke via Eileen, to say that Salumet would be with us next time. She was apparently drawn to us by our prior conversation about animals. This had concerned the obvious gratitude that is shown by some animals, following help given by humans.

Examples: the injured dog given veterinary aid, then licked his keeper all over; and the whale, released from netting that eyeballed each rescuer before swimming away. Our visitor had a love of animals but was not allowed pets in her situation. She was a convent nun. (12/11/12)

Sarah: Were you happy there?

***If I am being truthful: not always.***

George: Was it a silent order?

***Yes. So you see the birds and the other animals were like having a conversation, in my head.***

*Our guest went on to say there was the feeling of having missed quite a lot, but in a way it helped to develop her spirit.*

George: I was going to say: do you feel that you have gained through being silent?

***Yes I do—aside from the physical things that you miss, the silence brings a whole new aspect to living, and the sisters I was with were kind. There was never any animosity that I know now existed in some convents.***

George: Were you able to travel in mind at all?

—*In what way?*

George: Were you able through your mind work, to go beyond the nunnery?

***Yes, of course! My spirit developed so that I was able to leave the physical body and I was able to travel in that way. Is that what you mean?***

George: That is what I mean.

***Yes, I found, after a number of years, in my quiet times I was able to, I suppose you could say: 'let go'. And I knew, but was afraid to say, that there was something more. It would not I think, have been acceptable to some; although, I have to say, I think that some of the sisters had had the same experiences as myself. But of course, it was never voiced.***

George: And did you enjoy the animals in some of those excursions?

***Of course because all—not only the animals, but the spirit is free. It is most wonderful to experience.***

George: And were your activities confined to this one planet?

—*My activities?*

George: Your mind ventures—

***Yes, I ventured into space-time—what I call space-time—I don't have another word for it (Astral travel?). I was then guided to the world of spirit where many experiences took place.***

George: That's nice.

*Sarah referred to Salumet's description of Earth life as 'the mere blink of an eye'—so it's good that we also manage to find the time to develop spiritually:*

***And you live on a beautiful planet—your Earth is beautiful! But I have to tell you: In comparison, it is really quite dull.***

George: In comparison with spirit—(yes).

Sarah: We've been told that before.

***I could not describe the difference to you, but let me reassure you that you have something special to look forward to.***

George: We take part in spirit rescues sometimes—helping people in their transition—

***Yes, I have been involved in some of that work—***

George: Ah! And we have noted that when they make that transition, we get expressions: 'Oh beautiful! Wonderful!

***Yes—I really don't feel that you can appreciate such beauty. If you take something beautiful here, then you really have to triple it I would say. It's beautiful!***

*Paul spoke about seeing more colours than the range normally seen here*

***Yes, you will see hues of colour not known here on this Earth. Yes, I can confirm that for you. And even the water is full of sound and colour.***

Rod: Does it rain for the flowers and plants?

***There is no need! But sometimes we have people who have looked after plants on this planet, and THINK that they need to be watered—so of course, whatever they desire, that is their reality. But they soon realise there is no need.***

Paul: And when you meet people, everything is revealed? They cannot hide who they are?  
***There is nothing that is not known. You cannot be false in anyway.***

Paul: That's so nice, because down here, so many people—like politicians talking one thing and thinking and intending different—

***Yes, many of your people are like 'Janus' [the Roman god facing both ways at once!].***

Paul: Ah yes—it's such a two-faced world I think. It must be so nice, when you meet someone, to see exactly what they're about!

***Yes, of course remember: you will only be drawn to those you are compared to—the same kind of people—you will not be so different. It is nice to see that openness, that honesty and love.***

George: I was interested in what you said about the sound in water (**Yes**). I once had a wonderful ‘raised awareness’ experience in a Mayan temple (**Yes**) and somewhere within it there was a water-drip. In raised awareness I put my ear to the wall, and the water-drip seemed to have many, many musical notes!

***Yes, it was singing to you! Yes it was singing to you and that experience is something that is common-place in spirit.***

George: Common-place in spirit—

***Yes, people stand under beautiful waterfalls for healing, because of their colours and their sounds.***

Sara: And do the flowers sing as well?

***Yes, everything sings. I think perhaps a better word would be ‘resonance’—but it is like the flowers are singing.***

Sara: Every colour has a sound resonance.

***Yes it does, in the same way as your names do here, have a resonance to you.***

*We chatted about effect of music on plants, knowing how they may show more growth when melodious music is played to them:*

***All plants would respond in some way, but perhaps not in the way that you would expect.***

Paul: Like us.

***Yes, listening to a piece of music, you may all have differing opinions.***

Paul: Everything is one and the same really, whether it be a plant or a human or an animal. Everyone wants music that is beautiful.

***Yes, even people who say they do not like music—they still respond to it. It is wonderful to see the response.***

Paul: Salumet our guide, mentioned how music can be a very effective way to help depressed people—to get them ‘out’ of themselves.

***I see yes. Music can carry you to another place, in the same way that the silence did for me. That is what I got from going into the silence.***

George: So do you enjoy having conversations with people now?

***Well I think I have proved that this evening! I don’t think I have stopped talking! That is quite unusual. (Chuckles)***

George: In spirit also—do you enjoy conversations with others in spirit?

***Well, shall I tell you something? I often meet with those Sisters with whom I shared the convent—and just for shall I say ‘devilment sake,’ we talk!***

George: You are making up for the silence!

***We are making up for the silence! Although we were all of us extremely happy, but we meet sometimes just to talk.***

*(Rod asked if she had seen the film ‘The Sound of Music’. No, but she would now be looking into that.)*

Rod: You can just switch it on can you?

***Of course! I can do whatever I want to. I may even collect some of the sisters and watch it together.***

*(Sara then referred to an engagement that she has to sing tomorrow and coincidentally, she was thinking of singing some of those songs from the film.)*

***Lovely! Everyone should sing!***

*This led to some humorous chat about our spread of capabilities where singing is concerned, some of us having rather gravelly male voices! But now our visitor had thoughts of departure:*

***I really have to thank all of you for allowing me to speak with you this time.***

George: Well we thank you for joining with us and having a lovely chat.

*But Rod asked one last question, about her present work—she explained how she teaches young children who come to spirit quite early—the teaching is not fraught with the Earthly problems! It brings her great joy and she often allows them to sing!*

*Rod asked if, as the children progress, they begin to learn more complex subjects, like algebra and trigonometry?*

***They learn the kinds of things they would have done here, but they also learn spiritual things, hand in hand. It goes together.***

Paul: Mm, the way it should be.

***Yes, but the children have a very special light and they ENJOY learning. I think that is not always the case on Earth.***

*(Agreed)*

***But the spirit children just can't wait to learn.***

*There followed some brief discussion of some of the differences in learning/teaching between children in spirit and here on the planet, where both children and teachers are subjected to so much discipline or regimentation.*

***And I have to tell you that I have been blessed both in the life that I had as a Sister and in the life that I lead now.***

*Very fond farewells and Eileen was left with a lovely feeling from experiencing this one.*

George's Notes:

1: Musical notes in the water drip: An account of this experience given in 'A Smudge in Time', page 86.

2: Astral travel: It is well documented that Tibetan Monks who have chosen to be incarcerated to experience solitude and mind development, enjoy 'astral travel'—such may well become their experiential life, and that of course brings much learning.

### [An austere monastery in Cyprus.](#)

A visitor comes to speak about his times in a strict religious monastery in Cyprus, and how the understanding of those times, is helping when influencing those in the same position today. (3/12/12)

***I have been listening in and took this opportunity of having a few words with you. We are always most interested to see how the human race develops along the spiritual line; and we are very happy to be near you and to contact you, in a way that we do not find so easy with very many of your fellow beings. We do try to be around many people, but they are unaware of our presence, and the help that we may be able to give to them. So, it is nice to know that you people are aware of our presence, and although we have not been around you personally before, we now realise that we may be of help to some of you at some time.***

*(When asked about identity, our visitor explained that he spoke for a group who have been together for many years and no longer reincarnate, but wish to help through influence.)*



***I would like to say to you, and I am being told that some of you were monks together, and this is what we were also. It was a time of austerity, but there was much love and understanding between us all.***

*(All from their last incarnation have stayed together in spirit. Their monastery was in what we know as Cyprus.)*

***We were most strict, and it has been of great benefit to us in understanding how those of some religions who are so strict and take everything so—how can I say—each word, they believe in—***

**Paul:** Literally—

***Yes, but it has given us much knowledge in helping those who are so tied to a particular way of thought. So we are trying our best to help all to become less—I cannot find the word—***

**George:** Rigid?

***Yes, I think that would be a good word—less rigid and more open to views of others. And in this way, we hope to create more peace in your world.***

*(We spoke of inter-religion clashes, and our visitor referred also to the principle of one religion trying to take over everything.)*

***So this is our main job—and we endeavour to help all sides.***

## **Why is it that so many find it hard to feel the love that is around us?**

This simple question is addressed by Joseph, our visitor. So many people are so angry.  
(18/2/13)

**Lilian:** Good evening.

***Thank you for giving me the opportunity to speak with you. I have been asked to come and give you a little enlightenment on one of the questions that you have asked in the past.***

**George:** That's very nice. Thank you very much!

***We are always interested in you human beings, and are often amazed at the difficulties you have in really very simple matters. We are trying to establish why so many of you are unable to FEEL this 'goodness' that is around you all the time. There are so many who are so angry. There are so many who only want to do harm—and there is so much 'love' around, that it does surprise us at times that this cannot be felt; but we know that you humans have your free-will—we know that there are many who have so very much to learn, and we try so very hard to keep close to all of you (thank you). We know that this is part of the life cycle and we are aware that you in this group do have some awareness of Spirit being close to you, but there are still those who have the knowledge but do not have the sense of our presence, and this is my purpose this time: to bring those who are around you, just a little closer, so that we can help you to become more aware of those who are already close to you. We hope that this will help you on your spiritual journeys—because those who stand close by you—their only wish is for you to go in the best direction possible. So I will leave you with the name, and when you have some difficulty in being close—or should I say: having the awareness of those who are with you, you are most welcome to call on me and I will try my best to help you. My name is Joseph.***

George: Thank you so much Joseph, that's very good to hear. We do appreciate your message, and I am sure we all have some awareness of the tremendous good and the spiritual light that is with our planet.

Paul: We'd love to get that connection stronger, with these helpers around us.

***That is my purpose tonight. So now, I will leave you, and you are as I said, most welcome to call my name anytime.***

Rod: So, have you lived on Earth Joseph?

***I have, but many, many years gone by. I would just like to add: I was the worst sinner you could have had!***

(Chuckles)

***—and it is for this reason that I have dedicated myself to help others.***

George: You have clearly changed—you have clearly advanced from that time on Earth. And, as I say, we do appreciate your message so much.

### Spirit world – life in it by a visitor

An eleven-year-old boy invites Lilian to fly with him not realising that she is still in the physical world. Howard gives a little information about the trees in spirit world and how they talk to him. (1/7/13)

Lilian: Good evening.

***Hello—I can't see you.***

*At first he could not see any one ... then became settled*

***Ah yes, now I can. I wasn't expecting so many people (10 present). I've come to see if you'd like to come with me on a journey—not all of you, no—just the lady—goodness me!***

Lilian: What sort of journey?

***Would you like to travel through the trees?***

Lilian: That would be great.

***Can you do that?***

Lilian: I can walk in amongst the trees.

***No walking allowed.***

Lilian:—just flying.

***Yes, can you do that?***

Lilian: No, can you do that?

***Yes, I'm up here now in amongst the trees, talking to the leaves. It's lovely. Why don't you want to come and learn?***

Lilian: Yes, we'd like to, and probably when we get to where you are we'll be able to do that.

***Ah! I see! I know why you can't do it.***

Lilian: Because we're physical.

***Yes, you're not one of us are you? I thought you were.***

Lilian: We want to be there with you, but —

***I'm going to come and visit you when you're asleep. And then you can go and fly with me.***

***Wouldn't that be good?***

Lilian: That would be great. So how old are you?

***I think I'm eleven—I think I am. I've kind of forgotten.***

Lilian: You're not James, the one that was waiting for the little girl?

**No, I used to be called Howard—Howard Frankom, but I don't use that name now. In fact I think I chose another name when I first came here. But I've forgotten it now—doesn't matter does it?**

Lilian: No, so you've been in spirit for quite a while?

**I think so, but I like being with the TREES, because they're so different. They talk to me.**

Lilian: Because they are different in spirit to what they are here (yes). We know they're alive

—

George: Is it the tree that talks or the nature spirits? Which is it you are talking with?

**I'm talking to the leaves—it's like they are talking to me (the leaves) the whole tree. And it lights up and it changes colour and they're lots of fun.**

Lilian: It's quite magical really, isn't it?

**Yes, I never did like talking much, I don't think.**

Lilian: Not even when you were here?

**Well I can't remember, but I don't think I did.**

Lilian: You probably liked nature when you were here on the Earth.

**I don't know—I can't really remember.**

Lilian: What else do you do besides the trees?

**I go in the waterfalls, and when children come and they're healed in the waterfalls. That's good as well.**

Sarah: Do you help heal the children (yes). That's lovely.

**Well I don't actually do the healing. The water does the healing, but I'm friendly to them.**

Sarah: You encourage them to go in the water —

**Yes, and I go in to show them, so I suppose I do help.**

Sarah: Well, that's a very worthwhile job to do.

**Yes—do you think Howard's a nice name?**

Sarah: Yes.

Graham: It's my middle name.

**Is it?**

Graham: Yes. I like the name Howard—yes.

Lilian: I've got a nephew called Howard.

**Oh! Perhaps we could be a team!**

*(Laughs)*

Sarah: It would be lovely if we could all come flying in the trees with you.

Lilian: We will when we come over.

Sarah: We'd have to go in a big wood though wouldn't we?

**Well you can come before you come over.**

Lilian: Well yes, I'm hoping tonight.

**Yes! I'm coming for you tonight lady? Yes—I don't know why I'm coming for you. Why am I coming for—? Let me ask the question.**

*(Pause)*

**There's a cat here.**

Lilian: Understandable!

Sarah: Lilian's got a cat.

**This cat knows you and wants you to come. That's why I've been told to get you.**

Lilian: What colour is the cat?

**It's a sort of a brownie with a touch of white —pale brownie, not a dark brownie.**

(There was more discussion about which cat it could be as Lilian has looked after many cats over the years.)

**It doesn't matter—it knows you.**

Lilian: No it doesn't matter does it?

**It knows you, and anyway, not all of them would come back—because they only exist for a little time, and then they join in the big scheme of things (yes). But this one remembers you; isn't that good?** (Mm)

Sarah: Well Lilian is very kind to cats, so I'm sure that they don't forget her very easily.

Lilian: They seem to find me.

**Ah, okay.**

Jan: Howard, I have a word, it's disappearing, and I need to say it. Do you know what 'polio' is?

**Yes, that's what I had. And that's why, when I entered into the waterfall, I was all better! That's why I like to help other children.**

Jan: I was shown a picture of you (*oh*) as you were; and that's why I knew you had polio (*oh*)—you are a very sweet little boy, I must say.

**Mm—mm.**

Jan: And cheeky!

(*Chuckles*)

Lilian: There's not much polio that children or anyone gets nowadays.

**No, but children still get lots of other illnesses.** Lilian: Yes, so they do.

**And grown-ups. I quite like being a child.**

Jan: So you threw your sticks away then Howard—you don't need those any more.

**Well, I didn't have them, if I remember correctly and I was worried—and somebody was saying: you don't need those. And then I went in the waterfall, and I was perfect!**

George: That must have been a wonderful feeling.

**Yes, it was all different colours—yes. When I came here to talk to you, this place was all pink—yes, your room was all pink.**

Jan: That's a colour close to the heart, isn't it—pink?

**It's for love.**

Jan: That's right yeah.

Sarah: Is it still pink?

**No.**

(*Laughs*)

**It's probably because I've come here!**

(*More laughs*)

Sarah: What colour is it now then?

**It's fading—it is pinkish but it's fading (mm). It must have been to do with—I don't know—I don't always understand it, but I think it must be to do with the people that's been here in the room. So you certainly must be lovely people.**

Lilian: We hope so—we try.

George: We have lots of help from spirit.

**Do you? Well you're very lucky.**

Sarah: Yes, indeed we are.

**Yes—oh well, I'm going to leave you now. I'm going to go and look at the trees.**

Sarah: And then you'll be back for Lilian tonight.

**I will—I will be coming in your sleep.**

Lilian: I hope you're not disappointed, but I'd love to come.

***We'll look after you. I hope you can remember it.***

Lilian: That's what I'm hoping.

George: Yes, I hope that Lilian will be able to relate to us what happens in her sleep.

Lilian: I think there's another way that you know you've been over when you wake up —

***You might feel a bit more now.***

Lilian: Yes, or disappointed.

***Disappointed?***

Lilian: Disappointed in so much as you've woken up and you're still physical.

*(Chuckles)*

***Yes, I know what you mean.***

Lilian: That's another way that you know you've been over.

***Yeah, that's right. Anyway, get ready.***

Lilian: We'll see, and thank you for the invitation.

***Okay well I'm going to leave you now.***

George: Thank you for joining with us —

***Thank you. I'm sorry I can't take you all.***

Sarah: Perhaps you can come another time and take some of us others.

***I could be busy for a long time couldn't I, with all of you people!***

Paul: Maybe you've got a few friends who could help take some of the others.

***I could ask, couldn't I?***

Sarah: Yes, that would be good—we could have a little party up in the tree tops.

***Well, I'll have to think about that. Anyway, I have to go.***

*(Thanks and farewells)—then to Graham:*

***Why don't you make Howard your first name for a little while?***

Graham: I'll give it a try. I was very lucky because I was called names I like. I do feel very fortunate.

Sarah: That's probably because you chose them!

*(Agreeing laughs)*

George: And there has been the occasional rather famous Howard—Howard Hughes built an enormous aeroplane.

Sara: I think it means 'guardian.'

***Well, perhaps that's why I'm protecting the trees. Anyway, I like it—I'm not bothered really what you think.***

*(More laughs)*

***Anyway, I have to go now—they say: time to go.***

## [A visitor from old London Town](#)

Hard to exactly date, but perhaps one to two hundred years ago. (9/9/13)

Lilian: Good evening—welcome.

***Hello there Dearie (hello). I'm not sure where I be at the minute.***

Lilian: Do you know where you've come from?

***I do, but I'm just not sure where I am at the minute. I see lots of houses—yeah.***

George: Take your time.

*Y'see, I likes coming back sir. I likes to come and have a little look.*

Lilian: Well it's nice of you to call in on our group.

*Well you see I can't be seeing you. All I can see is them old cobbled streets and those old tenement houses—and I just loves comin' back, just to have a little look*

Lilian: Yes, was this in Yorkshire or somewhere like that?

*No, no dear no—it's in London (London!). Would you like to buy some potions? Have you anything to sell? That's what I used to say to them Dearie. Come and buy my potions! I didn't live there mind—I lived in the country (oh). Got a horse and cart—enough food in me belly, and a little drink or two. Now ain't that good?*

*(Chuckles)*

George: So you sold potions—

*Potions, yes my dear.*

George: So you were a healer?

*Well, I used to tell them I was—not really —anything to keep the food—keep them away from it— I used to buy lots of things as well.*

Lilian: Did you go to a market place or just house-to-house?

*Just round the streets, my dear—yes. I used to change my name as well. In some streets I was known as Alice. In another one I'd be called Charlotte—'cos it seems a little bit better. And if I thought there was some action happening, then my name was Charlotte.*

Lilian: So it depended on the street?

*It depended on the street, yeah. Some gentlemen are kind and throw a coin or two, and do you know, I can't even remember what the coins looked like now? Isn't that strange?*

Lilian: Do you remember the year?

*Um—one eight something—one eight—I used to know.*

Lilian: Who was on the throne—Victoria?

*No—don't know that name.*

George: Yes, well there would have been cobbled streets around 200 years ago.

*Yes, that's right, it was cobbles. Sore they were on yer feet, unless you had a decent pair of boots. Anyway, I just wanted to come back and tell you—no good reason—just wanted to tell you.*

Lilian: Well, it's just nice to know what people did in those days.

*Yeah. I had to dodge a time or two—buckets out the window.*

*(Chuckles)*

*That was a bit of a traumatic experience! But, at the time you just get out the way and don't bother, yeah.*

Mark: What did you put in your potions?

*Oh all kinds of things. I was interested in different herbs and things, but I never really was shown what to do—so I just made them up.*

Mark: Did you grow them?

*No, no, they grew naturally in the country, yeah I didn't grow anything.*

George: So you enjoyed your life?

*I think I probably did—yes. But do you know what?—when I went over, I decided I didn't want to be Alice or Charlotte, and I became Mary!*

*(Chuckles)*

*So you can call me Mary (right!). See, you can do whatever you like.*

Lilian: How many horses did you have?

*Oh, one old nag.*

Lilian: Just one—

**Just one.**

Lilian: Have you seen that nag since you've been in spirit?

**Yes I have yes—she's standin' right next to me now.**

Lilian: Lovely!

**Yeah—good old horse.**

George: So you've got a different life now?

**Different? I should say!**

*(Chuckles)*

**Different? Couldn't be more different sir—yeah.**

George: So you've moved on from the cobbled streets and the horse and cart—

**Yes I have—and not quite so—more truthful now sir—more truthful.**

*(Knowing chuckles)*

Paul: You have to be, don't you? We've been told that everybody can tell if you're not being truthful, where you are—so—

**Oh yes, and you know you're not being truthful when you say it, and then everybody knows—yeah. Bit of a shame really isn't it, to begin with?**

*(Laughter)*

Paul: I'm sure we'll all find it a bit tricky to begin with.

**Yes, but don't you worry—everybody's the same. Everybody's got little white lies they've told. I bet you have sir!**

George: Well, we try to be as open as we can be.

*(Laughs)*

**Oh dear, oh dear—I would have to be here and have a saint, wouldn't I?**

*(Laughs)*

**Ay? That's not good enough sir.**

George: We can't claim to be saints.

**Well, I know you bleedin' well aren't.**

*(Laughs)*

**That's right, isn't it?**

*(More laughs + agreement)*

Paul: That's right, no halo's in here.

**It needs a lot of polishin'—I know—I know. Anyways, I gotta go—so I'll say 'cheerio' from Mary, Alice and Charlotte.**

*(General thanks and warm responses)*

George: Any plans for coming back to Earth?

**Not likely—not yet!**

George: You're having a much—

**I'm enjoying it now—I've had the opportunity, an' I'm allowed one more opportunity, so I'll think about that seriously. But it'll have to be a good pair to come back to—and I'll have to have my horse. It has to be a life that includes my horse.**

George: Ah yes.

**It's only fair isn't it? Don't you think?**

*(Agreed)*

**Well I think so too.**

George: The horse is still a revered animal—often a much loved animal and there's still quite a number about.

***From what I know about your life here now, I think I'd rather be still back where I was. It was a hard life but it was a good life.***

George: A good life—a logical life.

***It was an easier life in many ways.***

Mark: Less complicated.

*(Agreed)*

***But for some, poverty was rife—not so good for those people.***

Lilian: It still is in some countries.

***Yes I know. I do know what's going on and I don't much like it, to be honest.***

Paul: We're so busy now.

***Anyway—nice talking to you all.***

George: Well, thank you for coming through Mary, and you are welcome to drop in any time.

*Agreement from all, but she wasn't going just yet*

***I think I'd be more a Charlotte here. What d'you think? D'you think I should be Charlotte here?***

Lilian: If you like.

Mark: Whatever pleases you—yeah.

***Right, that's it—I've decided—yeah. I'm Charlotte here.***

Mark: Okay Charlotte.

***Off I go.***

Lilian: What was the name of your horse, before you go?

***Didn't 'ave a name—just 'horse'***

Lilian: I see.

***Should it have had a name?***

Mark: No, you were very well connected with your horse.

***Yeah, just old boy or gal—no old gal, wasn't it—you're gettin' me confused now.***

*(Chuckles)*

Lilian: Well, thank you for coming.

***And you've all got shoe leather on yer feet. That's good today, isn't it?***

Paul: Yeah—shoes are okay today, I guess. That's improved.

***It's better than bleeding hurting yer feet on pebbles!***

*(Agreed)*

***Anyway, I'm waffling. Is that a word?***

*(Agreed)*

George: It's good to have a nice waffle!

***Okay—where did I get that word from—waffle? It doesn't matter anyway.***

Lilian: You must have heard it somewhere.

George: Anyway, if you do come back to Earth again —

***What, as a waffle?***

*(Laughs)*

—perhaps you could ride a horse in the Epsom races!

***No, I wouldn't do that to my horse. He'd just be a friend.***

Mark: That's the way.

***Anyway, they've nearly got me by the scruff of the collar—got to go—cheerio.***

*(Farewells voiced to Charlotte. Eileen said after she'd departed: 'scruffy but so likable'; and Eileen was aware of cobbles, no pavements and the tenement buildings.)*



## Simon

A wonderfully friendly and open visitor who touches on a number of subject areas about the differences between the physical heaviness, which we know, and life in spirit world.

(17/2/14)

Lilian: Good evening, welcome.

***Good evening. I'm very pleased to be here.***

Lilian: Have you been before?

***No—now you're wondering why I am here.***

*(Pause)*

***I like to move around.***

George: You like to move around—is that visiting various groups?

***Yes (ah), so I am not familiar with any face here. But nevertheless, I am allowed to visit.***

Sarah: We're very pleased that you've come.

***Thank you. Quite a quiet place, isn't it?***

Lilian: Sometimes; sometimes we get a bit noisy maybe.

***Do you?***

George: Do you know of us—do you have any information on what we do?

***Of course I know what you do, but not specifically—generally.***

Lilian: So, there's quite a difference between groups. Each group is different.

***Very different I would say—very different—some not always comfortable to travel to.***

George: Right! This is always on this Planet Earth is it, that you visit?

***Do I visit Planet Earth? Yes.***

George: Only Planet Earth?

***Only Planet Earth, yes.***

Sarah: Do you know of our teacher who comes to us—Salumet?

***I did not know he came to you, but I am aware of the name.***

*(Exclamations of pleasant surprise)*

Sarah: Yes, he comes to us fairly regularly and has done for a long time now.

***You are most fortunate in that case.***

George: We are indeed most fortunate. We feel this is a progressive group, and over 20-years we have received much teaching from Salumet.

Lilian: Have you heard him in spirit?

***I have indeed. Yes, but not often, because he has to come from another realm (yes) and it is not always comfortable I believe.***

George: That's right (*yes*). Yes, he finds this atmosphere rather dense!

***I'm not surprised, because I do also.***

George: So you are from quite a high level?

***I wouldn't say so, but far enough away, yes.***

Lilian: So even in spirit form, to travel down—I'll say to first stage, is uncomfortable.

***Very, very uncomfortable—only a very few would do so (oh!) Yes, because the farther you go, the farther you expand, and the more difficult it is to come to this density—because you become lighter and lighter, so I am told.***

Lilian: You're at the first stage are you?

*I would say probably the second (I see). Yes, I have been there for quite a long time—but time does not matter, does it? (no)*

Sarah: How does it become uncomfortable? Because you don't have a physical body, only a spiritual body—

*Because spirit belongs to the lightness (ah). Only you humans belong to the density. So you see, it's rather like being—how can I explain it to you?—being caught in a quicksand—you are not free.*

Lilian: Yes, that's a good way to describe it.

George: Two who have been through to us have been 'Sister Agnes' and 'Rudolf Steiner', and I believe they've come from quite high levels.

*Yes, there are many who will attempt to come, but it is not comfortable, that is all I am saying. We make a great effort to do this.*

George: We accept that it is uncomfortable for you and we admire you for making the journey.

*Yes, but the more you do it, the more refined it becomes and the more accustomed you are to the conditions.*

Sarah: Salumet had quite a lot of adjustments I think in the beginning.

*Yes, I would imagine so.*

Sarah: Yes, I think it's easier for him now. There were adjustments to the medium you are using at the moment, as well.

*Yes, that is always a consideration—which one you should use. I took my time this evening to see who I thought may be suitable.*

Sarah: I think you made a good choice!

*Do you?*

*(Knowing chuckles)*

Lilian: Salumet's already done the work for you.

*I see. Sometimes it happens that we change what you call 'mediums' on your side of life?*

*(Yes.) Sometimes we hop from one to another if it is not quite right. This is not really acceptable, but it happens.*

Sarah: So have you come this time for your benefit, our benefit or just out of curiosity?

Lilian: Or for everybody's benefit—

*I have to admit it is mainly for my growth, my understanding, and of course it is always pleasant to visit others whom I have not met before.*

Sarah: Yes, it's always nice for us to have visitors *(yes)*, so we're pleased.

Lilian: Do you remember your last life on Earth?

