

50. Mediumship and its spread

Contents

We are currently in much ignorance about spiritual matters	2
Why do only some people have the ability to be a medium?	3
It is not necessary to sit alternate man and lady	4
Transfiguration.....	6
Another attempt at transfiguration	7
Communication is not always straightforward as there can be many complex issues	7
There of those who have a great love of language on our side	9
Sometimes it is necessary for a medium to have quiet times for work to be done with the instrument	10
Sometimes mischievous spirits communicate with even well protected groups such as this.....	11
Mediumship development evening.....	13
Can mediumship interfere in a person's life?	16
Direct Voice.....	16
More on Direct Voice	19
Is special lighting helpful with séance meetings?.....	20
More information about how we sit and light conditions.....	21
All mediums sometimes feel doubts about the accuracy of their channelling	22
The art of channelling	23
Learning how to protect oneself.....	26
How can I be a medium?.....	26
Victor Zammit and mediumship	27
Mischievous spirits can be very determined to have their day.....	30
We are not in touch with other soul aspects until we return home	33
When wishing to be impressed, ask that any words come only in truth and love.....	35
An exercise in being overshadowed	36
Salumet discusses overshadowing.....	38
Keeping our lives more straightforward.....	39
Helen Duncan.....	41
Clairaudience and clairvoyance	42
We cannot always expand our communications with loved ones without willingness from spirit world too.....	43
Mediumship and doubts.....	43

Salumet confirms the communication was indeed sound and what caused the ‘hiccup’ in transmission.....	45
Do electrical devices and other energies interfere with mediumship?	46
Rev G. Vale Owen channelling the angelic being Zabdiel	48
Younger teenage sitters	49
Spirit groups are forming around the world	50
Overshadowing	52

[We are currently in much ignorance about spiritual matters](#)

On the very first evening Salumet raises the importance of the work to be communicated by whatever means available. The sitters already felt humbled by the fact that we actually know so little and the gravity of the work ahead. (27/6/94)

I am Salumet. I have waited a long, *long* time to come to you.

Les: We're very pleased to welcome you.

I don't have complete control yet, but I am happy to use this one now. (*Eileen*)

Les: Thank you very much, we're all grateful to you.

Forgive me if I seem distant, but it feels a little uncomfortable at the moment.

Les: I'm sure it would do, I quite understand.

I am clearing some vibrations from me, do you understand this?

Les: Yes I do thank you, and we take it that you will now be giving the information that has been promised?

That is why I have come. You can expect more now we have sorted out what we need to.

Les: Thank you very much indeed. We look forward to hearing—we have been promised much wisdom.

It has taken some time to, how would you say, 'weed out unsuitable peoples.'

Les: Yes, so we were told last time.

But now we are happy to use what is available to us. It is a necessary part of the work and now we are able to use you *all*.

Les: Thank you—we do thank you most sincerely for your coming. We have been waiting a long time, as you know.

Many changes have been taking place, as we have told you. All aspects of communications, you will find to be different in the future. Bridges have been built between us, to make things more simple than of the past. We are happy to know instruments are prepared to be used more *all* over your world—all over your world

Les: Yes, it is necessary, it is badly needed.

It is happening. We are reaching the point, where your world will, WILL be a better place. Do not doubt those words. It may seem that cannot be so. I am here to say it will be, WILL BE!

Les: Yes we understand, note your words and believe in them.

We have much to teach you. Your world is still in its infancy when it comes to communications.

Les: Yes, we *think* we're clever, but we *know* we're not.

That is indeed words of wisdom. We shall endeavour to teach, to guide, to inform and to show you great *Love*.

Les: Thank you, you should know everything will be recorded, to pass on to others.

We know this will happen and I can tell you now, areas of communication are finding new pathways to connect us. We will use any means available.

Les: Good, that's splendid to hear. And we will certainly do all we can and continue to work in this way.

I can see that some people will call it, let me find the proper text, 'high-psi,' (*'psi' stands for paranormal psychic phenomena*) is that correct?

Les: Yes, that is correct.

But not so! There is much your Earth has to learn.

Les: Thank you. Well we have one gentleman here in particular, who will be interested to hear that.

I will leave you for this time, but we will be returning now on a regular basis.

Les: Good, well that really is wonderful news. May I ask you once again to give us your name please?

Salufet—fat (*power fading*) I will give again, my command of language not always so good, but I have been learning for a *long* time now. But all will be confirmed for you.

Les: I can't tell you how happy we are. Thank you and God bless you.

[Why do only some people have the ability to be a medium?](#)

Salumet explains that this is the choice of the soul for that particular incarnation. These matters are discussed and planned before the next incarnation. However, Salumet also points out that truly **we are all mediums** and it depends on us whether we try to develop or not. (12/9/94)

Brent: I've always wondered, and I was speaking to other people about this and I think everyone wonders—why is it that some of us, not me, not myself, but some of us, are very deeply sensitive and can act as mediums? Others of us, just don't seem to be at all. Is it something to do with the original soul, or is it something to do with the person's course in life? What accounts for that difference?