*I cannot. I can remember my name, and that is about it. I am Simon.*

*(General acknowledgement)*

*Tonight I am wearing a very special hat—because I always did like a hat—I do remember that.*

Sarah: Is it a pointed hat with a feather?

*Oh no there are no feathers for me, I am not a dandy—not that I don't appreciate feathers, but not for me.*

Sarah: Not for you, yes.

*(Brief pause)*

*But you're all very quiet I have to say.*

Paul: I was trying to think what your hat looks like. Is it a top hat?

*No, flatter than a top hat, with a band around the brim.*

Lilian: A trilby?

*I think that's what you may call them today yes.*

George: And are you aware of changes happening in relation to Planet Earth?

*I am vaguely aware but it's not really what I intend to do with my time—because there are much greater powers who are dealing with such things. I am a mere—I almost said 'mortal' but that is not quite correct.*

George: But you are aware that such things are happening—

*If you wish to know you can find out, yes.*

Lilian: So can you tell us a little of what you do in spirit?

*In spirit, I also travel (do you?)—yes, I also travel to places on this Earth that would have been impossible when I was alive, I think. I'm not sure, but I think I am correct in saying that. I love the feeling of freedom, and you can do whatever you wish.*

Sarah: I expect you do some sort of work in spirit, don't you, as well as travelling?

*I help those who first come—those, not lost, but those who like to be guided and given a little tour of what spirit is like.*

Sarah: Yes, a tour guide!

*(Chuckles)*

*—A tour guide? I like that! Yes, you may call me a 'tour guide'! So that is mainly what I do. Not with children—they have their own special helpers; but those who wish and are in awe of all that has happened to them—and they wish to be directed to many loved ones and situations.*

Jan: You've actually answered my question Simon. Last week, we sat here talking about being able to visit places in spirit, like visiting countries and sight-seeing—places we didn't get to see while we were here. So you've just answered that question really—you are able to go where you want to.

*Yes, wherever you wish.*

Paul: So if you wanted to visit the pyramids, you would just be there instantly, would you? *You would—your thought is in an instant—quicker than an instant, your thought is immediate.*

Paul: And you wouldn't have to buy a ticket!

*(Laughs)*

*Well that is always the plus for most people—that you do not have these holdbacks as you do on this planet.*

Jan: When you think: I'll visit so-and-so, are you seeing it in real time or spirit time? Are you able to be there *and* see the people that are visiting?

*Yes, you can do both. You can view from spirit or you can experience time as you know it here.*

Sarah: So when you are visiting from spirit, you don't feel that heaviness? **(No)** But if you are visiting in the way that the people are visiting it—

*Well I am still spirit.*

Sarah: But would you experience that heaviness that you are experiencing now? **(No)** You wouldn't.

*It is completely different, and I am stationary here for a little while, in this confining body.*

Sarah: That must be hard for you then.

*Yes, well I do not wish to upset the medium, but it feels quite comfortable.*

Jan: Most people say that when they have used Eileen.

Lilian: She is the channel for Salumet.

*I see, I did not know this.*

Sarah: That's why I said: you've chosen well.

*I see, yes. You are all very kind people, I can tell. I feel quite comfortable here.*

George: Oh, that's good.

*And I have to be truthful and say: this is not always the case. Sometimes you come across those who have too many words to say and too much ego, which does not make for good groups.*

*(General agreement)*

Jan: On the whole we leave our egos outside the door, we blend very well.

*Yes, I can feel that, otherwise I would not have stayed this long.*

Sarah: We have been told that we've known each other in previous lives, so I think we've been together for quite a long time.

*Yes, well like does gravitate to like, which explains a lot.*

George: We mentioned pyramids. We have a particular interest in pyramids, because the earliest ones were built by visitors from other planets (*yes*), and so we've been very interested in those early pyramids and the energy they produce, and some of us have visited excavations that are going on.

*So that is your pastime, is it?—the interest in pyramids?*

*(General agreement + laughter + comments)*

Paul: Yes—when you visit, do you go alone or do you go with others?

*I like to go alone when I travel. I have been with others but I prefer to do it by myself. I cannot comment about your other friends, who have been involved with pyramids. I have not blended with any of them as such; so I cannot really comment.*

Sarah: Do you experience that energy within them that we're supposed to be able to experience?

*—Energy within whom?*

Sarah: —within pyramids.

*Well, do you mean now?*

Sarah: When you visit them.

*I do not visit pyramids—I have had no contact like that (ah). That is why I say I do not recognise the energy of those who have been involved. Yes, I'm not good at explaining—I should have told you that.*

*(Our misunderstanding acknowledged)*

Paul: Where do you like to visit?

*To be perfectly truthful, I have travelled all over your planet. Of course there are some places still I would wish to go to. But mainly I travel this planet to people—to situations such as this, rather than for a place (ah right). It is a different situation.*

Paul: I understand now—you're not sight-seeing.

*Well, I like to think I am, at the same time. But you can do all of these things in an instant.*

Sarah: And you are drawn to groups by their light are you?

*Of course.*

Sarah: So the ones you find not so congenial to be with—you're still drawn to their light?

*—Still drawn to their light. It is only when I am with them that I can have the true picture (I see). But yes, all of you have a light—that is what attracts us to you.*

Jan: Simon, you said that you help people pass over—

*Yes, well I don't help them pass over—I meet them when they reach their destination.*

Jan: What's the process after that? Are they sent off in different directions?

***Yes, they are greeted by those loved ones who have welcomed them. Very often it is overwhelming, not only for the person coming, but those who are already in spirit (yes). Yes, it is like a celebration.***

Jan: I experienced that just recently. My father passed to spirit six weeks ago, and I picked up on my granddad's emotion the night that he died (***yes***), and that was very evident in the room at the time. So nothing changes, as it were—exactly the same.

***Yes, most people I would say are met by loved ones. There are a fraction of people who will be met by those they have known for ever.***

George: Yes, we are aware that the sadness in our funerals is matched with wonderful happiness of emotion in spirit.

***Yes, what people do not always understand I think, is that the sadness at what you call 'funerals' and their goodbyes, it's almost like a block to those of us in spirit, who wish to come very close. It kind of keeps us away—a little way, although you would never stop us waiting.***

George: So sadness at funerals keeps you away?

***It can create a blockage if it is overly emotional. And for most people, it is emotional.***

George: So you would like to see funerals as happier occasions.

***I would like personally to see them used in the way that we do—as a happy event (yes). But, as human beings, most of you are not ready for this.***

Sarah: I did go to one funeral like that where there was lots of laughter. Afterwards, I felt completely uplifted—I felt wonderful afterwards.

***Yes, I have been to many where there has been much praise and much singing and the whole light is changed.***

Sarah: I think some of the African people do that, don't they?

***Yes, many people still do that. Anyway, I believe I've been talking too long.***

George: I was just thinking: how nice listening to you and some wonderful people have spoken through your instrument—two queens! Those visits were arranged by Salumet. I don't know how he managed to *arrange* visits from 'Mary Queen of Scots' and 'Catherine the Great,' but by some process he managed to arrange those visits for us.

***I feel your excitement, but let me just say: they are not queens in spirit.***

*(General agreement)*

***So I understand your excitement, but to us it means very little.***

George: It's just that that's how we remember them.

***Yes, I understand fully. I am not being what you call 'flippant', but you know kings, queens—no matter—it makes no difference.***

George: It was most interesting to us that they managed to indicate a few errors in our history books.

***Yes, it is always interesting when people come back to talk. We understand that in spirit—we do, we understand it fully.***

Lilian: We've been told we choose the life for whatever we need to learn, that we're coming back to—

***That is the purpose of life—to learn.***

Lilian: Yes, well I often think to myself: Why choose to be, say a king or a queen, which in a way has no privacy at all? Why would you choose that, but I guess the lessons are there?

***Yes, it is not for me to say why people choose their lives, but what I DO know is that there is a great diversity of 'People-kind' and you do come for the lessons that you can***

*experience. Not always does it happen, but nevertheless, that is the purpose of your lives.*

**Now—**

Sarah: Can I just quickly go back to—

***Madam, you will get me into trouble! But I will answer.***

*(Laughter)*

Sarah: I was just going to say: everybody that goes back into spirit—there is *always* someone there to meet them?

***No one is on their own; we are waiting for those, even before they leave this life (ah right). So never be afraid of death.***

Sarah: I wasn't afraid, but I just wondered—

Lilian: Sometimes they have a pet—

Sarah: Yes, that's true too.

***Of course, you know full well, because I know you do rescue work, that there are those who are a little 'delayed', shall we say; but they are never alone even if they feel they are.***

George: Could I just say one thing to you?

***Oh dear! You are determined!***

*(Much laughter)*

***I shall have no hat by the morning.***

George: There's one of our readers—he reads about our meetings—and he is absolutely fearful of the idea of 'hell-fire torment' in spirit. This is something that has been—  
***—drummed into him—***

George: Drummed into him via Roman Catholic religion (***yes***). Have you any comment on that?

***I do feel for those who suffer from such fear. It is INEXCUSABLE for any religions to teach such dire teachings!***

George: Fine words—thank you!

***Yes, but of course, he is living already in his own hell—because of his fear. Tell him that there is nothing worse than what he experiences now—because of his fear.***

George: Yes, well that's interesting. Thank you very much for that.

Jan: We create our own hell.

***You certainly do.***

Jan: —While we are here.

***—Whilst you are here. The image of hell in our world is not to be admired. It has to be scotched and gotten rid of. And if I am not careful I may end there myself!***

*(Much laughter at this jest)*

Sarah: We'd better let you go!

*(General thanks + invitation to visit again)*

***I will try.***

George: You will be most welcome.

George's Notes:

*So the notion of 'hell-fire torment' is once again endorsed as utter nonsense. Perhaps we should remind ourselves that the Roman Empire, responsible for blending the Christ teachings of LOVE into Roman Catholicism, had an inbuilt policy of 'suppression'. The Empire might be likened to an invading computer virus that has corrupted the pure message. Jesus' teaching, of course, centres on LOVE, and did not include hell-fire threat or crucifixion. Both are alien to spirituality.*

## A street urchin called Harry Boy

After a witty chat about aspects of his life, Harry advises that it is best to leave this planet not carrying any regrets. Much easier to deal with difficulties whilst in the physical.  
(10/3/14)

*A few minutes later one came through Eileen for a light chat—one who'd had a hard life as a pick-pocket:*

George: Please feel free to speak if you wish.

*(Pause)*

***Good evening Guv.***

Sarah: Good evening to you.

***My name's Harry.***

George: You are Harry.

***Yes.***

George: Welcome Harry! Have you just dropped by for a chat?

***Indeed I have.***

George: Good.

***I didn't intend to, but they shoved me 'ere so—***

George: They shoved you here! Ah!

***Yeah, they said: get in there!***

George: Well, we're a happy little gathering and I'm sure we'll have a good chat. Is there anything in particular that you would like to talk about?

***Yeah, I'd like to talk about your confidence. How d'you know it's going to be a happy little chat?***

*(Chuckles)*

Sarah: I think George means he'll have a happy chat! Hopefully you'll join in the happiness.

***Oh, I'm not known for my happiness.***

Sarah: Aren't you?

***No.***

Paul: What are you known for?

***None of your business!***

*Laughs and a little repartee followed that*

George: We have been called 'nosy' sometimes.

***Yeah, I don't doubt it!***

Sarah: If you think we're being nosy, we're only being friendly, and always happy to help.

***I hate do-gooders!***

Sarah: I wouldn't go as far as to say that.

***You wouldn't?***

Sarah: No not really—yes we do do some good things, but we're just ordinary people who are caring nice kind people.

***Are they? How did I get here then?***

Sarah: I've no idea.

*(Chuckles)*

***I don't bleedin' know what to say.***

Sarah: What did you do when you were on this Earth then?

***Not a lot—you wouldn't like to know.***

Sarah: You weren't a do-gooder then?

*I wasn't a do-gooder, no. You could call me a baddie—not really.*

Sarah: No, I'm sure you weren't.

*'Necessity'—that's what it was all about.*

Sarah: Was it?

*—Necessity.*

Sarah: Were you very poor?

*Oh yeah—yeah.*

Sarah: That was very hard, wasn't it?

*Yeah—not much going around.*

Sarah: Did you live in a city?

*I did, yes—yeah. How did you know that?*

Sarah: Just had a feeling.

*I didn't tell you that, did I?*

Sarah: No you didn't. I just had a feeling that perhaps you did.

*Aw—clever-dicks as well!*

*(Laughs)*

Sarah: Well, we live in the country and perhaps you just came to us to tell us about your life in the city.

*Oh I don't even talk about that now (don't you?). No!*

George: It was a long time ago, was it?

*It was a long time ago—who wants to talk about that? I'm a changed person now.*

Sarah: Are you?

*Yeah—nearly got my wings!*

Sarah: Have you? That's very good! Well, don't get them too soon, we'd like to hear from you and don't want you to fly away just yet.

*(Chuckles)*

*There's a pair waiting, but I think they're tarnished.*

*(Laughs)*

Sarah: So what do you do now in spirit?

*I help others—especially people not so good (well done). I try and give them a little nudge in the right direction.*

Sarah: Well done!

*Yeah.*

George: Well that's good—very good.

*I don't like coming across as being too good though—it's not as much fun!*

*(Laughs)*

*I'm always having little nudges saying: Think about it boy.*

George: Yes, time is difficult in spirit, isn't it?

*It's alright when you're here. It's when you come back to where YOU are.*

George: Can you tell us how long ago it was you were here?

*All I remember sir, is it was eighteen something—a while ago I think you'd say. Though being here it doesn't seem very long. It took me a long time to settle.*

Sarah: In spirit, did it?

*Yeah it did—I was a bit angry.*

Sarah: Were you?

*Yeah, 'cause I didn't really want to go.*



Sarah: Did you know you'd died?

***I did, yeah.***

George: You had some helpers around you, did you?

***I had help when I came yeah. Oh yeah, there's always somebody to help.***

George: —to help you adjust.

***Yeah—you soon realise it's no good being angry and having all those feelings, 'cos you still take them with you, you know—for a little while anyway.***

George: I expect you were angry with dissatisfaction—was that it?

***Well, I just thought I was too young.***

Sarah: Had your parents already gone over?

***I never knew any parents.***

Sarah: Did you not?

***No I was left to fend for myself.***

Sarah: Oh gosh, that was hard.

George: So you had a tough time.

***I think you would say that I was a 'pick-pocket—not something I'm proud of, but you know—that was the time.***

Sarah: We've just had our friend Salumet through, and he said: you come back in this lifetime to learn what you need to learn. Maybe that's what you needed to learn last time.

***What, how to pinch?***

Sarah: Well, how to survive.

***How to survive, yeah. I don't doubt it—yeah. Not everybody's life's easy, but there's benefits for that as well, but you realise that later.***

Sarah: Have you met up with any of the people you pinched things from?

***Oh my word! One or two, and that's not pleasant.***

Sarah: Is it not—no?

***No, if you've got any regrets, you sort 'em out now. Don't bring 'em over here.***

Sarah: Yes, we've been told that before.

***Yeah, it's not a good situation (no) 'cause you know as soon as you get here, you know everything you've done; and it's nothing to be proud of in my case.***

Sarah: No, well anyway you've learnt something haven't you. Whenever you come back again you won't behave like that.

***I might have seemed a bit rude when I first came, but I'm quite glad they pushed me here.***

Sarah: Good! Well it's been very nice having you.

***Anyway, you remember 'Harry Boy' and I'll come back another time.***

George: Harry Boy?

***Yeah, I'm not a boy now, but that's what they used to call me—Harry Boy.***

*(Pause)*

***Well, can I go?***

Sarah: Well you can go if you like or you can stay if you'd like to—we're happy to have you a bit longer.

***Well, no.***

Sarah: You've had enough of us now, have you?

***It's not that—they like to be in charge.***

Sarah: Okay, well we'll be happy to see you again any time.

George: Any time you'd like to drop in for a chat Harry.

***Thank you sir!***

George: He called me sir!—I'm elevated!

*(Chuckles)*

***Elevated—I'm the only one who can elevate!—in this room anyway!***

*(Laughs)*

***I'm starting to get a bit cheeky, so I'd better go.***

Sarah: Very nice to hear from you.

George: Yes, and it's very good that you're helping people—it's an honourable thing to do. So well done!

***You don't really have any choice sir over here, you either do something good or you're stuck—for a good long while, and nobody wants that, do they?—not when there's a life to live.***

Sarah: That's right.

George: I guess there's a satisfaction in going forward and not being stuck.

***Yes, right, okay.***

Sarah: Okay then Harry boy.

George: Thank you Harry, for coming to talk with us—do feel free to come again.

***Thank you very much sir—I'm really going this time.***

*Eileen said afterwards that she had the feeling of 'clinging dirt' and 'matted hair'. Street urchins had a hard life in those days.*

## Anabel

An evolved spirit gives some wonderful advice and reassurance to help us on our journey towards greater spirituality. Part of this is to know ourselves. Having the recognition of where we are is the springboard to greater learning. (17/3/14)

*A visitor carefully observes each member of the group as part of getting to know us:*

***I'm just observing each one—forgive me I do like to know who I am making acquaintance with. Yes, I will not be so rude as to say: a motley crew.***

*(Laughter)*

Lilian: Yes, you can see us more clearly than we can see ourselves!

***Yes, your spirits are bright—that is the important thing, isn't it? Not what you are clothed in at all. Yes, you are so bright, all of you.***

Lilian: Well that's nice to know.

***It is not always the case when you join with groups like this, that each one is quite bright. So I am going to say to you all: carry on and do whatever it is that you are doing, because your spirits are soaring.***

George: Well, that's a nice encouragement.

***But of course, it all depends on each individual. You can keep the same or you can strive to be brighter and that is what I am observing now. I also can see little faults amongst you, but that is not too bad, but it is also something that you can work on in your lifetime.***

Paul: Absolutely!

Graham: We have been reminded by Salumet that it is really important to know ourselves.

***Of course, if you do not know yourself, how can you help others? Because, everything rebounds in this world; you know if you are unkind, it rebounds back. Some people seem***

*to think that this is not so, but I can assure you that in one way or another, this is what will happen. Yes, you cannot hide from yourself—you know you have to face yourself when you come to spirit, so why not do it now? Why not make changes now? Does not that make more sense?*

Paul: Yes, because in a way this is a playground—we can make mistakes and learn. We should be able to—it should be easy to correct ourselves ‘here.’

*When you have the knowledge you have to strive. We are not saying you will achieve all, but the recognition is the important part—the recognition of who and what you are. That is a great measure of how the spirit works.*

Paul: Is it a case of sort of following our passions—doing what we love to do, and then that leads us to *who we are*?

*I am so pleased that you have mentioned this, because so often people feel that we in spirit bring such serious remarks—serious sayings to you. Of course we want you to enjoy your lives; after all, if you are fulfilling your potential, then of course you know yourselves. But you can be happy on your way. It need not be so serious—you know—and there are so many misinformed people in your world. But yes, if you do not know yourselves, then you know no one.*

Graham: I don’t know how well we know ourselves, though—how we perceive ourselves and how other people perceive us, I think sometimes that may be a little different.

*Yes, I quite agree that is the case. But more importantly, is the way you perceive your SELF (yes). When you get that correct, that right, then your aura to the world is changed, and then people begin to see you as you see yourself (yes). You understand?*

Graham: I think I do yes.

Lilian: Yes, we mostly know when we’ve thought or said something wrong and feel pretty bad about it.

*Yes, there’s a knowledge that comes to you over time and I have to say, it is an innate knowledge—you cannot fool yourselves; you may try to, but you cannot fool yourselves.*

Lilian: That’s true.

Graham: You have this feeling inside you that you’ve upset somebody or done something you shouldn’t do, and the feeling that you need to make good (**yes**) that situation, becomes overwhelming.

*Yes, if you are thinking correctly, then yes, that is what happens. That is the Spirit Being that brings that to the fore. That is when you know right from wrong.*

Graham: It’s a lovely feeling when you *do* correct a situation or make an apology. It feels like closure and you’ve learnt something on the way.

*And that is what it is all about (yes), learning and loving your fellow man. I know this seems overly spoken at times: ‘Love your fellow man,’ but really and truly that is what you must do—even those people that you feel you dislike.*

Graham: I think it’s called ‘unconditional love’, isn’t it?

**Yes.**

—The highest goal really.

*It is your aim. I am not saying that you will achieve it whilst here—a few do, but it IS a few. But as I have said, the recognition is important.*

George: And with loving or feelings for people, one can have such feelings for individuals; but I think it is the collective view that is sometimes difficult—the politics—the warfare. One tends to stop seeing the situation in terms of the individual (**yes**) and there is a difficulty there.

***There is a difficulty there, but they are the most worthwhile. To forgive an enemy or someone who has hurt another is difficult—we do not disagree with you on that. But to overcome that difficulty will lift you higher than you have ever been (yes). It is easy to forgive those you love and those you admire. But to be able to forgive like we said, love is unconditional, and that is what it must be.***

*(Agreed)*

***To harbour any kind of negative feeling to these people will only, as I have said previously, rebound back to you.***

George: Yes, we need to override such feelings.

***You must, if you are to achieve growth of your spirit. We do not say it is easy, I do not think anyone from our world would say so, but it is in the trying.***

Graham: I think it helps when you can put yourself in that person's situation—if you were born into their circumstances or had the influences that they've had in their life, you would possibly feel as though you were that person yourself. So in doing that you're recognising the humility in the other person and I think it makes it easier then, to forgive that person if they've upset you and to feel that unconditional love towards them.

***Yes, but sometimes you can analyse it too much. And sometimes it is easier just to forgive and to let it go (yes). Try not—because what you are doing then is to make judgement and you do not have the right to judge. So I say: forgive, forgive on a level which will reach many.***

George: Yes, in any case I think we choose the situation that we are born into.

***You do not always choose the situation, but you choose what might be.***

George: What *might be*?

***Yes, you do not always choose the right pathway, but you choose the opportunities. There is a slight difference.***

George: Yes indeed.

***You understand?***

George: Yes.

***Well, I hope I have helped you to understand just a little more than perhaps you did. So much comes from our world, and so many people are confused, but I know here with you, that your understanding of spirit has grown.***

Sara: I think sometimes, the more time I spend alone, the more I think I understand people, but sometimes the less contact I seek as a result. It's not that I don't like them—it's that sometimes I would rather have some time alone.

***Yes—because your spiritual light is telling you this.***

Sara: Yes, I wanted to ask, because I have had a very sociable life and personality, but this year I have felt a strong urge to withdraw more from some people.

***Yes, because when you are on your own, you are closer to spirit (that's why). That is why, it is a natural progression.***

Sara: Thank you for that, because I have felt a little bit concerned about my personality death!

*(Laughs)*

***Well, that is a nice way to put it, but we do not wish you to lose your personality.***

Sara: No, but as long as I know it's in a good cause, which I think it is.

George: But we have an excuse for being a recluse!

*(Laughs)*

***Well, if you have led a good life, there is no reason why you may not become reclusive, provided the contact with spirit is maintained.***

Sara: But I do want to produce things to share with others, but I feel I can't do that unless I spend some time alone.

***Yes, you will be guided in those moments alone—as you all are.***

Sara: Do you feel it's a good choice for me—I want at the moment to create things to bring to share. Do you feel that's a good choice, as I'm feeling this need to be—

***I would say only: if that feeling is strong enough, then you are being guided. It is not for I to tell you what you must do in your life.***

Sara: No, thank you for that.

***But I will just say: I am smiling.***

Sara: You are smiling? ***(Yes)*** Okay, thank you.

***Well, I hope I have not kept you long with words you have heard before, but they are important words to ME, and they are words that I have used often to groups such as yourself.***

George: Well it's always nice to have important things reinforced. We sometimes need our little reminders.

***Well, I am aware, but I do not like to say that.***

*(Laughs)*

Paul: And it's been nice listening, because like the lady you talked to, you have a very nice voice too.

Lilian: Yes, that's true.

***Well thank you! I try, and as the lady said before you, it is nice just to be quiet sometimes. So when I do come and have to use the voice—not MY voice obviously—but the lady I am using, it can be, how shall I say—not traumatic, but quite challenging. When you come from this world of spirit, back to this time, it is quite difficult for some. But I have become acquainted with it, and used to it and it, I almost said: gives me pleasure, but that would not be the right words to use.***

Lilian: Well I would say it's a very useful job.

***It is yes, although it seems simple words/simple advice, it needs to be told. Yes, you need to be reminded.***

Lilian: We have a teacher who comes from spirit.

***I know.***

Lilian: I guessed you did.

***I was told, which rather makes my words seem a little insignificant, shall I say.***

Lilian: He always said right from the beginning that he would use simple words.

***Yes, but you know, compared to his teaching, mine do seem a little insignificant.***

Lilian: Well that suits me fine. *(Chuckles)*

***Well, I'm going to leave now. I've had a lovely time.***

Paul: Could you give us your name, just in case you come back again?

***That is most kind. I didn't give my name, but it is 'Anabel'.***

Paul: Anabel—right!

***Yes, just for recognition, if I do come again—I will always wear my hair UP. So if you would like to check, because you probably realise, there are many Anabels in spirit world.***

Paul: Okay, Anabel-with-the-hair-up. Was there a reason for you having your hair up?

***Yes, it was extremely long and it was more comfortable put up. But it is just for recognition. I am not so vain anymore. Now I must go.***

*(Fond farewells and it was made clear that Anabel would be most welcome to call again.)*

**Thank you very much**

## You cannot change the past, but you can change the future

It is better to leave the past behind and look to the future. Also, the subject of blending is discussed. (31/3/14)

*A lady spoke via Eileen who was tentative at first. Our group was I think a new experience for her and she made it clear that she wished to blend and get the feel of us. So there was some light chat initially. She also mentioned that Salumet would be with us next time:*

**Yes, I can see you all now.**

George: I expect you find it takes a little while to settle.

**Yes—yes, it feels odd—is that the word, ‘odd’? (Mm). At the moment, the more I blend the more I am aware of you. It is more difficult to blend here than it is in spirit world—there is no problem there.**

Lilian: So would this be your first time of trying with a little group?

**Yes—it is the feeling of the blending I am not familiar with.**

Lilian: I imagine it’s the ‘heavy’ feeling—

**Yes, that is what I mean when I say ‘blend’. I am trying to blend with all of you at the same time. I was told that for some it is easy, for others like me, not so easy.**

George: We’re all a little different—each a little different in this group.

**You have to be individuals if you are living here. Yes, you are all a little different. But I see many animals drawn to you—also children. Why would that be I wonder?**

*(There was some discussion of this)*

George: Would the animals be cats and dogs?

**More exotic!**

Paul: —Like big cats?

**Yes, they would not always show themselves, but they can do at times for a particular reason. And I feel it is to let ME know that all is well here (I see). Normally we would not be shown big cats.**

Lilian: Of course, they’re almost top of the chain, aren’t they?

**Yes—I think it is significant that all is safe and well with you.**

George: Well we’ve had a very good teacher for the last twenty years, and I know he’s had a great influence on our group. There are many others who’ve had some influence as well, but Salumet, our teacher and guide of twenty years, has had a wonderful effect I’m sure.

**I’m being told, yes: he will be coming to you next time. Someone has just told me.**

George: Thank you for that.

**You are fortunate to have a teacher!**

Lilian: Very!

George: We are indeed.

Paul: Yes, and we try to spread the teachings as much as we can.

**Of course, there are many teachers who come, but do not always stay with one particular group of people.**

George: This particular one has come as a mission, and we transcribe all that is said and send out to people around the world.

***Yes—I go sometimes to listen to the teachers in my world, and it is a great blessing. There is a great feeling of upliftment and knowledge—and everything, I cannot explain it to you. It is a unification of Love. It is the best way to say it. When they speak to us we are filled with much love (ah yes), yes, it is an experience.***

Lilian: Yes, we feel uplifted and certainly, as you say, he brings love with him.

***I am not surprised.***

George: Yes, well we all share the love factor, but as I said earlier, we are all a little different in this group. I am a scientist myself, so I'm particularly interested in the universe and what goes on in it.

***Well, I am most honoured sir, to be in the company of a scientist.***

George: (*apologetically*) But scientists on Earth have made many mistakes over the years.

***Many make mistakes in your life and in ours.***

George: I'm trying to do my little bit in bringing scientific knowledge and spiritual knowledge together.

***Ah! Well I do have something to say when I return!***

(*Laughter*)

***I have been in the presence of a scientist! I am amazed to have been placed in such good company!***

(*More laughs*)

George: Well, we try to be good company, but—

Lilian: Do you remember where you lived when you were here?

***I have a vague feeling about it—that I lived in Italy. But you know, memory goes quickly in this world (yes). It really is not important, unless there's a good reason to remember. The object of spirit is to move forward. I know I've moved forward, but I cannot I'm afraid give you details (no), and I understand why you would wish details.***

Lilian: Yes, because we are still with the Earth.

***Yes, because it is important to you, but not to us—frustrating is it not?***

Paul: And yet, in a way it's nice not to be cluttered with unnecessary details.

***Yes, that is where you benefit, because you can let it go and just accept. That is why you have been given quite a lot, someone is telling me—because you trust and accept.***

George: If you have memories of Italy—that is a country that has played a part in history; a country with Venice and beautiful cities—Rome has made its mark on the world. I don't know if you have any feelings or memories regarding the workings of the Roman Empire?

***All of these things are available if you so desire, but do you know, I never have inquired—I have never looked back. And that may seem difficult for you to understand. Some people wish to gain as much knowledge about where they have been, where they have come from, and that is there for them to seek out. But in my case, I never have. I just want to become more spiritual (yes). I want to move forward and to try to do what I am doing this time—by coming back to help. The past is not important.***

Lilian: No, so we have been told.

***—not important.***

Paul: I can really see that—even looking back a few decades ago—really it's best just to look forward and make the best of what we have *now*. We don't need to look back. The past is past—it had a few good things but it had a lot of bad things as well.

***Many people need proof, if I might use that word, and there are many what you would call 'mediums,' who can bring back knowledge for you. That is their particular job. And then there are those of us who have moved on from those conditions and who wish only to***

***bring a little more knowledge—knowledge of spirit rather than of the Earth, you see? So I would say, those mediums who bring knowledge of the Earth are the ones that should be speaking to you about countries and history, because that is what they have chosen to do. But I think you good people have moved past that—those conditions. But I know you still seek some knowledge, and I am sure, if you have a teacher come to you, that sometimes it is given to you.***

George: Yes, I'm only interested in our past in how it points to a better future.

***Yes, I understand.***

Lilian: It's actually a shame that we don't forget the past more easily, because if there's a war, it just seems to me that we go on glorifying those times, instead of just forgetting it and moving to something better.

***I would suggest that perhaps you think that the past has created today. And to leave the past behind, focus on what you have learned from that past time.***

George: Yes, I think I recall our teacher saying: Forget the past, because it is past.

***Yes, you cannot bring back the past. The past has just gone in a second of time.***

Sarah: Just by remembering things that happened in the past, maybe it helps people to remind them for the future.

***Yes, if the past is remembered to better tomorrow, of course that can only be good, don't you agree? (Yes.) But what I am trying to say is that you must not DWELL in the past. Of course, be interested in your history, but don't dwell on it. You cannot change what is past, but you CAN change what is to come.***

Paul: That's the important part!

***Yes, that's the important bit. Change anything that is not good—change it for the better.***

Paul: Yes, I think that's becoming more—that's growing in the world today. There was probably never enough awareness of the best way to change, but it's coming.

***Yes, you might be surprised by how much knowledge the Earth has gained. I don't know too much, but I know that there are many on your Earth who are out to do good. And after all, I am sure that one bright light has to encourage more.***

Lilian: Yes, Salumet has said, we may not be able to see it all the time, but things *are* improving—spirituality especially.

***Well I cannot argue, because I do not have that foresight. I am not so advanced as to tell you that. I am just learning to blend here, and that is quite enough for me at this moment.***

Lilian: Is it something you would like to do?

***It is something I wish to do more of, yes. And it is quite something to be able to return and blend with any group of people. It is quite a task to even blend with one, let alone a group. But it is something that I have wanted to do and am trying to do. And you have made it all so simple.***

Lilian: Thank you for those kind words.

***I am not saying it's easy, but I am saying, you have made it pleasant for me.***

*(General thanks)*

***Now, I will try to leave you quietly, without much disruption.***

Lilian: Thank you

## [A visitor who works with animals in spirit world](#)



Sometimes pets find it very difficult to become separated from their owners, and visa versa because of the love bond. Also, life in spirit world and coming back for the next life.  
(5/5/14)

Lilian: Good evening.

**Ah—yes, I have to tell you, your teacher will be with you next time (thank you). That is what I am being told.**

*(Pause)*

Lilian: Would you like to stay and have a talk with us?

**I am just asking why I am still here.**

Lilian: You'll probably know in a moment.

George: You are very welcome—thank you for your message, and we'll be very pleased if you stay for a chat.

**It is not something I normally do.**

Lilian: I was just going to say, is this your first time of doing this?

**No, not my first time, but I normally just give whatever information is needed, and depart. But for some reason I am being held here.**

Lilian: Perhaps you just have to sit quietly with us and see what we are all about.

**See what you are all about?**

Lilian: —You blend with us.

**I think I blend very well, otherwise I could not stay with you.**

Sarah: That's very nice anyway—nice for us and for you.

**I am also being given a message from someone here (in spirit) who is saying that you know of her and that she continues to work very hard for the women of the world—**

*(Several said 'Emma!')*

**—That is the one. She cannot come to you this time, but will do so (very nice!). She wants to bring to your attention the plight of many women, not only in the countries she's mentioned to you, but in many other countries. She said you would be aware of these developments (yes).**

George: Yes, Emma has visited us on several occasions and we are aware of her mission in helping the womenfolk of our world **(yes)**.

Paul: Who are downtrodden—

**Yes—I know nothing of that, I can only pass to you what she has asked me to tell you.**

George: Fine—thank you.

**—But please accept that she will be with you soon.**

Sarah: Yes, that's very nice. So you don't know this Emma at all?

*(Sarah had referred during our initial prayers, the horrendous abductions of girl students in Africa)*

**I could find out but there is no need. The knowledge comes very quickly if you so desire, but we all have our own ways of helping.**

Sarah: Yes, so this is what you do is it? You just go around various groups giving messages. **At the moment that is what I do. Sometimes people such as yourself expect something, and for whatever reason it does not materialize. I am therefore the messenger of such news.**

Sarah: I see yes. Yes, we always hope for the one that you talk about—'Salumet' we call him—we always hope that he will come, but we know that he does not come every time.

But it is nice to know when he *is* going to come, so thank you for that (*yes*). So do you have other jobs to do in spirit?

***I like to tend to some of the animals*** (that's nice)—***especially those animals who—and I don't know if you realise that the parting from, we call them 'friends' (yes), but you would say: owners—'owners', is that the word? (Yes) Yes, they find separation difficult to begin with, and I like to give them my love.***

Sarah: Yes, are you talking about the animals that maybe have been sold to somebody else or are you talking about pets?

***Usually—yes, that's the word—'pets'; when they have passed here, or the owner has passed—I like to help those people also.***

Sarah: Yes, well that's very nice.

***—Because the connection between owner and pet can be as strong and as fulfilling as any two people.***

George: Yes, it is a love bond.

***It is the love bond and it's—I never was interested in animals I don't think before—but I find great peace from doing this work.***

Lilian: I'm sure you do.

Sarah: Is that really because you realise now just how much emotion they also have, whereas perhaps when you were on this planet, you just saw them as an animal?

***Yes that is possibly the answer—I'm not too sure. I only know that that is what I most like to do.***

George: So are the animals mostly cats and dogs and horses?

***Yes, domesticated animals. Yes, because you probably know the other animals go elsewhere.***

Sarah: We've been told that you can be reunited with your pets, but normally animals go into a pool—but if you are particularly attached to an animal, it will wait for you—

***Yes, because of that love. You must know of many occasions when animals have been quite—I believe you would use the word 'psychic'—while they are here with owners.***

George: Yes, I think this is well noted with cats and dogs (*yes*). I notice people these days—some of them have quite unusual pets. Do you come across other animals apart from the more often domesticated ones?

***Do you mean the animals such as snakes?***

George: Snakes yes.

***They belong to a slightly different kind of love. They feel and understand love that is given to them, but they are not quite as attached as the other animals that I deal with—***

George: That's interesting.

***But they do feel love, all animals will feel love, because they are part of Spirit.***

George: Yes, and I am aware of people who have a fondness for a parrot sometimes—and gerbils.

***Yes, they are rather—I don't like to use this word—but no one is helping me at the moment—the 'lower' scale of love. Does that make sense?***

George: Yes, that does make sense. I feel that would be right.

***Yes it is right, but it's whether people accept that that is the case or not.***

Sarah: I did hear a tale a little while ago of somebody who was taking a parrot for a walk, and she was attacked, and the parrot attacked the attacker! So there is quite a strong bond with a parrot and a human.

***Yes, it is the only way that something like a parrot would be able to show the owner the love that it feels. Yes, all of these things can happen, when you have love.***

Paul: Which animals in particular show the higher forms of love then?

***I think, as the gentleman has mentioned, your cats and your dogs, because for a long period of your time, these animals have been domesticated, and feel fully the love from the human. So I would say that, and following closely, we have your horses, which are beautiful creatures and I very much love them myself. I love all of them, but I particularly like horses.***

Sarah: There are people who are called ‘horse whisperers’ (**yes**) and they whisper to these horses, there’s a real understanding there.

***Yes, might I say that to any domestic animal, you can whisper whatever you like and they should understand—but yes, I am aware of what you are speaking about.***

George: And one gentleman across the room has swum with dolphins.

***Yes, there is an intelligence with these sea creatures. The sea creatures are highly intuitive.***

George: Yes, ‘intuition’ and ‘intelligence’—those are words in my mind in this connection. ***They react more to sound—their sensibilities. Yes, you should never say any animal does not have the capability of feeling love. They do, they do.***

Lilian: It probably depends a lot on the human being, who gives back love or not.

***Yes, it has to be reciprocated, yes that is true. And my goodness, aren’t I speaking a lot!***

*Appreciative comments*

Lilian: Well it’s always interesting to know what you do in spirit.

***I think, if I may say, it is one of the questions that is asked so often: what do you do in spirit?***

***You can do whatever you like. It seems to be a difficult thing to grasp for you humans.***

Sarah: I don’t think we wonder what you’ve been *made* to do, but we’re interested in what you actually *do* do, because I think everybody does some sort of work in spirit, don’t they?

***Yes, you have to remember that time in spirit is so different. I think what happens is that as human beings, you are guided by day-to-day living, and therefore you have to know what another is doing (yes). Does that make any sense to you? It’s difficult for me to explain.***

George: Yes, time is a difficult thing to understand.

***Yes, and I think that is why you are so curious about ‘how we spend our time.’ But ‘time’ is not important.***

Sarah: So, at the moment, this is what you are doing, but you will be doing other things another time.

***I could do whatever I wish to (yes).***

George: So in spirit, would it be true to say you don’t actually *have* time, but you have an awareness of Earthly time?

***Awareness becomes richer—it becomes greater and it expands. That is what I have been told.***

George: Ah! You are talking about awareness in general (**yes**). Yes, I can see that. Um, I was thinking: you have an awareness of our time on the planet.

***We HAVE to have an awareness if we are to return to your time, as I am doing now. I have to be aware. It is like with your groups of people, you will find most of them are speaking in a set time, but in spirit—***

George: —In spirit there is no time.

***There is no time.***

Sarah: When you come back, as you are at the moment, do you remember from the time that you were here yourself? Do you remember or have you completely forgotten about your Earthly life?

***I personally have forgotten and was happy to forget, I think. It becomes so unimportant that you quickly adapt and leave those memories where they belong, on the Earth plane (yes). But of course, when you are constantly asked questions, it can bring it back to you, and you will find I am sure that some people may become a little distressed when the memory of Earth life returns.***

Sarah: Yes, although I was under the impression that we need to know a little bit of what you did on this Earth plane, because if you are to come back again, you need to know how you can improve yourself.

***You understand about that when first you pass, but you quickly forget once you have decided whether you wish to return or whether you wish to go forward.***

Sarah: So that decision is made quite early on from passing over?

***Yes.***

Sarah: Oh right, that's interesting.

Lilian: And that might depend on what you need to learn.

***It will all depend on what you expect and what you know.***

George: Our experience is that the majority of people have forgotten about their Earth live before, or have nearly forgotten; but there are some, such as the philosopher Rudolf Steiner, who just loves to come back and talk about the Earth—

***Because that is his choice to do that—he wishes to return and to give information. He doesn't have to, but that is what he wishes to do—to help others who are still here. That is a different thing altogether.***

George: Yes, so it's purely a matter of one's wishes—yes, and Winston Churchill was another one who came through, and he loves to call on groups and have a talk about things of mutual interest.

***You have to remember too that sometimes people feel they have come to spirit too early. That is not true, but they feel it, and their desire is to continue with any teachings or information they can give—to continue to do that.***

George: That's an interesting thought.

***Yes, so those people who feel—I almost want to say: they feel they have been—using one of your expressions I believe—short changed?***

*(Chuckles)*

George: That is one of our expressions, yes.

***They would wish to come back to perhaps fulfil what they feel they should have done. There is never just one reason, and this is a difficulty in trying to tell you what goes on in spirit.***

Sarah: Do people ever make a mistake, in as much as they decide they are not going to come back, and then later on they decide they really should have come back?

***If they really should have come back they will be impressed, but the decision is theirs. But I believe I am right in saying: they will be impressed to come back.***

Sarah: Yes. Some people don't come back very quickly do they? They spend quite a lot of time before they come back.

***Yes, because that is their choice—they have to be sure that coming back is what they really wish to do. And again we are speaking about time, which doesn't exist, so whenever***

*they are ready—that is when it will happen. It may be one year, it may be a thousand years—who is to say when the soul is ready?*

(Agreed)

*I'm being told I've spoken enough and I'm quite amazed that I've enjoyed speaking so much.*

George: We've enjoyed listening, and I am sure we are a little more aware of the details of spirit and how things are as a result of this. Thank you.

Lilian: You've told came through very clearly.

*I'm pleased if it's helped to clarify anything for you. And of course each individual collates information differently, do they not?*

George: Indeed yes.

*Yes they do. And I have found this a very pleasant experience* (good!).

Sarah: Well I think the feeling's mutual, because we've found it a very pleasant experience too.

George: Thank you so much, and please feel free to come again.

*Well I'm sure if I do have to come again I will be only too happy to stay a little while* (good).

Sarah: And thanks for the message, and we look forward to seeing Salumet next week.

*Yes, that is what has been said—and I will say goodbye.*

(General farewells)

George: Farewell and love to your animal friends.

*Thank you.*

## Mary: A Victorian lady of the night

A visitor speaks via Eileen who initially gives her name as Mary Magdalene (a nickname) and then went on to describe herself as a lady of the night. She gives a little insight into the abuse of women during the nineteenth century, through what happened to her. (2/2/15)

Lilian: Good evening.

*Cor blimey, I thought you'd never talk to me.*

(Chuckles)

Lilian: That's a shame—sorry about that.

*Yeah.*

Lilian: Nice of you to come and have a chat.

*That's all right dearie, don't worry about it.*

Jan: You've been with us before haven't you?

*Have I? Cor blimey dearie, I've been all over the place!*

Lilian: You enjoy going round to groups like ours do you?

*I bet I haven't given you the name I've got today. You'll never believe it, what they called me—not now mind you—Mary Magdalene!*

Jan: Why did they call you that?

*I'm not her dearie!*

(Chuckles).

Jan: I know. Why did they call you that?

*I used to be a lady of the night. They thought it was funny, didn't they?—thought it was funny. You my dears can call me Mary.*

Jan: Well, nice to meet you.

*Yeah—purest of the pure.*

*(Big chuckles)*

George: So you were a lady of the night and you are Mary—is that correct?

*That's my name—yes. That's the name YOU know me by.*

George: Well, I bet you've got a few stories to tell—

*Never tell tales sir—you never tell. That would never do, would it? Anyways, I just popped in because I heard somebody talking about ABUSED WOMEN.*

*(General understanding to that!)*

*Yeah.*

Jan: That's something that interests you as well does it?

*It interested me when I heard her talk about it.*

Jan: Yes, she does some really good work.

*Does she? Yeah. I suppose I was one of those women, weren't I?*

Jan: You were, yes.

*Abused—yeah. Only trouble is I made some profit from it.*

Jan: Well it's still abuse, isn't it, at the end of the day.

*Yeah it is.*

Jan: You had to make a living somehow, didn't you?

*That's right, I did my dear—I did.*

Lilian: So where did you live, in London?

*Yes. Yeah I think I did live in London.*

Jan: You've got a good cockney accent there.

*'Ave I my dear? (Yes.) Ah well that's where I came from then.*

Jan: The sound of Bow bells—do you remember that?

*Vaguely—yeah I vaguely remember that.*

Lilian: So it was some time ago?

George: Do you remember when it was? Do you remember who was king or queen at the time?

*I think it was that woman.*

Jan: Victoria?

*Yeah I think it was.*

*(Jan's clairvoyance was kicking in)*

Jan: Did you have red hair Mary?

*Yeah I did my dear—very proud of my hair.*

Jan: You had lovely hair.

*I did have lovely hair my dear.*

Jan: I can see you, if you don't mind me saying, very buxom!

*I was, yeah.*

Jan: Very proud of that, yes.

*I was, yeah.*

Jan: And you've got a red bodice on, and a black shawl!

*Oh dear! That's bringing back some memories sir.*

Jan: Well I can see you with that red hair and all those ringlets round your face.

*Very proud of my hair.*

Jan: And green eyes.

Paul: Lovely.

***Yeah—quite unusual. Who said that?***

Paul: Me! (*Giggles*) Yeah, well green eyes are always lovely I think.

***Yeah.***

Jan: That's because your dad was Irish.

***Aw, don't talk to me about him.***

Jan: But that's where you got the red hair from, wasn't it?

***Yeah, I know—they keep telling me that.***

Jan: The Emerald Isle. Did he have a temper?

***Never sober, never sober and when he was, he used to chase us down the street.***

Jan: And beat your mum.

***Yeah—not good times.***

Jan: No. Hard times—poverty made people do things—and it still does.

***Surely nobody puts up with that now?***

Jan: You'd be surprised—that's why Emma's doing the work she is doing.

***I'm gonna go and see that lady.***

Jan: She'll be very interested to hear from you.

***Yeah, I'd like to help.***

Jan: I'm sure you could.

Lilian: Especially as you understand as well.

Jan: You're a nice lady.

***Well, you had to have a FRONT, if you were gonna survive.***

Jan: You had one of them!

(*Giggles*)

***You got a sense of humour—I like you.***

Paul: Jan's got a bit of a 'front' as well.

Jan: (*Giggling*) I've got a bit of a 'front'!

***Has she got a bit of a front?***

Jan: Yeah, we'd have been partners in crime!

***Oh my word—and what would your name have been?***

Jan: What would it have been then? (*Yes*) I think I would have chosen something like 'Sally'.

***Sally?***

Jan: Yeah and we'd have been down the same alley.

***Sally—yes! Didn't somebody sing a song about that?—not when I was around.***

Jan: Was it Gracie Fields with 'Sally'?

*It was agreed that would have been some time after Mary's time in London*

***Yeah, not much singing—only in those ale houses. Yeah—drunken swines!***

Jan: Yeah, horses, drunken swines, mess in the streets—all that to contend with. Do you remember 'Jack the Ripper' then? Were you living then?

***Yeah—yeah, two women he killed—two women.***

Jan: You must have been scared.

George: Jack the Ripper, yes—so it wasn't that long ago that you were on the Earth.

***Long enough to forget—don't want to remember really. Just come back because that's how I was—not like it now.***

Jan: No, you're not that person at all are you now? Have you ever wanted to come back again? Have you reincarnated back?

**No. May do if I find something of interest, but I'm staying a bit longer. I know you can, but I've never looked to it.**

Jan: So what do you do then Mary, in spirit?

**I'm just going around trying to help people, learning about life, (yes) popping in now and again to people like you. I'm still learning a lot.**

Jan: What do you think of our way of life on Earth now?

**You don't know you're living (really). You've got so much. Nobody's out on the streets much—well they are but not like in MY time.**

Jan: No, I know what you mean.

**It was a hard life—yeah. Don't want that any more dearie.**

George: Life's very different now.

**You've all got clothes and food and so much.**

Jan: Do you know we've got a lot to be grateful for to your generation, because without your living through that and the lessons that we've learned from every generation, then we wouldn't be where we are, would we? It's evolution.

**Well, yes, I've heard that word before. People evolving and making progress—still some naughty people about though.**

Jan: Oh of course, there probably always will be, until we're all perfect and then when we're all perfect we won't need to be here, will we?

**I'm trying to help young women at the moment, not to indulge in what I did, cos nobody respects you.**

Jan: Well that's a brilliant job to do. We do have a huge problem, all over the world with women trafficking—modern day slavery (yes). Made to do what you did and very young women—it's appalling. And they don't have a choice.

**Well I'm going to see that lady—yes. What was her name again?**

Jan: Emma—Emma Hardinge-Britten.

**Yes, I know where I'll find her, thank you. Thanks for listening to me dearies—you've been wonderful.**

Jan: Thank you Mary! It's been great to chat to you.

**Yes, anyway I'd best be off.**

George: Could I just ask: did you have a good house?

**A house? No, it was a hovel—a hovel.**

Jan: One room?

**Yeah, full of rats and stench and dirty water! I can hardly bear to think of it now.**

Jan: No, we don't want you to get upset about that. That's gone, isn't it? You're okay now, aren't you?

**I'm fine—it's just when you come back you take on the memories—yeah.**

Jan: Well thank you for taking on those memories for us tonight.

**You're a lovely lot of people.**

Jan: We try.

George: We thank you for coming to see us, and do feel free to come again if you feel like a chat.

**Well d'you know sir, I was just thinking, if I'd been alive today, it would have cost you a fortune to talk to me.**

*(Laughs)*

Jan: We've got you for free!

*(Chuckles)*



Jan: You haven't lost your sense of humour either!

**No. I'm going to say goodbye.**

General farewells and thanks

**Cheerio.**

*We chatted afterwards about her being a beautiful woman inside and out—her red curly hair, pale green eyes, porcelain skin and buxom figure. Eileen commented that she would have made a stunning lady. There seems to be a theme at the moment of connecting with women who are striving to help those poor women who are being down-trodden/abused.*

George's Notes:

Jack the Ripper: In the mid-19<sup>th</sup> century there had been an influx of Irish into UK major cities; also E. European Jews. The London area of Whitechapel was very poor with many living in slums. Many were driven to prostitution with police estimates of 1,200 prostitutes and 62 brothels. One who became known as Jack the Ripper began his murders in 1888; cutting throats of victims and inflicting other macabre injuries. Eleven such murders occurred between 1888 and 1891, possibly attributable to the one criminal who was never identified.

Farming in the 1930s: As stated, farming was very different from today. The small (100 acres) Hampshire mixed farm had chickens, dairy herd—producing milk, butter and cream and free range eggs. Crops were potatoes, wheat, oats, barley, sugar beet, clover, hay and fodder, with occasional linseed and carrots—all much more towards 'organic' than today's mostly chemical-ridden system. Trade was largely local. Meadows had seasonal mushrooms with a wonderful range of flowers and wildlife. If any would like more on this topic, I wrote a short factual story a few years ago: 'A Memory of Farming in the Forties':

<http://www.salumetandfriends.org/resources/A+MEMORY+OF+FARMING+IN+THE+FORTIES.doc>

(And in the 30s I might add: it was well water, candles and oil lamps, a garden privy, no energy bills and no mains water bills. Those times were certainly very different!)

## A gardener when King George was on the thrown

Following on from a discussion about the benefits of gardening, a visitor joins the conversation and takes issue with the statement that gardening is a menial task. He also confirms that using chemicals, as farming does today, is not a good thing. (9/3/15)

George: It seems that working in the garden is in three ways beneficial; it provides the exercise, that I was in need of, it's satisfying to grow organic vegetables—it's also good to do the menial task—not brainstorming all the time, but periods of doing the menial task seems to be necessary.

Lilian: And yet it's a very important task—without it we wouldn't survive! With the other tasks, we would—a lot of the other things we do doesn't help us at all. So I suppose if you think about it logically, it's a very important task.

*But now another was with Sarah who joined the conversation.*

**The lady is right. Working in the garden is not a menial task!**

Lilian: Sorry George, I've started something. (Chuckles)

George: Ah! For me, it's much easier and more straightforward than brainstorming in a scientific way.

Lilian: It's a pressure, isn't it?

George: But I take your point.

***It is different, but not menial.***

George: Yes, I take your point on that.

Lilian: Thank you for coming.

***I could not allow that one to degrade the work that I used to do. It was, as you lady say, a most important job*** (yes).

Lilian: Was it agriculture or garden?

***What I was going to say was, without those who work on the land none of us would be able to survive. So I was working on a large estate, and unusually for that time, the rich people who lived in the big house were most kind to all*** (that's good) ***and those who worked there were well rewarded, as were their families*** (that's nice). ***And in turn, those workers would work harder than perhaps was necessary, because they wanted to please.***

George: What country was that?

***That was in this country.***

George: And are you able to say when that was or if you remember who was king or queen at the time?

***I can tell you it was George.***

George: It was one of the Georges—

***And I can remember the big windows—the ones that went up and down with a rope at the side.***

George: Yes, a sash-cord.

***—Because, one day I was talking to someone in the house and I put my head through the window and it came down on my back! (Ooh!)***

***Yes, so I remember it well. But it was a good time—a rewarding time, and necessary work for all the community.***

Lilian: Yes, one without the other just doesn't work, does it?

***It does not, you are right. You are a wise lady—and the gentleman is wise also, but in a different way.***

George: Did you have horses on the estate?

***There was everything on that estate—yes—everything that was available was there. They were indeed very rich people, but they were very kind.***

George: And it was a mixed-farming system at that time I expect?—growing crops, keeping cattle and hens?

***I think this was the other part. I was involved only in the garden, with the vegetables and the flowers, and just generally keeping everything immaculate around the house. I believe there was the farm, but it was not right on top of the house. So it was not something that I got involved in.***

Lilian: Would you have grown pumpkins or would they have come from other countries?

***I don't remember pumpkins in the garden.***

Lilian: No, I just wondered how they would be used.

***I cannot actually remember too well all the things in the garden, but I do remember raspberries. They were good and there was also a mulberry tree, and this was not a joy to pick this fruit, because it was very prickly.***

Paul: So what do you do now?

***Now, I am trying to keep all produce in a natural way of growing—not with too many of your chemicals*** (ah). ***It is difficult to influence the majority of people, but I would say that***

*more and more people are becoming aware of how important it is to have natural foods that nourish the body well. So that is my job now. You could say that now I am the overseer—I have changed places—yes.*

Paul: So you're trying to influence people to eat more natural foods, or grow more natural foods—

*Yes to grow, because if they are not grown, people cannot eat them. Eating them becomes easier to buy the produce if there is more of it—yes. It is not easy, because in our world we do understand that there are many people to feed, but nonetheless, to remain healthy, it is much better to have foods without chemicals.*

George: Yes, as you say, there's a greater awareness of this need. How did you cut the grass when you were on the estate in the garden?

*This was done with—I believe there was a new machine that had just come in. It was quite a heavy machine I seem to remember*

Lilian: Did you use a horse to help?

*I do not believe there was a horse on the lawn. It was cut firstly, when I remember, with what you say—a scythe, but I have a feeling, by the end, there was a machine.*

George: —And that was taking over from the scythe—

*I believe so, yes. I was not in charge of the lawns. I was in charge of the growing, so mostly the vegetables, but I did do some of the flowers and the hedges as well. But I do seem to remember this machine. It was—I am seeing a sort of blade—yes. Yes it was heavy and I believe two people had to pull or push—I cannot remember.*

George: I expect it had rotating blades that did the cutting—

*I cannot quite remember, because it was not what I was using. But I do know that the scythe was also used in the beginning.*

George: Thank you for that.

Mark: Going back to the 'organic' issue of growing more healthy food, I notice that some country's governments are encouraging more organically grown food—one being Denmark—the Danish government are planning to double the amount of organic produce over the next two years. I guess it's very helpful if governments take a bit of a lead in encouraging this.

*Oh yes, if the governments become involved, this can swing the pendulum in any direction depending on how they become involved. And if it is 'pro' what you say, 'organic', then this is good. I am not quite aware of these Danish people, but I am sure you are correct—yes. I tend to stay within the country I knew. I suppose I have a good feeling for this country. I was very happy and I would like those who live in this country to all be as happy as I was.*

Mark: They are doing quite a lot to try and keep the GMOs out of this country; more so than America I think.

*Could you explain?*

Mark: Where the scientists play around with the genetic make-up of plants.

*Yes, this is not the way I would want to go, but having said that, there is the odd occasion when a little help actually can be of benefit, but not the complete alteration of the plant.*

Lilian: Thank you, that's helpful.

*I will leave the gentleman to continue with his menial task!*

*(Laughter)*

*And I will return—thank you for your time.*

George: Thank you! It's always nice for us to hear some commentary on past life and how it connects with today, and we've much enjoyed and appreciate listening to you—thank you.

Paul: It sounds like you're doing an excellent job trying to get this country more organic.

***We try.***

Lilian: Yes, well do come again if you can.

***Thank you.***

George's Notes:

Lawn Mower: *The first lawn mower was granted a British patent in 1830—invented by Edwin Budding of Thrupp, near Stroud. It was designed primarily for sports grounds and extensive gardens. The early machines threw the cut grass forward into a box. It was a push-mower but it was soon realised that an extra handle was needed in front to help pull the machine along. So using it would indeed have been a two-man job! And George IV would have been king until 1830.*

## Arfer Goodfellow

Arfer was a street urchin with a story to tell. He was one of many street urchins who struggled to survive. When his mother was thrown into prison for stealing, he was alone. He survived until the age of eighteen but died when he too was thrown into prison. Conditions in British jails in those times were absolutely horrendous. (9/3/15)

Lilian: Can I help you?

***Oh God—blimey, all this talk of food!***

Lilian: I could see you waiting.

***I nearly feel angry.***

Lilian: But not quite.

***Aw, I thought he was never gonna stop!***

*(Laughs)*

Lilian: He sounded a happy man, anyway.

***Oh yeah, I'm not talkin' about the man.***

Lilian: A lot of questions—

***Ah—I didn't intend to come, but all that food—I couldn't avoid it. Cor blimey!***

Sarah: Have you not had anything to eat today then?

***I don't eat today (don't you?)—or yesterday.***

Sarah: Or the day before—

***—Or the day before.***

*(Laughs)*

Sarah: You don't need to, do you?

***No, but the memories are there.***

Sarah: Were you hungry when you were on this planet? Did you get enough to eat?

***I'm afraid I was a street urchin, so anything was better than nothing.***

Sarah: Yes I'm sure. That was a hard life then?

***Oh I've got this stupid hand with me. I must try and get rid of it. I'll be with you in a minute. That's better.***

Lilian: I was going to say, do you need any help?

***It happens every time I come back.***

Sarah: You were paralysed—did you have a problem with it?

***Yeah I did, and my legs.***

Sarah: Was it sort of cerebral palsy perhaps?

***No—I was slung in that prison (oh dear)—stealing.***

Sarah: Stealing because you needed something to eat?

***Yes.***

Sarah: That was awful (***that's right***). We were not good in those days.

***Yep—proper old street urchin. 'Arfer'—that's me name—Arfer Goodfellow.***

(*Chuckles*)

Sarah: —And 'alf a bad fellow!

(*More chuckles*)

***That's it—that's it, me lad! Never did remember my name, so I thought 'Arfer' is good—Goodfellow sounds good. But I didn't fool anybody.***

Sarah: Did you have lots of friends on the streets?

***Sometimes—sometimes I was on my own, Sometimes had to be when we got chased. I had a kind woman took me in when I was a tiny tot. My mother was thrown in jail and I was abandoned (oh dear!). Oh don't be sorry—that's all gone and past.***

Sarah: Why was your mother put into jail?

***She was trying to steal. Not good times.***

Sarah: No, they were bad times.

***So you see why I was attracted by the talk of the food?***

Sarah: Yes, I'm sure you were, yes.

***So you like my name then, Arfer?***

George: Yes, we know a few Arthurs.

***I know a Mr Goodfellow, and I tried to pretend I was a relative but they wouldn't have any of it.***

Sarah: And was he a good fellow?

***I dunno, I doubt it, but I liked the name.***

George: I suppose there was no one looking out for or helping people who were on the streets?—no organisation at that time to help?

***No.***

Sarah: And there were so many of you weren't there? That was the trouble.

***Yes, unfortunately there was—not many survived.***

Sarah: I was going to say: it's amazing you *did* survive.

***I did last 'til I was eighteen, before I was thrown in the jail.***

Sarah: And then what happened?

***And then I just withered away. I wasn't strong enough to cope with those conditions. It was a hard life.***

George: You lived to eighteen?

***—Eighteen yeah—which was quite a good age for us youngsters then.***

Sarah: Still, it's no age at all really is it?—just starting out on life.

***That's right. Some people were quite kind, throw you a crumb or two—ah it was a hard life—and the chill gets in yer bones—I can feel it now.***

(*Expressions of sympathy*)

George: Was that in London?

*Yeah I think so—I think that’s what we called it. I’ve tried to forget all of it, but I can’t. I’m still pulled back now and again* (yes).

Lilian: Does it help to talk about it?

*Well it doesn’t bother me now—it’s only when you come back and then all the memories flood back. I’m alright now. I’m not worried now. It’s just things like this silly hand keeps going when I come back. Look, it’s curled up again. But it’s all right.*

*(Eileen’s hand curled up as if suffering from some ailment)*

George: But you know it’s going to be perfectly alright again when you get back.

*Yeah, of course it is.*

Sarah: Have you met any of the people who were so unkind to you?

*No, don’t want to.*

Sarah: You don’t want to?

*Don’t want to.*

*(It was suggested that he would fare a lot better if he came back to Earth life now)*

*I’ve been thinking about coming back actually, but that’s a big decision.*

Sarah: Another life here *(yes)*.

*I’ve needed a rest time.*

George: I suppose you would need a reason for coming back, or desire of some kind—

*There’s plenty of reasons to come back. It’s just it takes a while—*

George: But you need a reason that suits yourself.

*Yes.*

Sarah: Maybe you could come back with a twin, and then you could support each other.

Two of you come together.

*What good would that be?*

Sarah: Well I just thought if you were concerned about coming back, then that would be—

*Depends what I came back as* (that’s true). *It’s hard enough to look after one, isn’t it?*

Sarah: But I think if there were two of you then you could support each other *(yeah)*. I don’t think we have street urchins any more.

Mark: Well we’ve got plenty of people living out on the streets.

Sarah: Yes, but there is some support for them if they want it—not much but—

*Yeah, it’s a doddle today, compared to my time.*

*(There was some further discussion about the problem still existing in some countries.)*

Paul: I suppose it’s your guide would advise you on that, whether to come back?

*There will be suggestions, but ultimately it will be my decision. And as I say, it will happen probably but not just yet.*

Lilian: So what do you do in spirit now?

*I come back like this to different groups, and I do visit those poor people that are homeless.*

Mark: They are older these days, aren’t they?

*Yeah. In spirit, I have to say I haven’t really done an awful lot yet. I’ve just absorbed everything.*

Sarah: And healed!

*And healed, yeah—and that can take a long time sometimes. It makes me smile sometimes when they say: ooh they passed over they’ll be fine! Sometimes for some of us it’s not so easy.*

Sarah: Why do you think that is?

*—Just because I never believed in anything.*

Sarah: You stayed quite close to the Earth?

*I'm not close to the Earth now, I've moved on.*

Sarah: So it's easier now?

*It's easier now.*

Lilian: And you've had quite a bit to cope with—to sort out your mind I'm sure.

*You are quite correct, yes.*

Sarah: Have you met up with your mother again?

*I did—dear soul she is. She's moved on now. She's coped much better than I did.*

Sarah: Did she—yes. Was she pleased to see you?

*Yeah—I don't think she liked the name Arfer though!*

*(Chuckles)*

*But that's my name and that's what I'll stick with. Anyway I'm off now as well.*

Sarah: Well it's been lovely to have you.

Lilian: Thanks for coming.

George: And if you are visiting the homeless—yes we still have a few homeless people—  
*—More than a few—too many.*

George: They will really appreciate a bit of help I am sure.

*I quite like going to those places where they've got big bowls of hot soup—*

*(Knowing laughs)*

*—And that tempts me back sometimes, 'cos the memory's so strong, and I think: lucky little buggers! I do—I think that!*

*(Laughter)*

Sarah: What you would have done for a nice hot bowl of soup!

*Now I've been told off for using that kind of language.*

Sarah: Well we understand that very well.

*I don't swear much these days but I used to when I was a youngster.*

Sarah: Well I can understand that.

Mark: They're making feeding the homeless illegal in some states in America—I think 33 states—I don't really understand that.

*That's not right. I might have to look into that one.*

Lilian: Yeah, because it's good for people to help others.

*You should all help each other. Anyway, I'm off.*

George: Well thank you Arthur—nice to hear what you have to say.

*Oh I can tell you're a gentleman. Arthur, Arthur—me name's 'Arfer'.*

George: 'Arfer'—Arfer with an 'F'.

*—and Arfer with whatever—I'm off now this time.*

Sarah: Yes, well you keep up the good work—you are doing well there, so that's great.

## Rosamund

A light chat with a lady of the theatre/stage. Rosamund was her stage name. (23/3/15)

*Is there anybody there?*

Paul: Um—yes, yes.

*Oh blimey, it's one of them séance things!*

Paul: Oh well it is a bit, yes!

***I thought: nobody's ever going to talk to you girl.***

Paul: Oh well, we're here now, so welcome!

***Thank you very much.***

Paul: What brings you here then?

***Believe it or not, I like to make people laugh. And I come here and you're all like dead as dodos!***

*(Chuckles)* *(In fact, I think we were all 'away' for a time and scarcely with it)*

Graham: Well we're laughing now.

Paul: We're always glad of a laugh, yeah. Is that something you used to do while you were here?

***I was on the stage m'dear. Rosamund's my name.***

Paul: Rosamund *(yes)*, so you liked the theatre?

***I liked the theatre—yes. I was known as 'quite a buxom lass—'***

Paul: Ah right—yeah.

***—Attracted many a young gentleman, did I. I liked the laughter—I liked the life of the theatre.***

George: The life of the theatre—

***Yes, I did. Yes—very good.***

Paul: Was that a long time ago, or—?

***I think and I believe it was 1902.***

Paul: Oh right!

***If my memory is right, but you know, your memory goes—no need to remember those things.***

George: So would that be the time of Vaudeville? Or were you into *serious* theatre, or entertainment?

***I entertained, I sang—not much dance, because I was a bit of a heavy lass—but that didn't stop the gentlemen! Yes, I was rather a proud woman. I can see the error of my ways now, but I did like to make people laugh.***

George: Yes, why do you think of that as an error of your ways?

Paul: Well, the pride.

George: Laughter is good.

Paul: The laughter was good—yes.

George: Laughter is uplifting for many.

***And I did tell some jokes, which didn't go down too well at that time for me (oh), so it was a bit risky.***

Paul: But that sounds good. You were maybe ahead of your time, as far as women go—being a bit more forthright—

***That's a good word, I like that one—forthright—yes, that's much better than what I was called.***

Paul: Ah well, we have a lady who comes through sometimes called Emma. She talks about women needing to be more forthright in certain countries—not so much here, but it's coming along.

George: Gender equality is something we have talked about much, and yes, in some countries womenfolk are unfairly 'put down' by their—

***Yes, I wasn't so easily put down. I must have been quite a stubborn woman (right), but it served me well.***



George: So perhaps you were an advocate of gender equality, and applied your stubbornness—

*Yes, but there was no feeling greater than being on the stage—I adored it.*

Paul: I think you must have had a—what they call a ‘stage-presence’—some people feel at home on the stage.

*Yes I did—it was my life, yes. I never wanted a husband and children. And I suppose that was my downfall, for being so selfish.*

George: Aw. Did you enjoy dressing up?

*I did, yes—that was part of it.*

George: There’s an expectation by audience for those on stage to present themselves well and it sounds like you did that.

*I did, I did.*

Graham: Did you work in London?

*I worked in a theatre there, yes.*

Graham: —That would have been the West End—I think we call that area—I don’t know what it was then.

*I just—we called it ‘The Palace’. But I had a good life, although many women at that time did not. But I can’t say too much, because I was not involved. But I just loved the laughter and the thrill of being on the stage.*

Graham: Do you still do things like that now?

*Yes, I do tend to come and try to help people with laughter, because laughter is very good for you and too many people do not laugh, do they?*

Paul: Yes, do you have like a stage in spirit—I guess you can have everything...

*You can have whatever you wish, yes—and sometimes I do it for the children. And sometimes I realise what I missed not having children, and then another time I think: no, that was the life you were meant to lead, and I was a fortunate woman—many gifts, and as I said, many people were unkind, but nevertheless it was a good life.*

George: So it’s good that you can look back on it in that way.

*Yes, I tend not to tell people—that’s not the purpose of it—but to come back to make people laugh.*

George: So what do you do now—are you planning to be ongoing in spirit and be an influence with others?

*I intend to stay where I am for quite some time, to return to help others who are in need. I’m being told something now—the gentleman has a daughter and the lady has a daughter, and they are saying to me to say: ‘If at first you do not succeed, try, try again.’ Both these girls should be told that—I do not know what it means—I am just giving it to you.*

*(Dawn and Graham express thanks)*

Paul: Possible stage connections?

*I do not know—it’s just come—*

George: I think we’re all aware of competition in our world—

*Yes I wouldn’t like to be alive today.*

George: And one has to try and try again.

*Alive! Is that not funny?*

*(Chuckles)*

*Of course I’m alive—well, well, well.*

Paul: That’s a good joke—there you go.

*Yes, well what I mean is I wouldn't like a lifetime at this particular time in history—although times were hard back then—*

George: I guess life is very different on the planet today.

*Yes, although you know, for one life that is happy and contented, there's another that isn't. So, it's always, always balanced somehow I feel, although I do not know too much.*

George: So do you endeavour to influence those on the stage at all today?

*Oh no, no I have left that all behind.*

George: You've had enough of that—

*I've had enough of that yes—I think they probably had enough of ME.*

*(Chuckles)*

*But it was a life of experience, shall we say. But it was the forerunner for what I do now. So, in that sense, it was a VERY good life. It was a very good TEACHING in that lifetime.*

George: Yes, interesting perhaps that today we have a gentleman named Russell Brand, and he began as a comedian on stage (*yes?*). But he's become much more politically motivated more recently, and he has a very active mind. I think he receives assistance from spirit, and he's getting over some very good messages which I think are being a good influence on our way forward.

*Yes, I can't say that I know this gentleman, but if you're happy, I say to anyone who is alive in your world today: listen—listen to all people before you make judgement, and if good words are said, then digest them—it can only be good for your own soul.*

*(Agreed)*

*Yes, and there is a saying in your world that I like, that if you cannot say anything good, then please do not say anything!*

*(Laughs and agreement)*

*I feel that is a wonderful saying.*

Paul: Mm—I was thinking of that one recently, funnily enough.

*Were you—yes, it's a very good saying (mm). Mm, as you can gather, I'm very much into sayings at the moment.*

Paul: They help remind us because we've got such bad memories down here, that we forget things too easily—so to have a saying helps to remember.

*Well don't worry too much, because when you come to my world your memory will be quite good if you want it to be, but sometimes it's not a bad thing to forget. Don't you agree?*

Paul: Yeah—oh, to forget a lot of the...

*Yes, prime examples are very small children, aren't they, where their memory is very selective. For their own sakes, I bless them all—yes. (Said with chuckles)*

George: Small children with selective memory—

*Yes—deliberately!*

George: I've recently been writing an article, and it concerns 'reincarnation', and I became rather interested in the small child prodigies (*yes*) and how some of them seem particularly brilliant at certain things at a very early age; and one reasons that they must have learnt what they know in a previous lifetime.

*Yes, not even just one lifetime. These people have knowledge from many times, many lifetimes (yes). Yes, you all have learnt something from past lives, but these particular people you speak of are probably quite old in their time.*

George: Yes, one who comes to mind is Mozart, who composed symphonies at the age of four!

*Yes. We have children in spirit who are doing that also. You do not always realize.*

George: Children in spirit?—Yes!

*Yes. If that is what they wish to do then that is the way that they are guided. And very often then, they wish to return to show what they have learnt. Yes, it's wonderful isn't it?*

George: Yes, as an entertainer on stage, you must have developed your mind and vocabulary and turn of phrase nicely—which you have now.

*Well I wouldn't quite put it that way. I did have a turn of phrase, but it was not perhaps proper!*

*(Chuckles)*

*I was very good at taking off my gloves (Ah right). Are you aware of this kind of thing?*

Paul: It sounds like you—at that time it would have been like the old razzle-dazzle. Did you throw your glove?

*—To effect—yes, I did dispose of my gloves into the audience, yes.*

Paul: Right—and that got the young men excited probably.

*Well, I cannot speak for them, but yes I would say so. Yes—it still makes me smile.*

George: But you are well-spoken. So did you develop your speaking style in that life on Earth, or has that come since?

*No, I actually spoke like this, but to be on the stage, it pays you to be a little—oh dear—common? Yes, a little brusque, you know. So I developed that way of speaking, but my own voice was—yes, quite proper. I actually shamed my family by going onto the stage.*

George: Really?!

*Yes, that's almost a confession isn't it?*

George: So you were from an upper crust family and they felt that going on stage was beneath them—

*Most shocking, most shocking—yes. I was not spoken of well within my own family, so I had to find my own way, which was hard at times, but nevertheless I still say it was a good life.*

George: Yes, good! Well, we each have our free-will as individuals (*yes*) and that is one of the rules of spirit.

*That is God's way, yes so we were all given free-will, and that is as it should be (yes).*

*Anyway, as I must leave on stage, I must leave you all now, because I have spoken to you long enough.*

Paul: The curtain's about to close, is it?

*(Laughs)*

*You are one of a kind—thank you dear sir.*

George: Well thank you for coming to our stage. So this is a curtain call?

*Yes, and I am happy to have been here, but I'm also happy to go.*

Paul: Well thanks for the show, and drop in again.

George: Yes, do feel free.

*Yes, and if I might leave you with one of my gloves?*

Paul: I was going to say actually: throw us one of your gloves for old time's sake, yeah.

*I've heard that many a time—yes.*

*(Having been 'away' at the start, George asked for a name. Our guest elaborated that 'Rosamund' was her stage-name and that's what we're getting!)*

George: Well, thank you Rosamund, and we've enjoyed having a chat.

*Yes, thank you for listening.*

Paul: Any time you want to pop back—it's a pleasure.

***And please do not forget to tell those girls: If at first you don't succeed, try, try again.***

General farewells

George's Notes:

The Palace Theatre: *The theatre, built in 1891, is a striking architectural feature of London's West End. Following a period as an opera house, the building became a grand music hall and was renamed 'Palace Theatre of Varieties', and later referred to as simply 'The Palace. In 1897 it began screening films as part of its entertainment programme. Herman Finck was its musical director (1900-1920) and during that period the theatre combined variety entertainment, including dancing girls, with the screening of films.*

## Nahashi Wa

Nahashi Wa has visited before. A North American Indian whose job it is to protect Eileen and the rest of the group during our meetings. (30/3/15)

Lilian: Good evening—welcome.

***I come only to say: hello.***

Lilian: That's nice of you.

***My name is Nahashi Wa.***

Lilian: You are very welcome.

Paul: I think you've been before.

***I am this one's protector.***

Paul: Yes—yes.

***I just wanted to say: hello.***

Paul: Well, good to hear you again—yes, I remember the name.

Lilian: Yes, how do you say it again?

(More clearly)—***Nahashi Wa.***

Paul: Nahashiwa yeah—so you protect Eileen?

***I help to protect and this time I protect all of you.***

Lilian: Oh that's nice. How exactly can you do that?

***Protect you? (Mm) Try and keep you on the right pathway.***

George: I'm sure that's not difficult!

Lilian: It might be!

(Chuckles)

***I not fall into that trap.***

(Laughs)

George: Anyway, it's very nice of you to come through, and are you happy to have a little chat with us?

***I not allowed too long—you supposed to be working.***

Paul: Ah yes.

***I just wanted to say: hello.***

Lilian: I think our evening's coming to a close actually.

***Yes it is.***

Lilian: It's lovely of you to come and say hello.

***I not be responsible for you not to work. Perhaps another time I speak longer with you.***

Lilian: Yes, that would be nice.

George: Yes, and are you an aspect of this one?

**Yes, you are correct** (yes). **That why I not come often.**

George: Well it's very nice and it's very interesting that you've come through. So you would have been on Earth as a North American Indian I believe—

**Yes.**

Paul: Do you remember which tribe it was?

**I not know now.**

Paul: Yeah, that's not important.

**—Too long.**

Lilian: Could we have—I'm sorry if this is keeping you—could we have quite a few aspects?

**Yes—you not know this—you not know about this?**

Lilian: Well yes, our teacher that comes has talked about it, but I wondered—we've probably got quite a few—each person I mean, say sitting in this room.

**Yes, you all have lived before—yes. Not all lives are extended, but some are. I choose to help this time with this one.**

George: And you have memory of the days when you were on the Earth?

**—A little memory—not much now.**

George: I think you recognized at that time the lights in the sky were visitors to us, which we don't all recognize today. In this group we all do, but many on the Earth do not seem to recognize the visitors to it.

**Man has become little foolish—needs to remember (Mm), but that not up to me to remind him—that for others to do.**

George: Yes—yes.

**Now, I go. I say more than hello.**

(General thanks)

George: Nahashi Wa—it's very nice to hear from you—we appreciate your visit.

## Dennis

Dennis came from an unhappy situation where there was very little love. Not all people enjoy a loving family, and many have very miserable lives. It is hard for those who do have loving situations to understand, or even notice, those who do not. Dennis wanted to give the message, '**—be more kind to those who are without—that's my message to you.**'

(27/4/15)

George: Good evening—welcome to you.

**I was waiting for you** (ah). **Good evening.**

All: Good evening.

George: Have you dropped in for a chat?

**You could call it a chat if you want. I'm not one who's going to come and say: ooh, I miss him and her—and that and this, because I don't. I'm glad I'm here where I am. Life brought me nothing but—ooh—can't even bear to talk about it. I wouldn't want to come back.**

George: You wouldn't want to come back?

**Wouldn't want to—no.**

Sara: It's good you haven't got to.

*Well, you never know. I've heard tell that some do. I don't want to.*

George: Yes. Would that be because you had an unhappy life? Or—

*Yes, I did (oh). Don't want to depress you or anything, but that's how it was.*

Sara: So you did well to get through it then, probably.

*Glad when it was all over (yes). Didn't know what I was coming to mind you, but nevertheless I was pleased to leave.*

Graham: Was there anybody who loved you?

*—Don't know—probably the cat—lost all my family.*

Sara: When you were young?

*—When I was young.*

Sara: Oh dear—that was difficult.

*Hard life—I don't want you to think I'm unhappy now, because I'm not.*

George: Ah, you found happiness in spirit.

*Yes.*

Sara: That's good.

George: You have good friends in spirit?

*I've made some friends now. Some—I didn't want to know. And you don't HAVE to know them.*

George: So have you been in spirit long, or do you recall when it was you were on the Earth?

*How long have I been here?—it feels like forever. I don't know—got to be honest sir, I don't know. I was a bit confused to begin with.*

George: I was just wondering if your difficult time on Earth related to a past time that had rather poor conditions—

*I don't know about that, because you see I'm still learning (yes). I am still learning sir, I am—there's lots of forgiveness to be done, and I'm trying and I'm working hard.*

George: I think we're all learning in our various ways.

*Yeah—but I've just come tonight to show the difference between coming through and talking about loving families—not everybody has a loving family.*

Sara: No—that's right, we have to remember that *(yes)*.

Graham: I think sometimes perhaps we take for granted.

*Yes, that's what I was going to say to you sir. Not everybody's as happy as some. Some people have a miserable existence.*

Sara: They do—it takes a bit of understanding really.

*Yes, and even when you come here, you rebel (yes). I suppose that's hard to understand, but it's true (yes), because you're still angry (that's right).*

George: Do you recall if you lived in a big town?

*Yeah I did sir—where there was lots of people—I do remember that. And do you know, you can feel lonely in a big town.*

*Agreed*

George: Yes, we are aware there was a time when there were street urchins—I think that was the name, and they had a tough time.

*I wasn't an urchin sir—I just didn't have any family who cared about me. I don't know why and I still don't know why.*

Graham: Did you have childhood friends?

*I had one lad I quite liked, but he left with his family, so I was left all alone.*

Graham: It must have been heartbreaking *(yes)*.

George: Did you go to school?

*No sir, I didn't (oh)—I should've done but I didn't. Anyway, I haven't come here to depress you.—I've come here to tell you that not everybody is sweetness and light (yes). Some of us come over and as much as there's plenty of love, it's still hard to rid yourself of all of these things.*

Paul: Are you gradually ridding yourself of that life?

*I'm aware that I've got to work hard—I was in a bit of darkness for quite some time, only because I was confused—I didn't know what to believe.*

Paul: Yes, but there's plenty of help at hand, isn't there...

*Yes, there is—yeah—lovely.*

Sara: It's a good thing to remind ourselves that not everybody has a happy life. It helps us to be more tolerant.

*Yeah—be more kind to those who are without—that's my message to you.*

George: It sounds as if you are making real progress, and that's good to hear—good for us to know.

*Yes, they wouldn't have let me come if I hadn't made progress—yeah. As much as I wanted to come, I wouldn't have been allowed if I'd dragged you all down.*

Sara: You haven't done that.

George: We're interested to learn, whatever the circumstances.

*Can I just suggest to you all that you all keep talking, because it's a wonderful gift—to be able to have conversation.*

Paul: Yes, that's true. It's another thing that we're lucky in this group—we are all able to chip in and talk—we don't quarrel, we just talk.

*That's good isn't it? But you need to have friends to quarrel, don't you?—people to quarrel with.*

Paul: Yeah—sometimes a bit of a quarrel is alright, isn't it—you can always make up afterwards.

*Well, I don't know much about those quarrels, but there you go.*

Paul: Well—you probably can't find anyone to have a quarrel with, where you are.

*Well we don't quarrel here—there's no need because your understanding's much better. But it still takes time. As I say, if you've been in some kind of fog or mist or darkness—but I can't tell you how wonderful it is when you come out—when you see the light. Yes, that is the most wonderful thing of all.*

Paul: I think there *has* to be a great learning in that experience. Maybe it will gradually unfold, what that learning is. It could be partly in having that really lonely life, it *must* give you the ability to see the joy of having friendship and this is what you can now look forward to.

*Yes—it's not even learning—it's complete knowledge of everything here. I can't explain it to you. Perhaps somebody can one day, but I'm not able to.*

George: It's more like an inner knowing rather than learning.

*That's right sir.*

Paul: An inner knowing of the incredible gift of people—

*You just feel part of everything. That's all I can say.*

Sara: Yes, and you probably have a heightened appreciation of it really. That's the beauty of lack isn't it—that it gives you that amazing appreciation when you have access to it again.

*It sounds like you all know more than I do.*

George: We've got a wonderful teacher who visits from spirit and we are fortunate in that way.

***Yes, I don't know about that—I don't know about that sir. Anyway—I'll get off before I depress all of you.***

*Laughter and general denials*

George: You're not depressing us! Can I ask you about music? Were you aware of music while you were on the planet, or now that you're in spirit?

***Of course I heard music—yes. Did I know any music do you mean sir?***

George: It can raise your spirits sometimes—if I could use that expression?

***Sometimes it can, it depends how deep you've gone. Yes, I agree. Music's wonderful over here. Have you ever heard the trees sing sir?***

George: We are aware sometimes of the breeze rustling through the leaves.

***Singing in the air—yes, I've heard that said too.***

Sara: I think you hear things differently in spirit—in your world.

***It's not even hearing—it's just being. If I could say one word to anybody still—where you are, it would be just 'BEING'. It says it all I think (yes). And I'm still happy to be learning about being. But it's been great to find some new friends.***

*(General appreciation)*

George: You are welcome to come again if you feel like a chat **(yes)**. Ur, can we have a name for you?

***You can sir if you want. My name's Dennis*** (right).

Sara: Well, you can come any time, so you've got some more friends here.

***I'm very grateful for that—thank you.***

George: It sounds like you've made very real progress while you've been in spirit, Dennis **(oh yes)**. That's good—good for us to hear.

***Yes, I am making progress, yeah—and that's not said with any vanity.***

*(Agreed)*

***So I'm gonna say: cheerio, and hopefully one day I'll be back (yes). And I'll tell you what else I've discovered.***

*(General affectionate farewells)*

Paul: Carry on *being*.

Mark: It's nice to hear about 'being' because down here it's nearly all 'doing' and 'making' and making money...and it's not 'being' at all really.

***Are you not being? Why don't you make that your next project then—'being'.***

Mark: Yes—thank you...

George: We've got an election coming up, and I think some of our politicians should take note of that!—be less controlling, less dictatorial—much more into 'being'.

***If I wasn't learning I'd say: shoot the lot of 'em!***

*(Much laughter)*

George: If you were back on the planet, I think you might get our vote!

*(More chuckles)*

***Yes, right—I'm being called—I must go.***

George: Thank you for joining with us.

*(Warm farewells)*

[Thomas A Becket: Not the famous one!](#)



A visitor, with an unhappy name, who would have preferred to have been called Peter.  
Parents should think before they name their child, because the child then has to live with it!  
Think, think! (20/4/15)

Lilian: Good evening.

*A quietly spoken: Evening mam.*

Lilian: Sorry, can you repeat that?

*(Paul repeated the greeting so Lilian could hear)*

*I haven't done this before.*

Lilian: Well I can hear you very clearly. So this is a practice...

*Yes—feels a little bit odd.*

Lilian: Yes—being in a physical body?

*Yes.*

Lilian: Feels heavy?

*Yes. Sounds different too—doesn't sound like me.*

Lilian: Are you a man?

*I certainly am.*

Lilian: Yes, well you're using a lady—so you would wouldn't you...

*Well that explains things, wouldn't it...*

Lilian: Yes it would. *(Chuckle)*

*I didn't really believe you could do this you know—didn't believe it at all.*

Lilian: Didn't you? Something you'd never thought about, while you were on the planet?

*No—I thought, what's the point of coming back? What's the point of it all?*

Lilian: Maybe it was just to prove to you that it could be done.

*Yes—it is proof to me. First of all I thought it was a trick. I had parents who thought things were funny, and first of all I thought: they're tricking me. But this isn't any trick is it? This is no trick?*

Lilian: No—no, we can hear you. The fact that you are using a lady proves it's no trick.

*Amazing isn't it?*

Lilian: Yes, you'd never heard of it while you were here and I see no reason why you'd think any different—for a while anyway *(yes)*. Maybe somebody said something to you in spirit and you got curious?

*Oh I was curious all right—very curious, but still didn't believe it could happen—and now it has!*

Lilian: How long have you been in spirit? *(How long?)* Can you remember?

*(Pause)*

Lilian: Can you remember who was on the throne—a man or a woman? King—queen?

*A king I think.*

Paul: Maybe King George?

*That sounds more like it. Your memory goes you know (yes). It's peculiar—some people remember everything and some of us just forget.*

Lilian: It's not worth remembering really, once you're there, is it?

*No. What's the point?*

Lilian: From our point of view it gives us a clue—we're just being nosey really.

*I can understand that too—yes.*

George: So you're a spirit and you're borrowing another physical body (**yes**) and you're finding that your voice sounds a little different. That's because you are using a different throat—a different larynx. And you are finding that you're able to move your hands.

***Yes I can—it's peculiar.***

Lilian: Pretty marvellous though, isn't it, really?

***It's wonderful! To think you can come to places like this and talk again—and you can hear me.***

Lilian: What do you do in spirit?

***At the moment—I was lost for a little while I think—only because I didn't believe (yes). But I'm exploring everything now—meeting people, seeing children, animals—just seeing the beauty of the whole thing. And forgiving my parents for the joke they played on me.***

George: Well, forgiveness is a great thing.

***Nothing terrible—it was all in my head. I thought they were being cruel—they weren't. They just liked a little joke—not cruel at all. Do you know why?***

Lilian: Can you tell us?

***They gave me a name—they thought was a good name, and I didn't when I was young—because it's a name that's in the history books, and I didn't think it was amusing. Do you know the name they gave me? I still remember that—Thomas á Becket.***

(Various exclamations)

***Thomas A Becket—that's my name; of course I'm not the famous one, as you might have gathered. But I thought it was cruel of them, but they didn't do it out of...***

George: Did they like the name: Thomas á Becket?

***It was Thomas A Becket—yes.***

George: So that's the name they gave to you?

***Yes—I became a bit of a joke when I was young.***

Lilian: So you changed it, did you?

***No—what's the point? And I know now it wasn't done with any malice. But I would say to people, to think before they name their children.***

Lilian: We've been told that we choose our names before we come.

***You can, but it can be altered by the parents.***

Lilian: Of course, yes—we've been told that too.

***Yes—most people are happy with their names, because they have chosen, but there is always an element of stronger energies which can transmute and change (yes). Anyway, that is all something to be forgotten about.***

George: Yes, we can understand that. Did you have a different name that you would have liked?

***I wondered if I could have been 'Peter'.***

George: Ah yes, mm.

***I could still be called Peter if I wanted, but what use is it now? We do not need our names.***

Lilian: Are you enjoying your visit?

***I am amazed by it.***

(Chuckles)

***—And I feel almost like I've become alive again. Does that sound strange to you?***

Lilian: It's difficult for us to say, because we're still used to this body.

***Yes, you would not be able to comprehend I suppose. But I am satisfied now that it can happen, and it can take place.***

George: You feel as if you have come alive again? (**Yes**)—so that's with the memory of life as it was when you were on the planet?

***Yes, although I cannot remember too many details, I know that human existence is so much different from that of spirit.***

George: Yes, we understand the memory of details going with time.

***Yes, because they are not important—it is the spirit that is important; and as you said previously about past lives, I believe you said: what does it matter? What does it matter?***

Lilian: I think you feel that more in spirit than we do (**yes**). We're just curious to know a little more. But in a way, even while we're here we forget things that happened when we were young.

***Yes, because of your memories—because, as you age and get older, so memory fades. In your world it fades, as I am beginning to fade now. And I must return—so I want to say thank you, for allowing me this time to experience this for myself.***

George: Well, it's interesting for us—we've enjoyed chatting with you (**thank you**), Thomas, or should I say: Peter.

***I will leave that to you, I really do not mind. But I have to go. I can feel the pull.***

George: Fare you well and thank you for coming.

## Independent thinking is good

George: This concerned the need for peace moves in the world and the apparent dearth of politicians with any genuine interest in peace moves. (8/6/15)

Lilian: Good evening. Have you been listening?

***I have—I have been listening—interested to listen to all of you—interested to see how the world has changed so much. And interested to see how each individual in your world has changed also.***

George: This is—changed since you were on the Earth?

***Yes—yes.***

Lilian: I know our teacher who comes says we are changing for the better—meaning spiritually.

***I could not argue with that, because I really do not know.***

Lilian: Oh I see—yes.

***All I can say is that I know people are more independent with their minds (yes)—that most individuals think for themselves. But yes, I would agree that your world governments are a force that need to be listened to and also my friends helped. It is easy to condemn— (General agreement)***

Jan: But we do with our thoughts and prayers always ask for guidance of those leaders—we mention that in this group very often.

***Yes, I listened to them tonight, and I am pleased that a group such as you are able to do so; because still there is the unknown factor of the true facts sometimes.***

*(Agreed)*

***So always be careful that what you speak about is in fact the truth.***

George: Yes, and I believe there is a fairly new peace initiative from a scientist named 'M T Keshe', and he is launching a peace initiative which, as he states, is quite independent of politics and independent of religions—and I rather liked the sound of that; because it is not

going against, he is deliberately not going against religions or politicians—but launching an independent initiative.

***Yes, I think I would agree with you about that. Yes, perhaps that is something to be nurtured. But I know as time continues and you see the much bigger picture, you will all agree that although it seems almost impossible at this time, you are indeed moving forward.***

Lilian: Yes, you've only got to read the history books—maybe that's not all true what they write—but yes, I'm sure we've improved a lot.

***Yes—continue with your healing thoughts—that is my advice. Continue to view things individually and as groups of people who seek only love and truth. You can only win in the end. And really that is all that I come to say, because I was most interested in your conversation.***

George: Well thank you for coming through and it's nice to have your thoughts on this.

***Yes—yes, if only everyone could see a little bigger picture, I'm sure you would be encouraged; because I know all seems not well in your world, but I can assure you from what I know, that things are moving in the right direction.***

George: Yes, and if more people are beginning to think for themselves (**yes**) and I'm sure that is part of that 'right direction'.

***Yes, you are correct. Thank you for listening to me and I am grateful that you have allowed me to sit here with you, listen to you and join in with what you have had to say.***

Lilian: We are very grateful.

George: Thank you for being with us.

***Thank you.***

George's Notes:

Keshe Foundation: It is understood that this is the brainchild of Iranian-born Mehran Tavakoli Keshe and is based in Belgium. M T Keshe is a nuclear engineer and son of an x-ray engineer. It is claimed that he has expertise in plasma energy application to anti-gravity application. His work and claims are highly controversial, but his motives—promotion of green planetary systems, no kill policies and peace in the world—are attractive.

Yes, M T Keshe's work and claims are highly controversial, but then they would be in a world conditioned towards violence, warring, towards pollution of the planet, slaughter-house meat for food and to brushing major political issues under the carpet. And I continue to be astounded by the way the UK's major issues of £1.56 trillion debt (with continued £100million annual increase) and attendant nuclear weapons expenditure, got brushed under the carpet in our recent election discussions—this in favour of 'health facilities'! The Keshe Foundation may or may not succeed—time will tell; but its motives have merit.

## Alison

A communicator came to talk about her work in spirit, where she looked after cats. She confirmed that cats are indeed full of love. (29/6/15)

***What I normally do is look after cats. I've always loved cats—big or little makes no difference to me.***

Paul: So you looked after them also when you were on the Earth?

***No, I just loved them.***

George: Are these cats in spirit?

*Yes, they're cats who belonged to people, or they THOUGHT they belonged to people—of course they don't belong to people, but there's a connection with them and that helps them to stay as animals, whereas I don't know if you—*

George: Yes, so the connection is between cats-in-spirit and people-in-spirit?

Paul: Yes, the love connection *(Yes)*.

Paul: So that means they don't go back to the animal pool.

*Oh you DO know.*

Paul: Yes, we've been told this before.

*I just feel very blessed that I'm allowed to give love and, you know, take them around with me.*

Paul: Yeah, well they must be lovely in spirit as well—I mean they're lovely here in Earth as well.

*Yes, they're special little creatures—they're full of God's love (yeah)—I think they are. So that's what I do mainly, and sometimes I come to groups such as this—and try to stir things up!*

*(Chuckles)*

George: Wake them up when they're a little quiet perhaps...

*Wake you up—yes!*

Sara: Have you got a cat with you at the moment?

*I have—can you see?*

Sara: Is it black with white stripes? I just thought I saw—

*Yes! Isn't she beautiful!*

Sara: Very beautiful—very unusual *(yes)*—lovely colour.

*Yes, she likes to come with me on these occasions.*

George: And is there a bond between the cats in spirit—one cat with another?

*There can be, but it is not usual (not usual)—not usual but it can happen.*

Sara: What's her name or his name?

*Meme—it's a she.*

Sara: Yes that's what I first thought.

*She's purring—isn't that lovely! (Yes) So I'm very blessed with what I do.*

*So, does someone wish to speak to the lady?*

Sara: Good evening?

*(Pause)*

*No one there yet? Well I shall say goodbye.*

Sara: Thank you for coming Alison.

## A beautiful loving soul from a closed order

Like so many others from strict religious orders, this communicator questioned the wisdom of hiding away from the emotions of others, and so learning opportunities. (29/6/15)

*Good evening. I have just been listening—so much talk of fears and distress and people hurting others and I just felt so sad, I had to come and just say that even although I belong to a different world than yours, it still distresses me to know of what is happening, and really all I wished to say was that your whole planet are in my prayers, and I know that*

*some of you say: but why do you still pray when you live in a beautiful world? But that does not mean we cannot show concern for those on other planets.*

Sarah: That's very kind of you.

Sara: Thank you for that. It's comforting to know that you're thinking about our planet.

Paul: It is sad to still see humans attacking other humans.

Sarah: It's the minority really who are causing the trouble. The majority of people are good people—it's just these few.

*Yes, I know.*

George: We certainly have our problems on this planet at the moment. Are you from spirit realm of this planet or are you from another planet?

*I am from Earth spirit planet—if you wish to call it a planet—but of course it is not a planet. Spirit is everywhere—intermingled with all of the planets.*

Sarah: So when you were on this Earth planet, were you a nun?

*I was—I belonged to a closed order—I remember that. I remember sometimes, chastising myself for the thoughts that I had, because I have always been sympathetic to all people. I do not know if that made me a good or a bad nun—I'm not sure.*

George: But if you had sympathy, then you had love.

*Yes, and that is what I carry with me now. I just wanted you to know—*

Sara: But I think that's a good quality—that you can feel for any person.

*Yes, thank you.*

Sarah: But you give out a nice feeling so I'm sure you did well here. It's what you needed to learn whilst you were here.

*Yes, I am still not certain that to close yourself away, such as we did—it is the wisest of things. Because you have to belong to the human family, to understand their emotions and it is not always easy.*

Sarah: But at the time that was right for you I'm sure.

*It was right, yes.*

Sarah: So if you were to come back to this planet again, you wouldn't do that again, because you've learnt, but at the time it was right.

Sara: You probably needed to have a quiet life at the time—more peaceful maybe.

*You're very kind—you're probably right, I don't know.*

*Paul mentioned that some of us had shared a past life as monks in a monastic order*

*But we were not allowed to mix with males.*

George: I guess your closed order was closed physically, but it was not closed spiritually—

*No. Spiritually—it was hard, to begin with.*

Sara: I'm sure you had beautiful meditation times—reflections.

George: Meditation—

George: Do you recall which country you were in, in that closed order?

Sarah: Ireland—ah right!

George: And was your closed order influenced by a religion or did you tend to go your own way?

George: I'm sorry, um—

George: Yes—were you influenced by a religion such as Roman Catholic?

Sarah: Yes, but it could be in a previous life you had a taste of religion, and this time when you were a nun you had something that was drawing you closer to God...

Sara: And the reasons for your Earthly life become clear too I guess, yes. So you understand why you had to do everything that you did?

Sara: Yes, I'm sure, because I believe that a lot of the strange things that happen out of the blue—I'm sure they are connected to other lives and perhaps sometimes we're reaping good rewards and sometimes we are having to amend for something.

*Our dear visitor was then saying that she really does have to depart:*

*And we all said our fond farewells. We declared it to have been our pleasure, and finally we were reminded to remember those on Earth in our prayers.*

### Importance of being loving and positive

Lillian accepts the message that Salumet will be with the group next time. He went onto explain that whilst members of the group should have felt that this was going to happen, words are necessary too to make sure the message gets through. The communicator then went onto the importance of remaining loving, and positive, especially when the road gets rocky. Let that soul soar! (3/8/15)

Lilian: Are you someone that brings these sort of messages?

***Yes—I like to prepare people in advance—a little like a gatekeeper but not quite.***

Lilian: No, I see.

***But sometimes I feel people do not always believe what they feel, so therefore it is necessary to bring the words.***

Lilian: It's very handy to have someone tell us.

***Yes. There's a very special feel here (good)—so quiet, so peaceful.***

Lilian: We're not always quite so quiet (*you're not?*). No—we have a laugh sometimes.

***You have a laugh. I like that. I like to know that people are happy. I like to know that people love life, because you know, so many people don't.***

Lilian: Yes, for some it's quite a struggle isn't it?

***Yes, very much so—very much so. I would wish that everyone could be happy, but in your world, that is not possible (no).***

George: No, there's rather too much stress; and I think we all here have a nice appreciation of nature—appreciation of the natural world, and I feel that counts for quite a lot.

***Yes, I'm sure it does and that is why it feels peaceful—because I can feel that from you.***

***You are at heart, genuine kind people. Kindness is lacking in the world—it is and it saddens me, and many others, to find such injustice sometimes. But nevertheless you mustn't allow it to pull you down. You must allow your soul to soar in all events.***

Paul: Yes—yes, I think we've been told to try to focus always on the good things—put our energy into the good things.

***Someone has already told you?***

Paul: Yes, the teacher (**ah**) who will be coming next week I think has mentioned. There's a word he mentioned—not to give credence to the bad things.

***I understand—I too have had that teaching. Yes, that may seem rather unusual to you, but it is not—it is not, because—just because you pass to spirit doesn't mean we become all wise. It takes a long time to reach the situation of BEING peace.***

George: Yes, you progress in spirit just as we endeavour to progress here on the planet.

***Yes, I know this is not news to you, but as I am here I may as well use my words.***

George: We're delighted to hear them. We had a popular song a few years back. It went: 'You gotta accentuate the positive, eliminate the negative, and don't mess with Mr In-between...' **(Yes)**. I rather liked that!

***I like the sound of that too.***

George: I think it agrees with what you've just been saying.

***Do you wish to sing it?***

*(Laughter)*

George: I don't think you'd enjoy my voice singing it.

***Are you saying you are not an Angelic being?***

*(More laughs)*

***I fully understand, but the words indeed quite true—it's wonderful.***

George: Well it's partly that I'm getting on in years. I'm 84, and the voice isn't quite as it once was.

***Well I am not aware of the Earth year, but your light shines brightly (thank you), yes, as does all of yours—yes, beautiful.***

Lilian: When you were here on the planet **(yes)**, were you aware that contact could be made?

***No, I knew nothing—I knew absolutely nothing; only that I believed in something (yes), and of course, I have done much learning 'here', as you call it—yes. But no, I was not aware of any of those things:***

George: But you had an inner feeling, of which you were conscious.

***I knew there was something—that's all I can say; I really did not know what to expect, so therefore, when the time came I found it very beautiful—yes. But I know, and I'm being told that you spread the word to others about passing.***

Lilian: We try.

***Yes, and that is very good because so many people still are not fully aware of what happens when it comes to their time of passing.***

George: Yes, we have a website—I don't know if you're familiar with computers and the Internet that we have these days?

***I am aware that you have these machines—yes.***

George: Yes, so we have a website that Paul here has built **(yes)** and people can visit that, and we send out regular reports on these meetings and those reports go around the world.

***Yes, you are doing a very good job, I know, and that also explains the aura of these meetings. And I know from others, they too have felt the love presence within this room at times.***

George: Oh good, well we do our best to get the word out to others.

***Yes—yes, believe me when I say: if only a few take in the information, you have done the job very well—we cannot ask more of you.***

Lilian: Some people are just not ready to accept it, are they?

***No of course not. You are all individuals after all—you were all given free-will—you were all born to different people. Therefore you are unique—remember that also. Your uniqueness has much to say (yes).***

George: We are concerned about the warring zones about the world. We're not depressed by it—this would not be right, but—

***And it would not be quite right I feel if you were not concerned. Concern is a form of love (yes). Yes—but yes, you are right, you must not focus on it in a negative way at all. That applies to any situation in your life. It may not be wars—people against people—it may be***



*an inner war—one that you have to fight within yourself throughout your lives—that also is a war. So, you know, there is much for you all to learn.*

George: Yes, I'm a little—I'm disappointed also in the number of people involved in manufacturing arms—guns, and in exporting them to these war zones (**yes**). I feel that is very wrong.

*Yes, you all each have individual feelings and thoughts about what is right and what is wrong. I am not here to tell you what you should feel or think or consider, but I am about to say to you: if all of these thoughts are given in love to help your fellow man, then please continue, but don't allow it to become the be all and the end all of your lives, because let me tell you, each and every one of you: the lives that you have on this planet are truly beautiful. I do not speak of disappointments or heartaches or anything else which you would find upsetting, but I want you to look at your world as the Creator gave it to you—as a beautiful specimen of existence, and if you can keep those thoughts in your minds you will do well.*

*Now, we would like to try something here tonight, because we know the numbers are less than normal.*

George: Yes, that's true.

*Yes, but it doesn't matter does it?—because spirit will always be with you—as one individual or as many. We are always waiting for the invitation to come to you, to speak with you—to converse on subjects perhaps you like to discuss.*

George: Mm, well this is always very nice (**yes**).

Lilian: You are always welcome to come again.

*Thank you. I will hold onto that invitation. But we are going to try with each of you, to give a little clairvoyance. So, do not be afraid to open up to us, after all, we are not here to harm you or criticise you in any way. So, allow your hearts and your minds to open and see what comes and I will bid you all: a good night.*

*(Thanks + farewells)*

George's Notes:

*1: 'You Gotta Accentuate the Positive...': Well, would you believe?—that was a song by Johnny Mercer and the Pied Pipers, from 1945! How time flies!*

## A visitor shares the ambition to become an Angel on Earth

A delightful exchange about a very worthy cause. (10/8/15)

**Hello—hello.**

Lilian: Nice to have you with us.

*I didn't know whether to speak or not.*

Lilian: Have you been before?

*No I haven't. I heard you speak about Angels and I thought I've got to just come and tell you: I want to be 'an Angel on Earth'.*

Paul: Ah, you want to be an Angel on Earth?

*That's what I'm going to be. I want to come back—I want to be an Angel on the Earth.*

Paul: What would you like to do as an Angel on Earth?

*I'm not sure yet—that hasn't been arranged. I just want to be an Angel of the Earth. Doesn't it sound wonderful?*

Paul: Helping people—

***Yes, I'd like to be in the hospitals.***

Paul: Well, there's much need of it, so that's a good thing to try to do.

***I always thought only Angels were in spirit, but that's not true. You can be an Angel on Earth, if that's what you've planned to do.***

George: An Angel on Earth with a human body?

***Yes—yes, I want to come back and I want to be known as an Angel. I know it's not the same.***

Paul: It's not the same as a real Angel, but it's a good aspiration.

***—A good thing to do.***

Paul: Like Mother Theresa—some people think of her like an Angel.

***Yes, I know about her. Yes, she was an Angel on the Earth. Yes, lots of Angels—***

Paul: Florence Nightingale (***yes***)—

George: Yes—so a human who has Angelic qualities and Angelic helping and giving—and loving.

***Yes. I have been told that you have to have lived quite a number of lives, and you have to have reached a stage where you can use that word 'Angel'. So, although I want to do that, it may not always have been possible; but I'm excited because I know that's what I'm going to do. I'm not sure about the coming back bit—I don't know too much about that yet.***

Paul: You don't know which country?

***No, I don't know where I'll be at the moment.***

Lilian: So obviously you've grown spiritually enough to be able to want to do something, really—

***I suppose so—I suppose so.***

George: Yes, I was just trying to think back in our history. There was Florence Nightingale who was devoted to healing in hospitals and there was Albert Schweitzer—

***Yes, but you don't have to be famous. You can just be an everyday person—and you can still be very good. I feel I want to work with children; I want to help them all I can. But I'm excited—I don't know if you can tell?***

(Affirmed)

***I am really excited about going. And when I heard you speak about Angels I said: please let me go and speak with them!***

George: The excitement does come through.

***Yes—I must remember to keep my modesty though, because I am really excited I know.***

Paul: But we've been told we mustn't feel any guilt about things, so if that's what's coming from within you, then that's your enthusiasm.

***It's not guilt—I don't feel guilt.***

Paul: No, right—so it's what makes you happy.

***Yes. I don't want to find any ego—that's what I'm trying to say.***

Paul: Right, yeah—there is always the chance of a naughty bit of ego (***yes***).

George: Have you any feeling of fulfilling a need that the people of Earth have in this?

***If I'm going to be really honest with you, it's a need within ME—as well as helping others—it's a great need for ME—I don't know if that makes any sense.***

George: Ah yes, I understand.

Paul: I think it does. I think that's often the way—it works both ways.

***It helps you to grow.***

Paul: In helping others you also help yourself.

***Yes, that's what I'm hoping anyway.***

Paul: In giving love to others, it seems to come back to yourself as well.

***Yes, well anyway, who knows? I could even bump into one of you, who knows?***

Paul: Yeah, if you get a move on and come down here fairly soon, you could perhaps.

***Why, are you planning to come here?***

Paul: Well no, not for at least another 50-years or so.

*(Laughter)*

***Okay, I'll see what I can do! But of course it would depend which part of the world I'll be going to.***

Serena: Most of the people we speak to are doing jobs *after* life with no thought of coming back; so are you between lives?

***I am between lives—yes. I am at the moment considering when to return—I KNOW I'm going to return, I've already moved forward on that—so, yes.***

Serena: Is that a different state to people who aren't coming back to an Earth life?

***We all have the choice—we all have the choice and we all have guidance, but I've always wanted to come back, because I feel this need. It's—I don't know how to describe it to you. It's not a feeling I had on Earth—it's something that's happened since I've been here.***

Lilian: A need to help?

***—A great need to come back and be an Angel—an Angel of the people.***

*(Short pause)*

***Anyway, they're saying you're overstaying your welcome.***

Lilian: Well thank you for coming back and telling us—that's given us something to think about.

***Yes, I'm really, really becoming excited—I must go.***

Lilian: So we'll say: good luck to you.

Paul: If you get clarification on exactly where and how and who, maybe you can pop back and tell us a bit more about your dream.

***Perhaps—yes, I don't know, I'll think about that one—but it's been very nice, but I am going—I really am.***

Paul: Good luck to you and lots of love goes with you.

### [A group of spirit visitors join our evening](#)

A number of speakers come through, each speaking rapidly with a different accent, one following the other, in quick succession. The first had a slight cockney or perhaps Australian accent. It was a light-hearted opener with lots of chuckles throughout. Messages include the importance of being positive and loving. Betsy starts the proceedings off. (28/9/15)

***So may we say good evening to everyone!***

All: Good evening.

***We've come along tonight because we thought it would be rather nice to talk to you, you know. We're strangers, or so you think, but we know all about you—we know all those secrets, you know, that you keep hidden.***

*(Chuckles)*

*Though not to us, because you see, we can see right through. We know you're nice people, 'cos there's a nice light here you see. And there's a great big healing vibration, as you would say—we call it a power—right in the middle of the room and it spreads right out to every one of you. So we thought we'd come along and say congratulations, you know. We don't often do it quite like this, 'cos we're more sedate, but you're a friendly lot, so we thought we would come through, if it's alright with you.*

*(Agreed)*

*There're a lot of us waiting here just to talk to you, if you will listen to us, if you'd like to talk to us that is, 'cos we wanna be polite you see, we wanna do things in the right way, 'cos it's different with everybody you know. At some of the places we go to they're a bit snooty—*

*(Chuckles)*

*—others are just like you, very friendly and very nice people. So, we thought we'd come and say: how do you do.*

Chris: Bless you.

Eileen: So could we ask your name?

**Betsy.**

Eileen: Betsy—that's a nice name.

*Well, it's alright, isn't it—it'll do for now, you know. I might change it later on you know.*

*(Chuckles)*

Eileen: Well, you'd be welcome to change it.

George: Well Betsy, you're obviously a very nice person too.

*Well that's kind of you.*

Eileen: Have you been doing this for long Betsy?—coming to groups.

*Oh, for a long, long time dear, you know. 'Cos she's getting an old lady now. She doesn't like to hear it, but it's true.*

*(More chuckling)*

*So, we've been around for a long time, but she didn't know it, you see. But you see there's a lot of us that come around her and Christopher (Chris) and we try to help out and we try to help other people, but they're not very interested, you know, really.*

Eileen: Are they not?

*Not really, you know.*

Chris: Well, some are surely Betsy?

*Ah yes, but what do they want to know? They want to know who's gonna marry who—*

*(Knowing laughs)*

*—how much money they're gonna have—*

*(More laughs)*

*—and it's lovely, 'cos that's what life is all about. We don't have to stand on a high horse, or pretend to be something different to what we are, 'cos we're just ordinary people and we have to earn a living when we have a body—it's a blooming nuisance, but there you are.*

George: Are you saying, it's not so much laziness, it's more the materialism?

*Well, that's always been like that—it hasn't changed you know. 'Cos there were the toffs who had the money and there were those who did the work—and they (the toffs) didn't—it's always been the same.*

*(Affirmed/chuckles)*

Eileen: And it still is.

***It doesn't change you know. Don't expect your world to change and you know, you move into the spirit realms and you're just the same where you were, you stay there for a long—but you're always the same, you don't change one bit—a long time. Why should you, you're happy, aren't you?***

Lilian: Mm—so have you been there a long time, in spirit?

At this point a different speaker with a more refined English accent quickly continued through Gwen:

***Indeed my friend. Good evening!***

Eileen: Good evening.

***Good evening—yes we have—many of us have been this side of life for some considerable time and we move around you know and we converse with different people on different subjects—nothing terribly serious at this stage of life, but it's all very interesting and we come across some remarkable occurrences, you know; and people have the funniest of ideas about the spirit realms. But you'll be most surprised and delighted when you leave behind that overcoat and come into the spirit realms. There is warmth and there is love and there is hardship and depression; it's just the same as it is in the physical body. My dear friends, you don't change for a considerable time. But we thought we would just come along, you know. Each one of us is a little different and, my friend, you'll understand if we say the 'Americans' are here this evening.***

Chris: Lovely.

***And they might come and talk to you if you're very lucky.***

Chris: Oh good.

***And that would please you immensely, wouldn't it?***

Chris: Yes, it would indeed, yes.

***But you see, you're all very nice people and you're all very interested in the different aspects of the spirit 'life', shall we say, but can I—if I may just say: Be very interested in the life that you have NOW—that is most important, for you're in that physical body for a very, very short time and during that time, make the most of it! Enjoy every minute. Try to help other people of course—in so doing you help yourself, you know—as you give, so you receive. And tonight we want to say that it's a joy to see you all gathered together in harmonious conditions and that light goes out and you'll attract many, many other selves from the spirit realms and beyond, we can assure you. Love and peace prevail when there is a mutual interest, and you have that interest, one with another and it's delightful. My friends it has been a pleasure to come and talk to you.***

George: It's been a pleasure to listen to you.

***If you will allow us just one moment, there is another soul who would like to come forward, if you would just—one moment please—***

Paul: Absolutely.

Short pause, before a powerful speaker through Gwen, in what sounded like an old Abraham Lincoln style American accent:

***We want to say that great strides have been made in this pathway of life—that you have indeed opened the door to greater knowledge and as you receive and you act upon that knowledge, a lot of help can be given to the nations of your world. To consider that you are in a physical body, and it rather lacks something like—we can understand this. But you have within you a tremendous power—the power of almighty God, and if you will realise that and utilise that to the fullest benefit, mankind can change the path that it is walking upon at this moment. It can change tremendously, that man will come to realise***

*that he is a power himself and as he radiates that power, peace will prevail. Many of you attend your churches and your synagogues and your mosques and various places of worship and you ask Almighty God in the wisdom that you have, to eradicate the hardship which exists upon your Earth and we want to say to you tonight: my friends, with the greatest of sorrow, we have to say it is a waste of time, unless you are willing to do something yourself; for you are the power of Almighty God and that works through the man who walks in the physical body. Now there are many in the spirit realms who are working as you would say 'overtime' to radiate that power of healing to the Earth and other places, but we need YOU, we need your hands, we need your light. Do you understand?*

*(Affirmed)*

*That united you can go forward and eradicate all the hardship which exists upon your Earth. Yes, it will take time, but it needs someone to start the 'ball rolling' as you say. When this happens, much can be achieved. We wanted to come to you tonight, for it is a great and wonderful honour to be able to be within this little group tonight, to help you to radiate that power, to say to you in all honesty, YOU are the instrument that we use. Remember this in your moments of depression, remember this in your moments of—troubles and tribulations.*

George: This is a stirring message—

*Realise you are that strength, you are that power and you can do so much to help mankind. You are the instruments my friends and we offer you a great and wonderful blessing from the spirit realms, that each one of you will feel within you the upliftment of heart and to know that the generations that are to come after you, will live in peace and harmony. God bless you my children.*

*There was a gentleman who wanted to ask a question we think?*

George: I just wanted to say: this is a stirring message and thank you very much for that.

*It is a message of HOPE and REASSURANCE to mankind.*

Eileen: Thank you.

*It is a message that should be given to all the people, wherever they are. And now you have heard the words, now you will be able to give these to others and encourage them, will you not?*

*(Agreed)*

*God bless you, thank you.*

George: This message will be circulated through the Internet that we have now and that is in itself I believe, having a great effect. It is great being able to reach people via the internet and your message will certainly go there.

*(Agreed + thanks)*

*There then followed a much softer spoken one through Gwen:*

*Now that's nice, isn't it? You see, these things do happen, you see. We weren't sure that we could manage it, but we did try you know—*

Chris: You did really well.

*—joined together and there's lots of us here and we want to say 'how do you do?'—to each one.*

*(Thanks expressed)*

*We shall remember you in our prayers and in our thoughts and if you have any doubt, you know, about the continuation of life, then stop for a moment and think about Nature as a WHOLE. The beautiful trees, for they are about to go to sleep for the winter—and in the*

*spring they will come back to life again. And my friends, one day you will put aside, lay aside that overcoat and you too will march forward into the realms of spirit, and once again live with freedom, with joy in your hearts. We do hope you will understand this message.*

*(Affirmed + thanks)*

Another then followed through Gwen after a short pause:

*Can we just say to you that to be able to come to the fore and speak to people of a like mind is very pleasant, you know.*

*(General agreement)*

*It is very good and we do thank you for allowing us to come. It is a great and wonderful privilege to be with such people, to be with such light. You understand?*

Eileen: It's a privilege to meet you all.

*It is very nice—tonight we decided that we would do a little work. There's somebody else who wants to come and if you can allow us a few more minutes, it would be rather nice.*

*(Affirmed)*

*It just takes a little while sometimes to change over you know—not usually, but tonight is a bit different you see, because there's a lot of us and they all want to come and say 'how to you do?' Now they can't all come, but just for tonight, just for one moment please—*

*(Pause)*

Another then began through Gwen, who, like an earlier speaker had an American accent:

*Well now, we thought we would come to the surface as you'd say and speak to the good people, with the good will that you have. You've heard us before my friend.*

Chris: Yes, my American friend—we so welcome to you, thank you.

*Yes indeed. It's a joy to be able to come into this 'chapel of rest' I was going to say—it's not quite that is it?*

Eileen: No, not yet.

*(Chuckles)*

*We got the wrong term my friend—but this delightful atmosphere. If there's anybody wants to ask a question, because, you know, we're here and we bring a lot of power, a lot of love and many of us have spoken to you tonight—a few of us anyway—and they all say the same thing. So if you'd like something different, just say so.*

Eileen: So you'll put in a good word for us, will you?

*(Chuckles)*

*There's no question about that my friend. You know very well you have the power, you have the incentive, you have the joy within your heart, you connect with the spirit world—you don't understand ALL of the knowledge, of course you don't, but then you're inquiring all the time, and little by little and you gain more and more and more and that's how it should be—that's how it should be. So when you eventually emerge into the spirit realms, then my friends you'll be overjoyed at that which you have created, by all the work that you've done here and all the joy that you've given to other people—that will be with you in the spirit realms; it'll be a glorious day. Anyway, power's going a little, because we're a little tired, but if we could say 'God bless you all', and maybe God willing, we shall meet again one day.*

Eileen: That would be lovely.

*Bless you all. Thank you my friend (Chris) for the help that you've given.*

*(General thanks)*

George: And we seem to be receiving from a group in spirit. Might I ask how many of you there are?

*Innumerable people in the spirit realms who've joined together and there are all nationalities; some have been there a great length of time—many, many—shall we say thousands of years—and some have only been there a few hundred years. But we are a group and we have those in the physical body, who are instruments of this group. These are just two (Chris and Gwen), but in truth, you are all instruments of this group, because we all work together to create the atmosphere which allows spirit people to come to you to the Earth, to give upliftment and to bring the great and wonderful knowledge of the continuation of life. That is the sole purpose of our connection with the Earth, to teach people to put aside that great and wonderful fear that they have, that has been nurtured within them for so long, of death—it is quite ridiculous! No-one ever dies—you move into the spirit realms—life is continuous. And that is our message to mankind, to put aside all the rubbish that they have been taught, to bring about this new idea perhaps—this great and wonderful knowledge that to live within the physical body is a great and wonderful blessing that has been permitted—to live within the physical body for a very short space of time. And then you imagine you move into the spirit realms—that is wonderful—you reap that which you sow.*

*(Affirmed)*

*You will notice that we have changed places again.*

*(The accent had indeed changed at some point earlier, as another from the group in spirit had slipped in, replacing the previous American speaker)*

Chris: Yes—you're very good at that.

*(Chuckles)*

*We do this repeatedly—yes, we're very good, we're improving all the time my friend, we're improving all the time—yes.*

George: And a recent teaching of our guide Salumet is that ALL is intermingled and I think that you epitomise that.

*Yet another accent change as another slips in, with possibly a hint of a German accent:*

*All—you sit in your circle—whenever it is possible, you radiate a wonderful power to the spirit realms and there's no difference between one group and another really. They all want to say to you that we are all warm and happy and loving people and we wish you well. The difference is in the physical body my friends, where everybody has a different religion and they're always right and you're always wrong—*

*(Chuckles)*

*It's quite ridiculous you know, because all religions, all pathways lead to—the medium always says that they all lead to the summit. Well perhaps that's the best way of putting it—it's acceptable to most people.*

George: But unfortunately all the religions that we have are *man-made* in a sense and they don't quite get everything right sometimes.

*Do you know my friend we want to say to you that it doesn't matter in the least whether they are right or wrong; it doesn't matter whether you are a Roman Catholic or a Jew or a Hindu or Muslim, or a Spiritualist—it matters not at all. As long as you are the BEST Spiritualist you can be, the best Muslim that you can be and you follow that pathway in Truth and in Light. That is good.*

*(Agreed)*

Chris: Good message.



*You live in this area of your world. It is a Christian area, so most of you were brought up in the Christian faith, yes?*

*(Affirmed)*

*If you lived in the Eastern countries you would be brought up as perhaps a Muslim or a Hindu or a Jew—it depends really on where you live. So how can you possibly say one is right and one is wrong?*

Mark: That's right. Gandhi used to say: God has no religion.

*That's right!*

Mark: But equally you could say God has *all* religions.

*That's right. And so you see we agree, do we not?*

*(Agreed)*

*With this we say goodnight my friends. It has been a great and wonderful pleasure and a privilege to talk to you tonight, to listen to your great and wonderful guest. We do appreciate the privilege that has been extended to us. God bless you all.*

*(Blessings and fond farewells)*

## Bob the Thatcher

Robert tells his story about being a thatcher in Dorset, when winters were very much colder. Current science indicates that this area was about 3 degrees Celsius colder than today.

(12/10/15)

Sara: What did you do Robert, or should I say, what *do* you do with yourself?

*Which one do you want to know?*

Sara: Well, whatever you want to tell us.

*I was a Thatcher.*

Mark: Whereabouts did you do that?

*Dorset.*

Mark: There are not many around these days—thatchers.

*No—lots in my day, but then—lots of thatchers. Chuckle*

Mark: When was your day then?

*1860—something like that—a long time ago, isn't it?*

*(Agreed)*

Eileen: Must have kept you very busy.

*It was a good living—not a bad living. You know, it put bread on the table and paid the rent. It was cold; we had some bad winters then—really bad!—you don't know what bad winters are really—not now with all this global warming and things warming up. It's true—it has. We had some terrible winters. You could have snow on the ground for 4 or 5 months, in the winter—it never went!*

Mark: Did you still thatch in the cold?

*Oh, you had to—you had to—very difficult mind. Them metal things—what were they called?—it's so long ago—the blacksmith would make them, they looked like half a ring and when you put them in ... ah blimey! Your skin could stick to those—when it got cold it was like a burn, you know?*

*(Affirmations)*

*You know what I mean by the metal things?*

Mark: Yes. I bet there were some accidents, weren't there?

*Well, I fell off the roof a couple of times—yeah! You couldn't really thatch when it was very icy, or if there was a lot of snow on the roof, you'd had it. We had a hard life, us country folk really—well, we all did—those in the city I understand didn't have it much easier really. At least we had a privy down the garden—they had to do it in the street!—Awful in'nit?*

(Agreed)

Mark: I suppose you had a bit of cider down in Dorset, did you?

(Chuckles)

*Have you been there then?*

Mark: Yeah!

*Well, not so much Dorset, was it? The 'scrumpy' (cider) was Somerset—Somerset made the scrumpy.*

Sara: Nice countryside in Dorset.

*Oh yes, it still is. I love it. I have a look now and again. I can still recognise the coast—the coast you know, it hasn't changed.*

Sara: Lulworth, the lovely rugged place.

*Yeah, that's still—and Durdle Dor.*

Lilian: Chesil beach.

*Chesil! Oh I say—they still fish that stretch like there's no tomorrow—yeah.*

Graham: What do you think of modern thatching now? It is the same skills?

*Same—well actually I think they're a lot tidier than we were. They take months!*

Eileen: Did you use local thatch or did you buy from somewhere else?

*Reeds—we didn't use the straw then—that's not Dorset—it's reeds.*

Eileen: Right, okay.

*They're different—reeds are what holds the warmth in, in the thatch. Yeah, we was busy—not so many now really. All gone—even public houses were all thatched—that's all gone, isn't it.*

Sara: But we did see the other day—we were driving and we did actually see some brand new houses that had thatched roofs.

Graham: That was in Lulworth.

Sara: We were there last weekend and we saw these thatched brand new houses.

*Oh, so I suppose you applied for a job—*

(Chuckles)

*Perhaps I should come back and show 'em a thing or two—no, I wouldn't wanna do it again.*

Graham: What do you do now then? What's your job now?

*I haven't got a job—you don't need a job, do ya?*

Sara: You've got a bit of a job talking to us!

(Chuckles)

*I'm just being funny—I know what you mean—have I got a job? Well, I suppose it's the same as everybody else really. You've just got to do the best you can—help other people.*

Eileen: You've done very well tonight.

*Do you know what Cho said to me earlier on—that once I started talking I wouldn't be able to stop—I think he's probably right.*

(Chuckles)

*He's pulling my jumper. 'Ere—get off!*

(Laughs)

***I'm alright here, you leave me alone!—I'm alright now. He's laughing—I know I gotta go. I'm quite comfy now though, it's not so warm. It's nice, I like you lot, you're alright.***

Mark: You'll come back and see us again then, will you?

***Yeah, I'd like that—just call me 'Bob' next time.***

Agreed

***Robert's a bit stuffy, innit? I'm coming!*** (Directed at Cho the gatekeeper) ***Oh dear, oh dear, oh dear!***

(Chuckles)

Eileen: Is that so someone else can come?

***I don't know—he's pulling me. What's going on? Oh well, I've gotta go, he said—I better go. Love to everybody.***

General farewells

## Betty

Betty describes her work with rescue children. (12/10/15)

***No one have any questions?***

Sara: Can I ask your name?

***I knew that was coming, I just knew it—someone would ask my name. My name's 'Betty'.***  
(Said with a merry chuckle)

Dawn: That's a good question to start with.

***It's polite isn't it—we've all done it, haven't we?—we all do it. Even here in spirit we say, what's your name? It doesn't matter—I'm sure you've heard that before—it doesn't matter, but it's still nice—to be addressed with a name.***

Sara: Have you been before Betty?

***No.***

Mark: ***Did Cho have to push you in?***

(Laughs)

***I volunteered.***

Lilian: Have you been to other groups?

***No. The little group of us here—this is my first time.***

Sara: So what do you like to do Betty?

***I sew for the children. I like children—I like the children—always been happy around children.***

Eileen: What made you want to come to us Betty?—to visit us.

***Well, we're working on 'rescues', regarding the children; and so, to instruct children in rescues, it's important that we experience for ourselves. I can't ask a child to speak through an instrument unless I've done it.***

(Acknowledged)

***—Or guide a child. Do you understand?***

(Affirmed)

Sara: You're doing it very well.

***That's lovely.***

Mark: So you don't feel it a bit warm then—in here, like Bob did?

**No—very comfortable, thank you.**

Mark: That's good.

**So it's been wonderful—and I'm going to do this again.**

Eileen: Were you nervous to do it?

**Mm, it's a bit like going up in front of the headmaster!**

*(Laughter)*

**—Very nervous—silly really, but yes; it's out of your comfort zone.**

Sara: Yes, anything new is a little bit out of the comfort zone, isn't it?—we find that too, with everything we do.

**I know—but isn't fear silly?**

Sara: Well it's worth facing it sometimes isn't it?

**We hang onto it, don't we—even in spirit we hang onto that fear—not in a negative way you understand, but you know, you're still shy and hesitant. There's no need is there?**

Sara: No there isn't, not really.

**What's the worst thing that can happen?**

Mark: You just look a plonker, that's all—but it doesn't last.

*(Chuckles)*

**I love that word!—I'm going to use that.**

*(Laughs)*

Sara: Well we don't have to worry about cabbages being thrown any more do we, or things like that?

**I came after than dear—yes. Oh this has been nice! I'm a friend of your mums.**

*(Warm appreciation of this)*

Mark/Sara: Give her our love.

**She put me in touch.**

Paul: Did you know her on Earth?

**No, we've become friends.**

Sara: Ah yes, because she loves the children too?

**Yes.**

Graham: That's how you met—is she with you now?

**No, she isn't—she IS of course in spirit isn't she—of course she's with us. But not WITH me.**

Sara: Not at this moment.

**No—Anyway, I too am being pulled back now, okay?—so lots of love.**

Sara: Thank you for coming Betty.

**I hope to come at your Christmas time, for the children.**

Graham: Ah that's very special.

**Bye-Bye for now.**

*(General farewells)*

## Sister of Mercy

A prayer on behalf of the group by a Sister of Mercy. (19/10/15)

**Good evening my child.**

Lilian: Good evening and welcome.

*I wish to join with you if you would allow. I have listened to your every words. I feel your pain. I feel your anxiety—I feel all that you feel. When I was here upon this Earth I spoke to God every day (yes), but now I know that God is not quite the full picture; so I would like to take you and say a prayer for all of you.*

Lilian: That's very kind.

*—To ask the Great Creator that you may all be blessed with upliftment—that you be blessed in your everyday lives—that you do the best that you can in that life; and goodness only knows how difficult it is at times to deal with life. We are not unaware of the trials and tribulations which humankind suffers from. Therefore my prayer for you, my dear children, is that you have the knowledge and wisdom to take you forward in all aspects of your life, in order that you do what is necessary for you to do. I extend to you great love. I extend to you the understanding of mankind. And I extend to you all, the knowledge that there exists a much greater life for you when the time is right. So as I come to you all tonight, I wish that you feel the love of spirit—to wrap around you, to comfort, and to love you, each and every moment of your existence.*

George: What a lovely prayer!—thank you so much for that. Might I ask if you were with a religious order whilst in Earth life?

*I was indeed, and I still revert to some of the—as you see, my hands are often joined together (yes), when I return. It comes from a remembrance of who I was, but as you know, it is of no concern any more. And of course, you are right—I indeed spent a lifetime as a Sister of Mercy.*

George: Ah—wonderful! Thank you.

*Yes—thank you all.*

## Olive

Olive shares a little about her life in spirit world, including studying architecture where the materials are very different from on Earth. They are light in weight and in colour, and very beautiful. She also has very itchy feet. (2/11/15)

Lilian: Welcome to you.

*Hello.*

*(Pause)*

*I'm always amazed you sit so still.*

Lilian: Well we ask for healing for anyone who might need some help, and then we just sit quietly and wait to see who might come from your realms.

*I know but—it just amazes me; I never could sit still!*

*(Chuckles)*

Lilian: It's not always easy.

*No it isn't—especially when you have itchy feet! So, have you been doing this for very long?*

Lilian: —for myself—yes, quite a long time.

*—Quite a long time—*

George: More than 20-years.

*Oh that's such a long time! Let me tell you: that is but a blink of the eye.*

George: But a blink of the eye—

***But in your time, I know it's a VERY long time.***

Lilian: Did you used to sit in a group like this?

***I tried, but I was too fidgety—I didn't have your composure. I was too, I suppose, nose-y. I didn't want to miss anything—I wouldn't shut my eyes.***

*(Chuckles)*

***Yes, you may well laugh. It was amusing to me but not the others; so I decided: no, that was not for me. So that's why I'm interested now—yes, so I just come back and look. Not all are as good as you are.***

George: So did you find alternative interests whilst on Earth?

***I just used to pray—that's all I did; and I just found there was a calmness when I did that—a peace that I managed to hold onto. But to actually sit quietly and not say a word, well really that was like purgatory to me—yes. As you probably notice, I keep chattering now, don't I?***

Lilian: Why not?

***Yes. But I don't bring any specific message to you. I just wanted to say how I admired you all.***

George: Oh, that's very kind **(yes)**, but as to describing yourself as 'fidgety', well I can only say: it takes all sorts!

***It certainly does sir—all kinds—yes.***

Lilian: And it's nice you come through to talk to us—that's why we meet.

***Oh I really know the reason why you do it (yes), of course I know—I do know that.***

Lilian: It's nice to chat to someone on your side.

***You like to call on us do you?***

Lilian: Yes, maybe find out what they do in spirit, and so on.

***Anything you want—anything you want to do, you can do in spirit. I'm sure you've been told that before (yes). Yes, of course you have. You're not silly people, are you?***

Lilian: Can you tell us what you do?

***What do I do other than visit people like yourselves? I'm still learning—I'm learning an awful lot; and sometimes I work with the children, sometimes I work with animals, and another time I study architecture (oh!). Isn't that interesting?***

George: It's quite a mixture!

***It IS a mixture, but whatever you want to do, you can do—and I bet you can't say that here!***

Lilian: Not really.

***No, I know you can't.***

George: So you have an appreciation of architecture—

***Well I am (interested) in spirit, because the materials are so different (ah yes). Yes, there's no heavy weight like there is on the Earth—no heavy bricks—nothing that's too dark—everything is light and beautiful; and yet, you can create this beautiful building and it's just amazing.***

Lilian: Have you done that yourself?

***I'm studying light structure at the moment. Yes, that you visualise light and it can become a structure of anything you wish.***

George: Yes—I've been reading about Atlantis recently **(yes)**, and there are wonderful Edgar Cayce accounts of past lives of people on Atlantis **(yes)**, and wonderful descriptions of temples—their architecture, built with red, black and white stones.

*Yes—we wouldn't have red and black in our structures, because it's of a different ilk—is that the right word—I think?*

Paul: Yes.

*I have to say this before we continue: will you apologise to this lady, because I can't stop moving her feet—*

*(Laughs)*

*You see, that's the problem isn't it? Sorry sir, I interrupted you. Yes, our—shall I call them bricks just for recognition? Yes, these bricks are constructed from light, and as you know, light has beautiful colours—shines through beautiful colours, in the same way that the water does. Have you seen anything like that? Have you been aware of anything like that?*

George: I've been aware of Mayan temples that are made of limestone blocks—  
*Yes, that's closer to it.*

George: At night time in certain conditions, you can see a wonderful violet glow from them. *Yes, that's right—you can. Well, you'll have a wonderful surprise when you come to us—all of you will. Yes, and by then I'm hoping that I've built my own structure. But I've got a lot to learn, and of course the problem is keeping two feet to the ground for any length of time!*

Paul: Do you have to learn to materialise each brick?

*You can think—the thought creates. Yes, and as that thought becomes constructed, there it is.*

George: You began by saying you did not come to give us any particular message, but you're giving us a very nice message about your architectural pursuits.

*Oh! I am so pleased! Perhaps I'm not such a scatterbrain.*

*(Laughs)*

*Oh, if only these feet could stay still—I'm so sorry.*

Paul: Oh I don't expect—I'm sure it doesn't bother the lady.

*Well I do hope that you give her my apologies—I've already said 'sorry' but she's not responding.*

*(Chuckles)*

George: Did you wish to interject Lilian?

Lilian: No, no—that's okay—

*Lilian? That's a pretty name!*

Lilian: Thank you. What's your name?

*Olive.*

*(Several repeated 'Olive?')*

*Yes! You can't eat me though.*

*(Chuckles)*

George: Yes, well 'Olive' conjures up very nice thoughts: the olive branch, peace and love.

*Well I strive to be all of those things, but I have to say I'm a bit naughty—I did have a very funny sense of humour and I still struggle with it.*

Mark: Well, that's a nice thing—it's a nice thing to have a sense of humour.

*Well, I believe some people can find it most irritating. But I do know when to stop.*

Mark: Ah, that's good.

George: Well, I think we all appreciate a little humour.

*Yes, it glitzes the day, does it not? Yes of course it does. Yes—oh well, I can hear my friends calling to me—saying: get those feet moving in the right direction!*

Lilian: We're just pleased you've come to visit.

***Yes, it's been a great joy—I've really, really, really enjoyed it.***

Lilian: Come again if you can ***(yes)***.

George: Yes Olive, please do come again.

***Yes—well, you know there's so much to keep us occupied. I'm always amused when people say: what do they do in spirit?—as if it's all or nothing. You know? We are very busy if we want to be.***

Paul: It's so interesting.

George: I think we understand that the main life goes on in spirit and this Earthly existence is just a top-up really—

***Yes—don't make me feel sorry for you.***

*(Laughs)*

***Now I really do have to go. I give my thanks to all of you for allowing me to use my fidgety feet.***

*(General thanks)*

## A Victorian visitor describes life in utter destitution

However, despite the hardship and feelings of utter wretchedness, this was a time of spiritual growth and heightened senses appreciating the physical and spiritual help that was being given. (14/12/15)

Lilian: Good evening.

***Good evening to you all.***

All: Good evening.

***It has been a great pleasure to be here with you, listening to your words. I do quite often listen in, but this time I have been much closer to you.***

George: Ah, that's interesting.

***I always try to bring something to a meeting, whether or not you are aware of what I am trying to do. So this time I thought I would come to you, just to let you know that I do come and bring upliftment and HOPE to you all at each of your meetings.***

*(General thanks)*

George: Upliftment and hope—how wonderful! Thank you very much for that.

***I am always happy to try and help those who are trying to learn more about spirit. I can tell you that when I walked this Earthly plane, I too was helped by spirit, and at the time I was here, I was in much need of upliftment and hope, and it is for this reason that I wish to bring the same to you all.***

Graham: That's very kind of you.

***There are I know, many who are in need of these thoughts from me, but I do find that it is so much easier when I focus on a smaller group and those who have understanding of spirit, so that I can come that much closer.***

*(We numbered 10 on this occasion)*

Graham: I can imagine that would be true—yes.

***At this time of year it is my gift to you and I hope that you will all have much love and joy in the next coming weeks.***

Graham: That's very kind—thank you.



George: Yes, thank you—can you say when you were walking this planet? Was that some time in the past when times were difficult?

*I can tell you it was during the reign of Queen Victoria (thank you). I remember this very well.*

Graham: Lives were very hard in those days. You hear the history of how people struggled in those times. I think we are much more comfortable in many ways than we were then.

*Yes, you do not or cannot imagine what it was like to have nothing.*

Graham: Gosh!

Lilian: Were you aware of spirit? Did you sit in a group like we do?

*No, I did not—I used to sit by the roadside and hope that someone will give me something, and it was at this time, when I was feeling so low and so wretched, that I became aware of the help that was being given me (that's lovely). It was also a time when I began to become grateful to spirit for the help and love they were giving me; and also at that time, someone would put something by my feet. So I was being helped both spiritually and physically. And it is something that I am eternally grateful for.*

Sara: Would you say that you made the link between the gratitude and the offerings that were given to you?

*I think there was a link there. It was a way of them helping me in such poverty that you cannot imagine that the smallest offering was of help. So yes, I was grateful on two counts—for the love and the comfort that I received and for a little physical help—yes.*

Sara: So was it a short life that you lived?

*No, it was not particularly short, and it was in the beginning, extremely hard. But as life progressed, I cannot say it was easy, but it was much easier—yes.*

Sara: Did you always live like that?

*How do you mean—'always'?*

Sara: Did you live a long time on the streets?

*I was not exactly living on the streets, because I did have parents and brothers and sisters—but we had nothing. And as time went on I was a little more comfortable, and I did manage to get some money by working. So I did move on a little, but it was still hard work (yes), and it was still only just enough to prevent me from dying.*

George: —And your becoming aware of spirit was really a turning point for you. Do you see it like that?

*I would say it was such a comfort to me that it was something you could not forget. It was always there if I looked for it—it was always there, and this was the comfort—and I believe it was the comfort that helped me to keep going. Yes, so now in spirit there is no problem, but I sometimes come back to give some love to you who, I have to say, do not struggle in the same way that I did (no). But it is nice to come back and feel the comfort of humans who have understanding of spirit, and that is what I am attracted to.*

Graham: Sadly, there are still people around who are very, very poor, on this planet—  
*—And there are many who are around them helping them, and if they could look to them, they would get the same comfort as I had when I was here. You are never alone, even though you think you are—yes. And we all have jobs or wishes that we like to do, and I feel this is something I like to do at this time. Maybe later, I will branch out and do other things, but at this time, I feel this is how I like to come back and try to bring a little more upliftment, especially in times when you think you are struggling, but in fact you are not really.*

Lilian: —Not to extremes.

Graham: It must be awful if there's not enough warmth and food and shelter. There must be—we've never known that. I can't imagine how it must feel—  
***—Or not enough clothing or shoes when it's cold—yes.***

Graham: Gosh—yes.

Sara: The comfort that you were talking about was the sort of invisible cloak of love, that you felt. Is that right?

***I'm sure it was the love—yes. That is what it was.***

Sara: I know someone who compared to all of us is really poor and very lonely, and she has told me that she has felt enfolded by Angels and uplifted. At times she can sense and feel them around her. She prays a lot and I think she has that comfort.

***Yes—yes, there are always people around you—you just have to open yourself up to them. And now I will return, but I have enjoyed being with you and making myself, or making YOU should I say, aware of my presence.***

*(General thanks)*

George: Well, thank you so much for coming through to us and explaining so much—thank you.

***Thank you.***

## A Victorian farmer who lived a simple life and loved his animals

Very different to how many farms are run today. (4/9/17)

***Hello maties!***

All: Hello

***OK to talk?***

All: Of course, yeah!

***I think you've been talking about my life—animals on the farm, on the sea—I wanted to join the Navy. Never did—wouldn't take me, you know. Yeah, but I loved my animals; yeah, I loved my animals on the farm. Anyway, I've just been listening to you all.***

Paul: Yeah, we've got quite a variety of animals there. *(Referring to the clairvoyance from the sitters)*

***Yeah, very good—weird lot.***

*Giggles*

***Only joking, you'll get used to me. Yeah, always wanted to join the Navy, never could get in—they always had an excuse. Anyway, I'm as close as I'll ever get, you know why?***

Paul: Why?

***Because I'm a lifesaver at the swimming pool! Ha Ha Ha ...***

*Laughs*

Sara: That's all right, isn't it?

***I thought that would make you laugh. Somebody is saying, go cheer them up.***

*Chuckles*

***Quiet little bunch, aren't you?***

Paul: We're all a little bit tired tonight I think.

***Tired? You don't know what tired is!***

*Laughter*

**Tired? What does that mean, tired?**

Sara: I think we are just a bit relaxed. We're interested in what you've got to say.

**Yeah, am only joking, they just said, go on in there, give them a laugh.**

Graham: Thank you.

Sarah: Sometimes when we're quiet, it doesn't mean to say we're unhappy or whatever...

**Oh, I know all that, my dear, I'm not a complete fool.**

*Giggles*

Sarah: I didn't think you were.

**I know you didn't, but I did. Nobody's mentioned my pig.**

Paul: Pig, no, we didn't get any pigs.

**Who's had my pig and not mentioned it?**

Sabine: I don't know.

Sarah: That's probably because the pig was quiet.

*Giggles*

**Cute little things, pigs.**

Sabine: So, you had a lion?

**No, no, the lion's OK just to show him, show it big enough so he'll say, I've seen something—yeah...**

Mark: They're very clever pigs, aren't they?

**Very clever pigs, yeah...**

Sarah: He was obviously a lucky pig.

**I don't know why people are so derogative about pigs, myself.**

Sabine: They're lovely, they are lovely.

**You know they say, 'greedy as a pig', I suppose they are a bit—a bit greedy.**

Mark: But we're quite greedy ourselves, us humans, we like to...

**Don't you talk about me like that son!**

*Laughter*

Sara: Don't they say, 'happy as a pig'?

Mark: Yeah—we even eat pigs, we're the ultimate greedy pigs really.

**I won't argue with you son, you probably know more about pigs than I do.**

Sarah: You worked on a farm then, did you?

**Yeah, I had me own little. Well, I called it a farm, it was probably a field or two.**

Sarah: A small holding?

**Yeah.**

Sarah: So what did you have then?

**What, you want me to make a list? (Yeah) What you usually get on farm? I had a cat, a dog, pig—just one pig and sheep; yeah, I like sheep; a goat, in fact, 4 goats, cow—1 cow and chickens.**

Sara: Lovely.

**That OK?**

Graham: That's a good list.

Paul: You must have been very busy.

**Yeah, it was very busy, thank you very much—not much help going about.**

Paul: Not much help?

**No, nobody wanted to come and help me.**

Sarah: So what did you do with all the animals, did you eat them?

**NO, no you silly little mare!**

*Laughter*

***Eat them? I loved them!***

Sarah: Because most people that have a farm, they have a farm so that they can make some money to live.

***No, I wasn't into all of that. Sometimes I'd sell some things—me eggs I used to sell, just enough to keep me going.***

Sarah: Did you milk the goats? Were there female goats?

***There was 2, but they didn't get on, I had to have them separated.***

Sara: I like the expressions on the sheep, and the lamb's faces. ***(Yeah)*** They're very innocent, aren't they? ***(Yeah)*** They have an innocent look about them.

***Very good, I'd recommend it to anybody—that peaceful quiet, humble life. Anyway, it was just all your talking that drew me back, so I better be off else, you know that one that tries to organise everything.***

*Knowing chuckles*

Sabine: You'll have Cho on your back.

***I got words for him.***

Paul: How long ago was it then your farm?

***How long?***

Paul: Yeah, how long ago was it? Can you remember the...

***In time oh, I can't tell you son, I can't remember all of those things. They don't matter anyway, does it? Who's bothered about how long?***

Paul: I don't know, I thought it might be... these days, it's kind of harder to have little farms like that.

***Yeah, I think there was an old queen on the throne.***

Sarah: Victoria? Would that be queen Victoria?

***Yeah, sounds about right, I don't know.***

Sarah: I remember listening on the radio once, and there was a man, a farmer, who got to 100 and they said, you've seen lots of changes in your life; what was the best change in the life? And he said, when they brought in wellington boots.

***Yeah, hehehe—that's a good one. Yeah...***

Sarah: So, did you have wellington boots?

***Oh no, I had leather boots.***

Sarah: A bit cold in winter?

***Yeah. Anyway, I haven't got all day stand talking to you all.***

*Chuckles*

Mark: Thank you, I like the sound of your farm.

*Agreed*

***Yeah, no strict rules, I just love them and they loved me back. And don't you be going eating them.***

*Agreed*

***I'm off, I'm going now.***

*General thanks*

*Eileen commented after that he looked like he needed a good scrub, which ending the session with more laughter.*

## Mary

We take our traits with us into spirit world, as illustrated by Mary, who was very shy, perhaps due to her background on Earth. It is important for us to know ourselves whilst on this side of things and embrace all opportunities to work on ourselves before returning home. (11/6/18)

Lilian: Hello. Are you the shy person? If you are, don't worry, there're quite a few of us here who are quite shy. We'd love to have a chat with you.

***Why?***

Lilian: Well, we're just a little group of people, did you know that? We love to have a chat together and listen to people from Spirit, and we've just had one we call our teacher, telling us future things that will happen on the planet. Can you tell us when it was when you were living on the planet Earth? **(No)** You don't remember? Was it in England? What can you remember? Did you have pets?

***I had a horse.***

Lilian: What did you call the horse?

***Betty.***

Lilian: Did you love ridding? **(Yes)** Can you still ride in Spirit, or do you just chatter to the horses and not ride them?

***I like horses to be just with me—no one else, because I remember a little bit, when I was where you are, I had a mother who was very strict and she used to shout at me.***

Lilian: She was domineering?

***Yes, so when I had my horse, I spoke to her.***

Lilian: Yes, that would be lovely, wouldn't it? Just to have something peaceful...

***I try to come back sometimes, but I can only come so far and then I want to go back.***

Lilian: Well, you'll go back alright, but it's nice to have a chat, I must say.

Sarah: You're doing very well this time.

***This is important for me, with all of you people, but you're not noisy, are you?***

Di: Sometimes...

***Sometimes—I wouldn't stay if you were noisy. I don't like noise.***

Lilian: I understand that. You were an only child, were you?

***I was.***

Lilian: Yeah, I was too, so...

***Did you have a horse?***

Lilian: No, I wasn't lucky enough to have a horse. I had a dog and a cat, and a rabbit, a few ducks...

***That's all right—I don't know about ducks.***

Lilian: Yeah, you do get used to the quiet, I haven't thought about it much, but you're right.

***But, I'm told, I have to overcome this.***

Lilian: Yes, you will.

Jan: Are you shy in Spirit, as well?

***Yes, and I have to overcome it, and I'm told I either have to have another life, or I have to speak with children or some people who are talkative; but, I have to overcome it.***

Lilian: Yes, I'm sure you will, you are not doing too bad now.

Jan: Do you have to make the decision whether you're going to come back to Earth? **(I do)** What do you think?

Lilian: Are you not quite ready, or you'd rather not?

***I don't want to yet.***

Jan: So that's why they've said, to stay where you are, you've got to be more communicative, is that right?

***That's why I chose to come here. Although there's a lot of people, you're very quiet.***

Di: We're being quiet because we know you're a bit shy.

***Thank you.***

Sarah: We also feel we can't hear what you're saying...

Sara: And I think we've all felt a bit shy at times in our lives, all of us, if not still sometimes.

***(Yes)*** So we all understand it.

***But I've been told, if you are too shy, you are closing people out, and you can't do that.***

Jan: Are you better in smaller—one-to-one, like Betty was, your best friend? Are you better?

***(Yes)*** Have you got somebody in Spirit like that, who you can talk to regularly?

***Yes, somebody called Michael, who is trying to help me, because he knows I don't want another life, not yet.***

Jan: You are very welcome to come, if you have a word with Cho, our little gatekeeper who is my friend—you can come and speak to us whenever you want.

***He makes me laugh!***

Jan: He's really cheeky, isn't he? He was pretending he kept forgetting things. I think he just likes to come and say 'hello' again. He says: "I must tell you, I've just forgotten, yes..." —he's cheeky. With somebody like Cho, you can't be shy around, can you? ***(No)*** He'd be good, wouldn't he?

***Yes, he would.***

Sara: And children are very good, because they're so open and they don't judge, they're always very innocent and I think that's helpful.

***Yes, well, if I make any decision I will come back and tell you.***

Lilian: ...because we all do, we all learn from chattering with other people, listening to their views.

Jan: I've got a picture of Betty, does she have a white blaze and only 3 white socks?

***Yeah, can you see her?***

*Jan then picked up clairvoyance about the horse, which she spent much time with and loved...*

***...but they want me not to be with her so much, because they say I become...***

Jan: Isolated?

***Insular.***

Lilian: Strange ... I don't think it occurred to me, I don't know about the others, that you could become isolated in Spirit; but why not?...

***Well, I understand I shouldn't be, but sometimes with people, it takes a little longer and because I grew up feeling this way, it's part of me.***

Jan: Of course it is; we don't change just because we've gone to Spirit, do we?

***No, but can I say something before I go?***

Sarah: Of course... as much as you like.

***I like all of you!***

Sara: We all like you too!

***Thank you.***

Paul: I've always thought there's something endearing about shy people, even though I agree, it can be a bit insular, but they're generally highly sensitive Souls, which is good.

Lilian: And peaceful. Can you tell us your name so we'll know when you come next time?

***My name is Mary.***

*General comments about it being a lovely name*

Sarah: You're welcome back as many times as you want to come Mary.

***Thank you, but Cho's calling me.***

Sara: You did very well.

***I'm surprised I stayed so long.***

Sara: You've spoken to lots of people.

Jan: Well done, well done Mary. ***(Thank you)*** Please come and see us again.

Mark: You didn't seem shy, you seemed quite talkative to me.

Jan: That's because we're a nice bunch, isn't it Mary?

***A nice bunch.***

*Note: Some things don't change when we return home to Spirit and Mary's shyness is an example of this. So it is important to work on our challenges while we are on this wonderful planet of learning, so we don't take them with us.*

## William

William spoke a little about his life as a ship's surgeon when the procedures were more akin to mutilation followed by dipping in hot tar. Most of the patients did not survive!! William then declared that he wanted to return to this profession in his next lifetime, but this time as a fully equipped and qualified surgeon. (18/6/18)

***Hello there!***

Lilian: Hello.

***I was listening to your conversation. I wanted to be a surgeon.***

Lilian: And you didn't make it?

***No, that didn't stop the desire though.***

Lilian: What did you do?

***On the boats—ships.***

Jan: Captain?

***No, I wish, I wish I could have been a captain, but I was just a hand.***

Lilian: You always had a wish to be a surgeon? ***(Yes)*** Sometimes money came into it, didn't it?

***Yes—just a poor lad who wanted to be at sea. There was too much—now I know, mutilation.***

Jan: Yeah, they didn't have any choice but to take limbs off etc., did they?

***That's right.***

Jan: Do you know, it's always been my fear; I believe that in a past life that has happened to me?

***Did you?***

Jan: Yeah, I have a fear of amputation and just recently I had a broken leg and they mentioned the possibility of losing my leg; I'm not going to, because I've *healed it*, but it was just those feelings that came flooding back that maybe in the past it had happened to me; but they were so brave those men, weren't they?—no anaesthetic like they have today...

***Some survived, but most of them didn't.***

Jan: Is it true that they used to have to use tar?

**Yes ... don't you worry Missy, don't you be worried.**

Jan: No, I'm not worried, not now.

Lilian: As we go through life, there are quite a lot of opportunities to help people, **(Yes)** just in simple ways, which is not bad.

***I've been looking back and thinking how wonderful your lives are today, as far as medicine goes, yes.***

Jan: To be able to turn a tap on and have water—what on earth did you do? You had to store it in big barrels, did you? **(Yes)** And then it went off. **Yes, you wouldn't believe what we put up with now.**

Jan: It was probably better to drink the rum!

*(Chuckling) I say no more!*

Lilian: So what do you do in Spirit?

***I go round trying to help people who are afraid, afraid of illness, like the little Missy here.***

Jan: That's interesting.

**Yes, and I do intend to return.**

Jan: You do—and you want to be a surgeon?

**And I'm going to be a surgeon.**

Jan: Good for you.

**It's taken a long time.**

Jan: Many lifetimes?

**Many lifetimes, yes, and it's been discussed and I've decided this is the time.**

Jan: Fabulous.

Sabine: Do you know where you want to go?

**No, not yet, just the finer details to be sorted, but I know the person will be a good man, will be a kind man and that's important too. (Agreed)**

Di: Especially in that line of work. **(Yes)**

Jan: So, this fascinates us; so, you've made a contract—you already know who your parents will be? **(Yes)** You've already seen your future life as a surgeon? **(Yes)** So, where does the free will come into play, whilst you'll be here, this time around as a surgeon? How do you know that you'll...have you seen, is it written that you *will* make it?

***It is written, but at the same time you are not made to return if you do not wish, you have to be ready. So that's where your free will stands. (I see) And of course, once you come to a lifetime, there is always the possibility of straying from what you should do; (Yes) that is free will again. Yes, is that what you mean Missy?***

Jan: It is—you know, when somebody returns and they've made the contract and they know the reason why they're returning, and then whilst they're here, through no fault of their own, it could be that circumstances change while they're here and they take a different pathway.

**Yes, well, they will return back here to Spirit and it will all take on a new image, yes. But, I know, I just know that this next life will be successful; it will bring me peace and happiness, which I have sought for many, many centuries.**

Jan: When your Spirit returns, part of your Soul returns, **(Yes)** are you in Spirit able to witness that life unfold, or are you taken to one side, until that Soul returns back home.

***I see what is about to happen in that lifetime. It is there already written as I think you might say, but, of course there are many times when it can be changed.***



Jan: So right at the last moment you could be returning as a male and then it could be changed, right at the last moment that you'll then be a female. Does that come into play? **Yes, there are many, I will call them 'hazards', but it is not really a hazard,** (no, of course not) **it is part of the life that you are going to, and if that should be the case, where things are changed, then so be it for a short time. And let me tell you Missy, lifetimes are very short spans of time.**

Jan: Yes, they are, aren't they—a blink of an eye to you, **(Yes)** and that surgeon will be back home again.

**Yes. I hope all goes well and I am able to accomplish what I have wished for.**

Jan: I'm sure it will, you have the will, you have the wish and the...

**...desire, yes.**

Jan: The desire.

Sabine: And the heart.

Jan: And the heart, yes, as Sabine just said.

**But I was just listening and I felt I wanted to come and talk with you.**

Jan: Am glad you did. Did you hear talk about cannabis oil?

**Yes, I am not too familiar with it at the moment, but I know that many people have told me, it should be being used for good; as long as it is for good means and helping people, I cannot see a problem.**

Jan: If you travelled to places like the West Indies etc., I wonder if you had come across the marijuana plant, it's been on the planet for many centuries.

**Yes, there are even plants you don't know about yet. They will be discovered in time to come.**

Jan: Brilliant. Have you seen all the modern day technology and equipment and cameras that the surgeons use today?

**I have and I have been trying to follow what they are for, because as you can imagine, in my lifetimes there were no such things.**

Jan: A knife...

**A knife yes and hammers and things...but no, it is a big step, but it's one I want to take.**

Jan: Well, they do a magnificent, magnificent job. The surgeon that worked on my leg, is an army surgeon, so he was used to seeing really terrible injuries on the field, and without his expertise, I don't think I would have walked as well as I do. They do amazing things.

**A couple of hundreds of your years, you probably would have had to have an amputation.**

Jan: I'm sure I would have had done, yes, that was all they could do really.

**Yes, don't you worry though Missy.**

Jan: No, I've got my leg.

**Don't worry.**

Jan: Yeah, I won't, worry.

**I feel I have to leave now, I've said my little piece.**

Jan: Well, it's been fascinating, I could talk to you for a long time.

Lilian: Can you give us a name?

**My name is William and I will be known as William too when I return.**

Jan: We were told about a William weren't we guys a couple of weeks ago? Was the name William mentioned—we had to listen out for this name? **(Agreed)** Yes, we were. So maybe you're the William.

**Yes, I wish to smile, so perhaps I am the William.**

*Giggles*

***But, anyway, I say God bless you all. Thank you for listening to me.  
Thanks and farewells***

## Sister Anna

Sister Anna describes the huge changes that have occurred and how much there awaits her now that the religious order has been left behind. (25/6/18)

***Is it my turn?***

Lilian: Yes, it can be your turn.

***I'm so excited, I am so excited to be back here.***

All: Welcome back!

***You will not recognise me, because last time I saw you, I was moving forward.***

Paul: Not Sister Anna?

***Yes, yes it is! How wonderful to recognise me!***

Jan: Well done Paul.

***I've disposed of my garments.***

Lilian: You weren't the one with a hat?

Sabine: No that is Emily.

***I wish I had a hat.***

*Giggles*

Lilian: We have another friend, she wears a hat.

***I was quite serious, do you remember? (Agreed)***

***And I have moved forward, so this is a very special occasion for me and I am so excited, I cannot tell you. And I thought, I remember those very good friends from time gone by and I must tell me. And it feels so strange and yet I took that leap to dispose of all of these habitual things.***

Jan: Because last time you came you were still wearing a habit weren't you?

***Yes, yes and I have moved on. As I said, this is a special occasion for me.***

Jan: So, does it feel liberating, (***Yes***) in a spiritual way?

***Yes, because although we have clothes still for recognition purposes, we do not need them.***

Jan: No, not at all...

***And I congregated with all the others.***

Jan: That must still have been pretty difficult to cast off the habit. (*'Habit' as in nun's garb*)

Lilian: ...Break the habit. (*'Habit' as in regular activity*)

*Chuckles*

***She is so sweet, isn't she? I remember this dear lady. I cannot stop smiling.***

Jan: So how are you now wearing your hair?

***Well, I had it cut.***

Jan: Because it would have been very long?

***Yes, and that was liberating. I could not believe I had waited so long.***

Jan: It was right down your back? (***Yes***) I can see that.

***It was a trial at times, especially when we were allowed to wash.***

Jan: It took so long to dry!

***Yes and we weren't allowed to wash too often—am I giving away their secrets?***

Jan: Not many.

Di: We won't tell.

*But I just had to come back to say thank you to all of you for listening to those time when I probably was still preaching to you, was I?*

Lilian: I don't remember preaching, but it's interesting to talk to anyone from Spirit, knowing how they get on and so on. What do you do now in Spirit?

*I am helping very small babies and children.*

Jan: Yes, you said that last time.

*But I cannot do it all the time, because I have moved on; I cannot spend all of my time in the lower realm. But I do love, because of course, as nuns, we never had babies.*

Lilian: Yes, you must have loved that time for a little while.

*Yes, yes, but I've since learned that some nuns have had babies, I have learned a lot.*

*Giggles*

Lilian: I'm sure you did.

*Yes, yeah.*

Jan: May I ask an impertinent question? *(Mm)* From a life of a strict order, a religious regime and a religious thinking, how is your thinking changing now? What's the biggest...?

*My thinking has changed to the extent that I now realise how 'caged' we must have been, how restricted in our thoughts and all of that, all of that, and then to suddenly come to the realisation that it was not necessary, it did not make me a better person; that is what I have learned. I am me, I always been me and I always be me and as I move forward in time, hopefully, I will become more and more refined.*

Jan: Do you think you would like to come back in time? In the future, experience those things that you weren't able to, as Sister Anna?

*Well, I realise now that I have had many lifetimes.*

Jan: Of course, have you had children before, in other lifetimes?

*I have, I once was a spinster in a lifetime here, who helped a mother who had far too many children.*

Jan: So you've always been connected with children?

*I have been connected quite a lot. And of course I have been male as well; you are free to know all of these things and it is just wonderful.*

Jan: How do you view the church with your faith changing? From Spirit, is it becoming much more liberal in its thinking?

*Yes, from what I can tell, churches are disintegrating a little bit. Especially in your time and I am pleased about that, although when I look back, I realise it served a purpose for me.*

*(Agreed) I think it did.*

Jan: I think it served a purpose for a lot *(Agreed)* and it was appropriate for its age, it's time.

*Yes, and don't forget that you choose what you come back to; you know, you have that choice.*

Di: It's hard to remember that sometimes.

Jan: Of course.

*I'm sorry, what did the lady say?*

Di: I said it's hard to remember that sometimes, that you choose.

*I always was quite content as a nun, I liked the feeling of joining with God.*

Di: That's lovely.

*And it did serve a great purpose for me. But now, I am free and I intend to learn so much in this interim period of time, because, to answer your question, I think I will be returning at some point.*

Jan: At some point. We had an interesting chap last week called William; he said he was on the verge of returning, there just had to be a few twigs here and there.

Paul: ...to be a surgeon.

Jan: Yes, he wanted to be a surgeon this time.

Di: He was very determined.

*Yes, unfortunately for all of you, these time are so few and it's impossible to tell you all the wonderful things that happen to you, when you return Home, because this is your Home, (Absolutely) and I wish people could recognise that.*

Jan: I think that the recognition is growing, which is why the populace on this planet are moving towards more spiritualism (*yes*) than they are (*yes*) organised religion.

*Yes, there are many more good people on this Earth than there are bad ones.*

*Agreed*

*Always try to focus on that. Always try, if I may say, and perhaps I am returning to this nun, try to do a good deed every day. (Agreed) It need not be anything big... a smile, a 'hello', that is what I feel I missed a lot in the lifetime of being a nun.*

Paul: Interaction?

*Well, silence.*

Paul: Ah yes, of course.

*We spent so many hours in silence. And I think the interaction of human beings is important.*

Jan: Oh definitely, that's how we're all connected. (*Yes*) But in the same way, being in a silent order, you were connecting in silence, because obviously, in your quiet times of prayer and thought, and thought is the most powerful thing we have, then...

*And it is also the most disturbing, because may I make a confession to you all: Sometimes in my silent times, my mind was wondering where it shouldn't have gone.*

Jan: Yes, we find that when we meditating.

*Yes, so you understand—you understand that you need to be in control of your mind and so I would never had made that confession on Earth.*

Jan: No, that's just being human.

*Yes, of course.*

Lilian: We've been told, just maybe walking in a woodland and seeing all the beauty that, in itself, is a meditation.

*Yes, it is God's creation. I know you do not speak of God in the 'regular way', but it is easier when you speak to someone, to speak about what they understand. So, God was always the word we, as nuns used, when we were allowed to speak. But this has been so wonderful for me.*

Lilian: Well, it's been pretty good for us.

Paul: Yes, it's lovely to have people coming through from Spirit and having such a nice, *good* feeling returning, because in some ways this planet is a heavy planet, it's got its dark, troubled times, (*yes*) but there's pockets of warmth everywhere as well.

*Of course...*

Lilian: I was going to say, most people are good people.

*And all of you in this room are good people. Otherwise we would not come.*

Lilian: I mean, I look at it, say the road that I live in, everybody's OK, they may not think the same as me or whatever, but they're good people at heart.

*Yes, I'm sure the teacher that you have, has taught you that you can have someone who doesn't impress other people, but has a beautiful soul. Yes, I'm sure on your papers that you have written that we must have spoken at some time.*

Paul: Yes, there is a bit of goodness in everyone, we've been told that little spark (*yes*) is in absolutely everyone.

*Yes, well, my time is coming and I really want to say this truly is my last visit, I no longer am Sister Anna.*

Paul: Have you got a new name now or? Just Anna? Or?

*I am going to choose a new name when the time comes for me to return, but at the moment, I am happy just to be called Anna.*

Paul: Yep, that's a nice name.

*But no more Sister Anna.*

Jan: No—so you're moving forward Anna, you are moving to the next realm?

*I am moving forward, I am.*

Di: It's so lovely to know that you've progressed.

*Yes, you can, I promise, I make this promise to you that you can do whatever you wish; but the freedom I now feel is almost overwhelming.*

(Wonderful) *So I will say to all of you, God bless you all.*

*Finally, the one via Sarah returned to give further insight.*

*And now may I say that the group behind me are also nuns who have shed their garments; they too have come to the realisation that they are not needed. And the words of Anna are echoed throughout this other group.*

Paul: Good! That's nice to hear.

*And now I will leave you.*

Thanks

## Jeffrey

Jeffrey wanted to say a few words on behalf of Jack, to say that greater use of trains would be a good way forward. (18/6/18)

*My name is Jeffrey.*

Lilian: Hello Jeffrey. You're the first one to visit?

*Yes, I'm a little bit afraid, I haven't done this.*

Lilian: Just take it slowly.

*It is a nice place and you are very nice people—I wanted to say that.*

Thanks

*There's so much I want to talk about, I don't know where to start.*

Paul: Take your time, we're grateful of any communication.

*One of them wanted to talk about trains.*

Lilian: Trains? (*Yes*) Steam trains or the trains we have today?

*Well, the trains that you have today are in a way as good and not as good as the steam trains.*

Lilian: Probably going too fast.

*Not in that way, the way they carry things they are not as efficient as they could be.*

Lilian: Did you like trains when you were here?

*No, I'm not the one that wanted to talk about trains.*

Di: What do you like to talk about?

Jan: Have you got somebody with you who's talking about trains? *(Yes)*

Jan: May I have a name?

*His name is Jack.*

Jan: Right, OK, so Jack is telling you what to say?

*Yes, because he hasn't been picked. I don't know why they pushed me, am not very good at this.*

Jan: You are doing OK. So Jack liked trains?

*He was the conductor.*

Jan: OK, in the age of steam or as a hobby?

*In the age of steam.*

Jan: Well, they were dirtier, but in some ways, I suppose, not being diesel engines, they were also cleaner, more efficient, maybe more environmentally friendly, I don't know.

*I think that's what he was trying to say.*

Jan: Right, OK—an awful lot of coal—of course, once the coal ran out, that was the end of the steam train—once we didn't mine anymore. What sort of year are we looking at for Jack? What year does he remember, if any?

*He just liked to smile in the wind.*

Jan: Smile in the wind? *(Yes)* As he was the conductor on the train, hanging out the back, or the front in the wind.

*In the front.*

Jan: In the front, right, wearing a flat cap?

*Yes, he seems to have a neckerchief as well.*

Lilian: Well today, in this time of electric trains and so on, the steam trains are loved by so many people, you know nostalgic and whatever; but yes, they were a bit dirty and dusty.

Jan: So what messages Jeffrey are you and Jack bringing to us? You just wanted to chat?

*He wanted to say that he's been nudging to have more efficient trains—we need more people on the trains.*

Jan: We could do with those—true. But they're so costly, it costs so much to have a ticket these days, and even if you've bought a ticket, you have to stand up. Yeah, we need more carriages and longer trains.

*So he's trying to nudge the people to change things, and go back into trains. Putting people on trains.*

Jan: That's an important message, an important thing to want to impress, yes.

*That was Jack's message.*

Jan: Have you got one for us? Do you want to talk about anything while you're here? It seems a shame to waste it really.

Lilian: I think there's someone with Eileen, so perhaps it's time. Thank you for coming.

## Isobel

Isobel had a fear of sickness, or emetophobia, that actually ruined her life. There was not the understanding then, that there is now. (2/7/18)

*During healing prayers, we asked for a friend with fears relating to being sick—  
'Emetophobia'*

All: Hello Cho.

***There are some people who want to talk.***

Paul: Ah right. That's good.

***Yes, the lady brought it up about being sick. We have someone with us who would like to just tell you her story.***

*Thanks*

Paul: Will she be using the lady you're using?

***I'll find out. Yes, yes. I say bye for now.***

All: Thank you. Ciao Cho.

*Our expected guest followed via Eileen:*

***Hello.***

All: Hello.

***I'm very hesitant to come to speak with you. Yes, I...***

Sara: Don't worry.

Sarah: Just relax and be yourself.

***Yes, I suffered very badly with the fear of sickness, I had it as long as I could remember, when I was on the earth plane; I don't remember too much where I was, but I still retain a little fear. So when I hear of someone afraid of sickness I like to come and try to help them.***

Sara: Did you ever find a way to overcome it?

***I do not wish to make you despondent, but in my case, it lasted a lifetime. I know now I could have let it go, but I didn't know how. But yes, it's a dreadful condition. In fact, I think I could go as far to say it ruined my life.***

Sara: I'm so glad my friend wants to try and get help.

***Yes, I will do what I can as well.***

*Thanks*

***Because it can be let go of, yes, it is a little fear.***

Sara: He's had it for a long time, but he didn't really want the help until now, but because he wants to work with young children, he knows that he'll probably be dealing with sickness sometimes, and feels he must deal with it.

***Find a good person who will help him and I will help from this side, because I know what it feels like.***

Sara: And it worries me, because he doesn't always eat enough because of it.

***Yes, many, many facets to it. With mine, I would not go anywhere, because I was afraid of the sickness and the problem with being with babies and young children is that they are always being sick. It seems cruel, but it's a fear from inside, it's a fear that the body is not as perfect as it should be. That's what it is.***

Sarah: It's not a fear that's been brought to this life from a previous life then?

***Well, it can be, because I held onto my fear; although I have worked through it in Spirit, but some people may take back something from a previous life. I am feeling quite good about him. May I ask his name?***

*The name was given*

***OK, I have made a note of that name and I will hope that he let's go of this problem in this lifetime.***

Sara: That's wonderful. It does come and go a little bit. There are times when he eats like a horse—when he's hungry and he forgets about the fear. But then it will suddenly come again and will interfere with appetite.

***But does it not show you how it is connected to the mind?***

*Agreed*

***Yes, when the mind is occupied it is not so bad.***

Sara: Yes, absolutely. I think he understands this too, but hasn't been able so far to completely control it.

***Yes, what he doesn't need is for people to constantly say 'things will be OK'. They will be OK, but he knows that—deep down within his heart, he knows this.***

Sara: So he doesn't need anyone to say that?

***No, it only brings pressure, because I remember that pressure too.***

Sara: Yes, he's not one who likes too much to be said, he likes silence actually.

***Yes, it gives him time, I feel, to work out what he is thinking.***

*It was then mentioned that his parents are rather chatty/talkative, but that he needs space/silence.*

***Yes, but do you know why? Have you been told why? So that the energies that all of you and each of you have, are balanced out. Can you understand that?***

*Affirmed*

***So, if you are chatty, his quietness balances things.***

Sara: Oh, isn't that good, yes, that's rather clever!

***Yes, I thought perhaps you would have known that?***

Sara: It makes perfect sense, it's just something I hadn't particularly thought about, but now you mention it, it's very good.

***Yes, do not make too much worry and fear for him; be uplifting, yes, uplifting—yes.***

Sara: Yes, he's quite a joyful soul anyway, a lot of the time.

***Yes, but he just needs this little extra help.***

*Agreed*

***Unfortunately, I never received it. I was told, if I remember correctly, not to be so foolish—and that is not the way to deal with it.***

Sara: You were given more anxiety with it.

***Yes—I'm so happy to have had this conversation with you.***

*Agreed*

***Yes, I hope it helps you and I will do all that I can.***

*Thanks*

Sarah: I was just thinking, it was a shame it spoiled your whole lifetime, but on the other hand, now you've come back to help Sara's friend, you totally understand the situation; so that's very good.

***Yes, there is always a good reason, isn't there?***

*Agreed*

Sara: And he will be so happy when I tell him that you came to talk about it.

***And tell him also, it is not so uncommon. He probably at times, feels he is alone, but you're never alone.***

Sara: He recently joined a chat forum, with other people who suffer and I think it gave him a lot of comfort to see that he wasn't the only one.

***Yes, there are many good people on Earth; just find the best for him and we will help with the healing aspect from Spirit.***



Thanks

Paul: Can we have your name, so that maybe Sara's friend can think of you?

**Yes, I was called Isobel—I still retain that recognition, even after all this time.**

Sara: That's really helpful, thank you.

**I have to say farewell now. Thank you for listening.**

Paul: Thank you for all the wonderful advice. I'm sure it'll benefit others too.

## Georgiana

Being a strict parent just pushes it underground. (10/9/18)

Georgiana:

**Hello.**

All: Hello.

**Cho let me come.**

Paul: Ah yes, you are very welcome.

**Thank you. I won't stay long, I just wanted to tell you, I use to like lipstick.**

General: Ah!

**My mother used to be furious, she didn't approve at all.**

Paul: That's a shame.

**As you were talking about lipstick, I thought, I should visit then.**

Di: You are Georgiana, are you? **Yes.** Welcome.

**Thank you. Yes, my mother was against all things pretty. She was a very practical lady, and it was beneath us. So I used to sneak out into the garden to put some lipstick on.**

Claire: What colour?

**Anything.**

Sarah: So were you a bit older when you put the lipstick on where you? **Yes.** Ah right, ok.

**Yes, I've got a very childish voice and I still have it when I come back. I'm not as young as you probably think. Yes, my mother almost kept me under locking key.**

Di: You poor thing.

**She was quite selfish, yes, in that respect and I nursed her till she passed.**

Sarah: Oh that was very good of you.

Di: Then you got lots of lipstick after that.

**Well, strangely it didn't bother me so much when she'd gone.**

Di: It was a way of rebellion.

**Yes, I think so, yes.**

Di: Good for you.

**Yes, I can almost taste it. The lady I'm using's got lipstick on, and it's almost like I can taste it, is that odd?**

Di: Triggers a good memory.

Sarah: What sort of time where you on the Earth?

**It was early, you know, I get so confused when people ask me that. I think, I believe it was 1900, yes early 1900.**

Sarah: The reason I'm asking you because my aunt had the same thing. Her mother had 5 children I think and she didn't let the daughter going to the parties or have anything. Yes, very strange.

**I think they must feel that they're protecting them, the women, I don't know. I think it's nice. Anyway...**

Sarah: And you're happy now?

**I'm very happy, thank you. And I go and thank Cho for letting me push through.**

All: You are very welcome

Sarah: We are always please people coming over.

**So what I'm going to do is to plant a kiss on each of your cheeks, a little lipstick kiss on your cheeks.**

All: Thank you.

**I'm going to stay good bye.**

## Crystal

After healing prayers, which included some thoughts for people who found school difficult, one called Crystal spoke through Sabine about her struggles at school and how she now works from spirit, using her experiences to try to help teachers. (15/10/18)

Paul: Hello, are you okay?

***Hello, I was listening to the problems in school; I never liked school much. (Right...) It seems that sometimes the teachers don't have the heart in the right place, if you see what I mean?***

Paul: Yes, that's right, there's a lot of good ones, and there's a few not so good teachers.

**(Yes)** So in your school, you didn't have very good ones?

**No, I didn't have a very good one, no.**

Paul: Can you remember how long ago that was?

***It was a time...I'm not sure when it was. I remember the teacher slapping our fingers with a ruler.***

Paul: Right, yeah, they're not allowed to do that now.

***Oh, well that's good then; yeah, that needed to change, I think. My little finger has never been the same since.***

Paul: What, even now? You know you can get help, if...

***Oh now it's all good, but when I was in school...***

Paul: Yes. So, what do you do now?

***Well, I'm around teachers, sometimes whispering to them to be more patient.***

Paul: Right, you like to help out in the classroom a little bit?

***Yes, it seems that the teachers don't understand the children. (Yeah) What they're teaching them is not what they're meant to know, in order to live a fulfilled life.***

Paul: Yes, it's a little bit too ...the children aren't *nurtured* perhaps enough in schools. ***(That's right.)*** So, if you came back and had another life, would you like to work with children?

***I would, I would like to work with the teenagers; they are the ones that are mostly misunderstood, and they're not being helped in the way that they should. It's not an easy time in life, with all the hormone changes and the possibilities that are open to them.***

Di: It's a very confusing time, being a teenager.

***Very much so and all the adults around them, just don't know or don't want ... I don't know, they're just not reaching each other.***

Di: They're not really listening to each other.

***No, they are not. And I would like to help more in that way, and that's why I'm part of a team that go around and whisper a few words to the teachers, when they're not listening properly to what's there, or not taking the time to be with the child that needs the help just right now.***

Paul: Good, and do you feel it has some effect on some of the teachers?

***Some teachers are very open and it comes through and I can see them feeling so uplifted, saying, 'I'm so pleased I took 5 minutes.' But, some other ones, it's harder to get to them; but never mind, we keep on trying.***

Paul: Yes, part of it's the teachers and I guess part of it is the structure of the way the schools are set up? ***(Yeah, I guess so.)*** Class sizes are quite large these days and sometimes teachers have to stick to a certain curriculum—sometimes the children are just not interested in what is being taught.

***Yeah, that's what I was saying, they are not telling them what they should know.***

Di: Were you a teacher before?

***No I wasn't. I don't think I could have been after all the harassment I had at school.***

Di: I understand.

Paul: It's sort of spurred you on, has it, ***(Yes)*** to get involved in teaching?

***Yes, once I went back to Spirit, it was obvious that with my earthly experience, I could help out.***

Paul: Good! Well, nice of you to drop in.

Di: And your name is?

***My name is Crystal—thank you for listening to me.***

*General thanks and good wishes*

*Crystal added: Thank you for your work, for spreading your words as well and hopefully reaching some of those teenagers too.*

Paul: That would be lovely, yes.

***You'll find a way to do that...***

*Sabine said as she returned that Crystal was full of Love.*

## Malcolm

One called Malcolm followed via Eileen, who wanted to share his experiences with dwarfism at school. (15/10/18)

***Hello.***

Paul: Hello.

***I didn't like school.***

Paul: Ah, you didn't like school either. No, I think a lot of people don't.

***Excuse me, are my feet touching the floor?***

Paul: Are your feet touching the floor?

Sabine: I think they *are*.

Paul: Yes, I think they are. Can you feel the floor?

***I thought I could, but when I was here, my feet didn't touch the floor.***

Sarah: Because you were much younger probably.

**No, because I had dwarfism and I never could touch the floor. The children were cruel. When the lady was speaking, (Crystal) I thought, I've got to tell them my story.**

Di: Ah, thank you for coming to share with us.

Paul: We would love to hear your story, yes.

**I had problems with my hand, so I couldn't write properly, and they called me, I don't remember the word, 'Dunderhead', or something; not very nice to me.**

Paul: No, children can be very cruel at times.

**And my little sister, she didn't like school either.**

Paul: No, it's very hard, I *think* there is some progress, you know, there has been some progress over the years, but even now, a lot of children leave school, not with good experiences at all—being bullied...

Di: Especially if you're a bit different.

**Yes, I didn't want to be different, I wanted to be the same, but they wouldn't let me be the same. I think my brain's the same?**

Paul: Of course it is, yeah, but did you find *anyone* that was a little bit friendly?

**Yeah, the teachers were nice, (That's good...) they helped both my sister and myself.**

Sarah: Was your sister, did she suffer from dwarfism as well?

**Yes, not quite as severe as mine. I'm sorry if I'm moving my feet, but I like the feel of them on the floor.**

Paul: Oh yeah, of course, I'm sure the lady won't mind you doing that.

Graham: It's a shame, they didn't get a chair for you that was appropriate.

**Sorry?**

Graham: It's a shame they didn't get you a smaller chair, it would have made you much more comfortable.

**They did get a smaller chair, but it still wasn't right. And there were little stools to stand on; but it wasn't the school, they tried to help, it was the children.**

Paul: It was the children, oh dear...

**I just wanted to have a best friend.**

Di: I think children sometimes are afraid of people that might not look quite the same.

**They called us names.**

Di: That's right, they can be nasty to cover up their own fears.

**My sister was very brave, I never told mum or dad, she used to swear at them, and tell them to go away; but I was more shy.**

Di: Did your sister go to the same school as you? **(Yes.)** So at least you had each other for a little bit of support. **(Sometimes.)**

Graham: You would have been in different classes though, **(Yes.)** with different ages.

**We were in different classes. There was one lady, I remember who was very kind, and very helpful.**

Paul: Ah good, good.

**But she didn't know how bad the children were. Anyway, I just wanted to return to tell you. If you saw my sister now, you wouldn't believe it.**

Paul: Ah, yes, of course, it's all behind.

**Yes, she wanted to be extra tall!**

*Giggles*

Paul: So she's really tall now, is she?

**She's really, really tall.**

Paul: Wonderful! Have you been able to see any of the children that were bad to you?

***Yes, they're very sorry of course; it doesn't help, at the time, you are struggling.***

Di: That wasn't a nice experience. What was your name, and your sister's name, can you remember?

***My sister's name was Janette and I was Malcolm.***

Di: Malcolm and Janette, that's nice names. ***(Yes.)***

Sarah: Mind you, sometimes being a dwarf does have it's advantages, because I remember seeing a programme about the war, and there was a family, and I can't remember how many they were, but there were quite a few of them, something like 6, and they all had dwarfism, they were brothers and sisters, and they were saved from the gas chamber, because they all could play instruments and they were treated as a bit of a show, but they survived, simply because they were dwarves; so it's something to be *proud* of, actually.

***Yes, well, I just wanted to grow and put my feet on the ground, I didn't really want to be a hero, I just wanted to be normal.***

Paul: Yeah, I can understand that.

***And I've met one teacher here, where I am.***

Sarah: So you were able to thank that teacher?

***I did, but of course, we're all on equal footing now. (Agreed) Anyway, I just wanted to say that.***

Di: Thank you for coming to share that with us. ***(Agreed)***

***Want to thank you for listening.***

All: Thank you

## Why give a name when you feel part of all things?

A visitor comes to share a little about coming back. (15/10/18)

Sarah: Hello, would you like to talk? Good evening and welcome.

***I'm just looking.***

Di: Are you looking at all of us, or looking for someone in particular?

***No, I'm just wondering, I didn't think this was possible. I didn't believe it—and now look what's happened.***

Paul: Yes, you wouldn't be the first not to believe that.

***I knew you could talk to people once they died, I knew that, but I didn't think you could come back.***

Paul: Go the other way? ***(Yeah)***

Sarah: Just for a visit?

***Just for a visit.***

Graham: Is this your first time trying? ***(Yes)*** Oh gosh.

***That's why I was looking around. Do you all do this?***

Paul: Well, not all of us are mediums, but we all come to this group every week.

***Well that makes you all mediums, doesn't it?***

Paul: Well, sort of, yeah.

Graham: We're all part of it, ***(Yes!)*** our energies and everything contribute.

***I keep hearing that word since I've been over.***

Paul: What, energy?

***Energy, energy, energy...***

Graham: It's a big subject, isn't it? **(Yes.)**

Sarah: That's what we're all made off, just energy.

Graham: We don't really understand it all, but we have been told.

***You'll never understand it all. The more you ask, the more you have to look.***

***So, who's in charge?***

Sarah: We're all in charge, we don't have a boss.

***You're all in charge?***

Sarah: Yes, we're all on the same level.

***Well, I never...***

Paul: The lady that normally is in charge, isn't here this week...

Sarah: But she's not really *in* charge, it's just somebody who is aware of who comes to visit.

Di: She's really good at talking to our visitors.

Sarah: Lilian, her name is.

***Yes, I've heard that name as well—somebody called Lilian, and she's not here.***

Sarah: No, she has to rely on somebody to give her a lift in the car, and that person couldn't come this evening, so therefore she didn't come.

***This is another thing about coming back, you see so much more.***

Paul: Right, I bet you do, yeah.

Sarah: When were you living on this Earth plane then? Was it a long time ago?

***Well, it just feels like 5 minutes ago. But I know there was a war. I think—I'm not sure, because your memory has cleared when you come, and it's difficult to come back.***

Di: And then try to remember all over again...

***I think it was like 1916 or something.***

Sarah: That was during the First World War; and you were killed during the war, were you?

***Yes. That didn't bother me, because I knew there was something afterwards. It was just this coming back that fascinates me.***

Sarah: So have you been thinking about coming back for a long time?

***For quite some time, yes, I've had to have a little bit of encouragement.***

Sarah: Yes, you probably weren't quite ready before. **(No.)**

Paul: But most people in the world today don't realise that this can be done.

***Most people.***

Paul: The vast majority of people don't realise that we could talk to people in Spirit and people in Spirit can come back here.

***Oh I know that sir, because I've met some of them and they're just completely shell-shocked, to put it politely. Yeah, they didn't really believe much and then when they get here, wow! Yes, it's a big shock.***

Sarah: Yes, but you had some belief in it before you died. **(Yes.)**

Graham: That would have made it easier for you then.

***Definitely easier, yes.***

Graham: So when you say you can see more, what can you see that you couldn't see before?

***Here? (Yes.) I can see that you've all got different colours, I can see that you're all together in a room, only because of the light and the colours. I couldn't have done that when I lived here; or lived where YOU are, I mean, not lived here. (Yes.) You just see what people are thinking sometimes as well.***

Sarah: Yes, that's the mind-to-mind.

***It's fascinating.***

Graham: **(Agreed)**—sometimes I rather not know. **(Yes.)**

Sarah: Would you be kind enough and tell us all what colours you can see in all of us if you go around the room? Would you be able to do that for us?

*It's not what I'm supposed to do, but...*

Sarah: I won't make you do anything you're not supposed to.

*You all just, some of you have tinges of different colours together, which is, I think you would find difficult to explain. You all have a blue shade, I know that, which is a healing colour.*

Di: Ah, that's nice to know.

*I think possibly you all know what you're doing, it feels like...*

Di: Finding our way...

*Yes, but you have this 'knowledge', I nearly said 'belief', but it's not a belief, is it? (Agreed) You know what you're doing.*

Sarah: We had a very good teacher that's come through for many years now, Salumet, and so we've learned an awful lot from him.

*Yes, I have seen him once or twice, but he's called something different where I've been, where I come from.*

Paul: Yes, it's just a name, isn't it? What is he called, out of interest, where you come from?

*He is known as Starlight 5.*

Paul: That's a wonderful name!

Sara: How do you see him?

*You don't actually see him, you feel him, you sense him, you see colours, and you just are connected to the voice. Not everyone can see him, or feel him.*

Di: So he is a teacher for you as well, is he?

*He teaches, but not very often, because I believe, it is not easy to come back, it is easier to go forward.*

Paul: Does the number '5' have a significance?

*It is part of his, I don't know what word you would use... initiation, recognition? He is part of something much, much greater and I believe I am correct in telling you, you are just with a part of this being.*

Paul: Right, he can't, sort of, it's the wrong word, he can't come to this level so easily, **(No)** I'm sure.

*No, that is why, you have had rules and a few regulations over the years. At first, he had to be happy to come and be comfortable with the instrument and to teach this instrument, what was necessary for him to speak.*

Sarah: Well, they've both done a wonderful job.

Di: Amazing... and your name? What about your name?

*It doesn't matter what my name, I do not give my name.*

Paul: Yeah, that's fine, names are not important really, **(No)** only if people come back again, it's quite nice to have for the recognition, but it doesn't matter.

*Yes, I have never been one to give my name; I feel a part of all things, so why do you need a name?*

Di: It's me being nosy about people's lives.

*Giggles*

*No, not at all.*

Sarah: Talking of names, when Salumet first came through, and he told us his name was actually, Saluphet and we didn't hear it properly and we called him Salumet, but he did actually say Saluphet.

***Yes, but it doesn't matter, it does not affect what he had to tell you. And if that is the name that you felt it should be, that is alright.***

Sarah: We misheard it, didn't we?

Paul: We're just incredibly grateful that we've got a teacher of Salumet's...

Graham: ... calibre.

Paul: Yes, and level.

***I do believe he is a higher being than what any of us knows.***

*Deep breath*

***I feel it is time for me to go.***

Paul: It's been lovely to talk to you and if you do wish to come down again, we'd be very happy, I'm sure. Thank you.

***I say thank you all of you for allowing me your time.***

All: Thank you.

## [William was a money collector in 1543](#)

A real character who recognises that progress continues to be made. He also describes a little of the work he does to help people who are very poor. (12/11/18)

All: Hello.

Jan: Nice of you to pop in and see us.

Lilian: Should we know you? Have you been before?

***No, I don't think so. (I see.) No, I haven't.***

Lilian: You are very welcome.

*Pause*

***I'm having a quiet look at you all. You're not a bad bunch.***

All: Thank you.

Lilian: Could you tell us your name please?

***William.***

Lilian: Hello William—it's a nice name.

***I'll just get myself comfortable, I don't like using bodies.***

Lilian: No, I can imagine.

***It's taken me a long time to get used to it, but I need to have one to be able to talk to you.***

Jan: Well, we hear you loud and clear William.

***I've been told to keep it subdued. (Chuckles) I've got a rather a loud voice normally.***

Jan: That's a lovely voice.

Di: It's nice and clear.

Lilian: So this is the first little group of people that you've visited?

***Certainly not!***

Jan: William, in one of your lives, did you have an extremely long white beard?

***I've still got one.***

Jan: Ah that's why I can see long white hair and a long white beard.

***I always used to stroke it, yes.***

Lilian: So you made a good Father Christmas?

Di: Or a magician?

***A magician?***



Jan: No, he wasn't a magician.

***Is she being funny?***

Jan: I think so.

***Yeah, I don't mind what you call me.***

Jan: You've been gone a long time.

***I have, I feel like I'm, how would you say, part of the furniture? (Agreed)***

Lilian: So you've no need to come back?

***No, I just like to now and again, and try to keep myself subdued, it's a lesson I never learned. (I see) I used to sort of go ROARRRR!!—BIG, DEEP VOICE.***

Lilian: So you were *larger than life*, as they say.

***But I can't do that to this instrument's voice, she would have a sore throat, but I would love to roar if I could.***

Jan: I'm being rather cheeky here William, but I'm picking up that you held a position of authority, but I don't know...

***Yes, I was a money collector.***

Jan: Oh I see, right! Well, yes, you would have people running for the hills William. ***(Yeah)*** You would have made people stand still when you shouted.

***One roar was enough, yes, you're very perceptive my dear.***

Jan: I try to be. ***(Yes)*** That's the gift that Spirit has given me.

***Yes, you should all use your gifts.***

Lilian: So can you remember what year you may have been—your last year here?

***Why is everybody so interested in time?***

Lilian: That's true.

Di: It rules our lives.

***It does, but there's no need to let it, as you continue on; but, because you're such a lovely lady, I'll tell you.***

Lilian: Thank you.

***I think, and it is only think, I think it was 1543.***

Lilian: Yes, to us that's quite a long time ago.

***No, no, no...***

Jan: It's a blink of an eye.

***It's not a long time for us, it's a long time for YOU, isn't it?***

*Agreed*

***I needed to find a nice, quiet lady like this one, (referring to Lilian) but it's too late now.***

Lilian: Yeah, if you roared, I'd probably be out the door.

*Chuckles*

***I wouldn't roar at you my dear.***

Lilian: In my mind, I was sort of picturing, was there a *tithe barn*? Did you ever sit in a tithe barn, as we call them now?

***Yes, yes, all of that. I wasn't in one place, I travelled round the country, (I see) Yes.***

Jan: Magnificent beard though, I have to say.

***You mustn't make me feel pride, (Okay) but I do. Giggles***

***It was rather magnificent, even if I say so myself, and I like to be reminded of it.***

Lilian: You like to be noticed.

***I almost said: how is your beard, but of course you are a lady.***

*Giggles*

Jan: I might have had a beard, lots of times.

***That would be very rude, wouldn't it! Ho ho!***

Jan: No, I do get the odd whisker come through that I have to pluck out.

Lilian: So Father Christmas wouldn't have been in it...

Near where I lived, before I came to where I live now, there was a beautiful barn, and it was always called the tithe barn; ***(yeah)*** absolute beauty and they always kept it up.

***That's good, you should keep some of your past histories; I think anyway.***

Lilian: It is a lovely barn.

***I don't subscribe to forgetting everything too soon, (Agreed) but some people do, and that is their business.***

Jan: But you've seen some change from Spirit in the last 500 odd years, you've definitely seen some changes, haven't you?

***Yes, of course, time does not stand still, what you call today, progress continues; I don't always agree, but nevertheless, it happens.***

Jan: Of course, we can't stop that, can we?

***No, time is always on the move.***

Lilian: It's got to be, hasn't it?

***Yes, but it's been very nice talking to you.***

Lilian: Yeah, well, please come again.

***Yes, if ever you hear a roar with no voice, it's me, just think it's William.***

Jan: The lady who sits sometimes, Sarah—she's off to Australia soon, but Sarah has lots of people that have used her in the past with really deep, big voices, because Sarah has quite a big deep voice, hasn't she? *Agreed*

Jan: Sarah would be the ideal person for you to use—you could have used Sarah and bellowed at us!

***Would she like my beard? (Oh yes!) That's okay. Perhaps I could use her sometime.***

Jan: Yeah, well, she's off to Australia, the other side of the world.

***Well, it is but a blink.***

Jan: It is for *you*, you could be in Australia just by blinking.

***Yes, don't waste your money, save it for when you come there.***

*Giggles*

Jan: Exactly! That's what I've always thought. Do you like to travel William, to other parts of this planet?

***I've travelled to many places, not always places that I would have liked, but places where I have been able to help.***

Paul: How do you help?

***By being there, by seeing to those people most in need, to try to influence them for better.***

Jan: So you can impress with your energy, ***(Yes)*** purely by your thought and your energy from Spirit?

***Even some people have seen the vision of me, without knowing that they are able to. You understand what I'm telling you? (Agreed) Yes, I've tried to help wherever I can.***

Jan: What interests you? Do you have a particular interest William that you like to help? Some people like to help with children, animals or the down-trodden people in society.

***I like poorer people who have very little, but love their animals, their horses and their dogs. Yes, I never did like cats when I was there, but I do now. They are wise little creatures.***

Jan: Did you have a horse or did you walk most of your journeys when you were here as a collector?

***I was taken by cart to many of the places I needed to go to, but walk, sometimes, but that was not my preference.***

Jan: So you'd have had a driver? ***(Yes)*** Because you had a precious cargo sometimes to look after.

***I did indeed. That is where my loud voice came into play.***

Jan: Oh yes, you could frighten off any bandit or...

***Yes, just one look and one roar was enough to scatter them all. They seem to think I was some kind of ogre, some kind of ghost.***

Jan: Well that came in very handy in your job.

*(Eileen/William coughed)* ***See, I'm affecting this one's voice already, so I have to go.***

Jan: It has been a privilege to speak to you.

***I apologise to the lady.***

Lilian: She'll have a drink when you're gone.

***Goodbye my friends.***

All: Goodbye William.

Note:

*Tithe barns:* *In the Middle Ages, farmers were obliged to give 10% of their produce, or 'tithe', to the established church and this was brought to a tithe barn, centrally located.*

## Andrel

Andrel speaks via Sara about the uplifting colour yellow. (3/6/19)

***I wish to speak.***

Graham: You are very welcome.

***I am your friend.***

Graham: That's lovely to know.

***I wish to get used to this instrument.***

Paul: Right yes.

Graham: She'll be very pleased to get used, I know.

Paul: We can understand you pretty clearly, but it will get easier as you continue. Yeah.

***That is good.***

Paul: Can you tell us your name?

***My name is Andrel.***

Paul: Ah, thank you. You are welcome to our circle.

***Thank you.***

Graham: Is there anything you would like to share with us?

***I wish to speak about the colour of yellow.***

Graham: It's many people's favourite colour.

***It is an uplifting colour, it can help you to feel more cheerful.***

Graham: Yes, I can imagine that, it's such a bright colour.

***And, to find more joy.***

Paul: Is this something that you had a lot of knowledge of when you were on Earth Andrel?

***Not so much, but, I am more aware now.***

Paul: Was it one of your favourite colours?

***It was a colour I liked. But I come to tell you about it, because I see the benefit for you.***

Paul: So maybe we could wear a little bit more of this colour perhaps?

*It's good to include it; all colours have their strength and their use, but this helps with the feeling of light and it can also help with openness. (Pause) I will take my leave now.*

Graham: Thank you for coming.

*Thank you for listening.*

Graham: You have done very well, you have come through very clearly.

*Thank you.*

Graham: Will you be visiting again? You're always welcome.

*I would like to.*

Graham: I'm sure your instrument will be very happy.

Paul: And next time it would probably be easier.

*Thank you.*

Paul: Thank you Andrel.

*It's my pleasure.*

Then another communicator shares more information on the colour yellow. (3/6/19)

*Good evening.*

All: Good evening.

*I wish to just call in and let you all know that this colour yellow is one of the colours that combines you all. You know that you have a special bond.*

Paul: Yes.

*And the colour yellow is one of the prominent colours that link between you all.*

Sara: Interesting.

*It is one of those colours that can change from a bright light to quite a dark sombre yellow and this light is indicative of the mood between you all. On an occasion where you all beat together, this light is so bright that it would dazzle you if you could see it. There are times when sadness and other conflicts within yourselves appear, this is when the colour can descend to an almost brown colour. So I would say to you, if you are feeling in one of these moods, try and be aware of this bond between you all and the wonderful bright light that can shine and lift you from your present, shall I say 'unhappiness'.*

Paul: Almost like a sunshine bright light, I suppose.

*I would say it is more luminous than that; it is not a solid colour, it is quite opaque—not opaque, the word loses me—transparent.*

Graham: See through, yes.

*And the brighter the colour, the more transparent it becomes.*

Sabine: So what does this colour yellow mean for this link between all of us?

*It is a colour that can easily change, and the brightness of the yellow is something that is within your bond, it is a linking colour—a linking colour for you people.*

Graham: Yellow is similar, it merges into green and I've always thought of green as being the colour of love.

*I would not say that green is prominent in your case, it is just a pure yellow that can change that can from one to the other. I am not aware of green being love, but that does not mean to say that it is not the case; I am just here to tell you of the yellow link that you have.*

Sara: Is it a link of the mind, so we're all connected by our searching minds?

*It is the bond that you have been told that links you. Your mind of course is part of Spirit, but this is the love-bond that connects you all, you all in this group and those who have been connected with you in past-lives.*

Sara: That's interesting.

*So now, I will take my leave and hope that you found this information useful.*