We have rather touched on this subject before too. I have spoken of when you come to the physical being, when you come to this earthly life the choice is the soul's. Everything is 'spoken of,' before you actually arrive. That may be difficult for you to understand, but you do not come here, without the knowledge of *why* you have come. Many people retain the memory of the 'gifts of the spirit', as you like to call them sometimes—many people retain them, others do not. In fact, your memory is blocked when you are born, but some still have the ability to remember. And some in fact come with the memory full intact, but that is usually for a very good reason. And so you have your mediums, as you call them, from birth. It also, too, depends on the evolution of the soul. Always, we must go back to

the soul. You are all 'mediums,' each and every one of you are mediums. How can you not be? You are spirit. What is a medium, if it is not someone who is able to have communication, with the spirit side of life? So, you are all mediums. But the difference lies in the ability to use the knowledge that is inherent within you *all*. That is where the evolution of the soul comes into play. Some of you, *some* of you I will say, have trodden this pathway before. The knowledge that you have attained, stays with you. And so you see, some are more advanced than others. And of course, too, you have to *want* to develop the gifts that you *all* have, once you are here. And development lies, as I have said before, in the power of your *prayer* and in your *quiet moments* and in your gatherings as a group, as you are here. *(Long pause + deep breath)*

You, my friend, find it difficult to accept that you are more, *more* than just a human form. Let me say, you are one within this room, who has trodden this way many, many, many times. *(More emphasis)* You have this time been endowed with much intellect, *(Pause)*—for a very good reason. You must in this lifetime, use your intellect for the good of spirit. That is why you are here, my son. Use that intellect, but develop your inner feelings. In time to come, you will work with us and you will do much to enlighten those of intellect, who have many doubts. You, my son, have much work to do and I say to you, stay on the pathway that you now tread, because in *this* time, you can do much good.

Brent: Thank you.

[It is not necessary to sit alternate man and lady](#)

This is adhered to by many groups and is not necessary. Salumet goes onto remind us that we all have the same energies, irrespective of gender. We all possess male and female energy. It is also not necessary to hold hands. (28/3/95)

This time I would like to speak to you on some matters that are often spoken upon in your world, but which are in fact not quite true. There are some myths about the work that your groups do. For example, we here many times your groups say, we must have one man one lady, one man one lady. You are aware of this?

Les: Yes and I've ignored it, because I didn't think it was necessary.

You are correct in your thinking. Let me speak a little on this matter. The misconceptions lie, when we speak about the energies. These people think male energy, female energy, as if each are an individualised thing. Let me tell you, male and female energy is within you *all*, you understand?

Les: Yes, you have touched on this earlier.

Yes, you *all* possess these many energies within you. It is nothing to do with your gender. You see, these people are fooling themselves about these matters.

Les: Yes, unfortunately there are many who do that and still adhere to those misconceptions.

Yes. I know that you do not, but I think you should know that it is wrong, in any case.

Les: Yes, it adds weight to our arguments, if ever they do develop into arguments, about procedures at groups.

Yes, it is good that *all* of you, who will one day go in their own direction, should remember these things.

Les: Of course, it is very important, to avoid falling into the same trap of misconception. **Of course. Are there questions upon matters of his subject that anyone would wish to discuss with me? Or shall I continue?**

Les: Please continue, unless there are questions, are there?

Mark: Could I ask about what the *real* difference is between male and female energy?

You are speaking as human beings?

Mark: Yes.

There is no difference. I have just said, each person possesses male and female energy within them.

Mark: So, it's in the same balance?

It should be. But in certain persons, this is not so. But that is another subject that perhaps we could go into another time.

Les: Yes, I have questions branching off onto that, but not this time.

We can devote more time to the subject.

Les: Yes, please continue then, if you will.

Of course. Let me speak on another matter, where there lies many misconceptions. Let me take the groups that feel they must hold their hands together. Of course, it is the same thing—they feel that their energies are linked. In very few cases, this does help, but on the whole, it is unnecessary, because you see, we do not draw the energy from your hands.

Les: I have never wanted that to happen, because I've always been of the opinion that it could be a distraction.

Yes, it is. You see, we draw the energies from the spiritual aspect of each sitter. So whether they be holding hands or not, really does not make the difference—I say this to you. Of course I would say to those groups who do this, if they feel better for it, if it helps them in their quietness and their meditation, then do it. But do not become obsessive about it. Do not bar anyone who feels it is not right, because then you see, they start to build negative energies themselves.

Les: Yes, I can understand that.

I wish you could all be more open in your pursuit of spiritual matters.

Les: Another peculiar thing I have come across in the past, in groups, is the placing of a glass of water, under each sitter's chair, on the rather to me, peculiar assumption, that it will condense power into that water and it can then be consumed afterwards.

I have to say there are a multitude of happenings, which are so unnecessary. Look to those people who have trodden your Earth planes. You do not see them practice these things, because it is so unnecessary. Take them as your examples, if you please. Try to approach these matters, only with an open heart and an open mind. That is all I would ask of you.

Les: So basically, we are following the correct requirements in the way we approach these meetings?

I have been happy with the way you have conducted yourself, over these many years. I have said to you, when I first approached you, that I have waited a long time to come and I would not have said those words, had they not been true.

Les: Thank you. I am pleased to know that we are following the right principals.
Let me say, too many of these groups, are too urgent in their needs, too urgent in their ego, too urgent in what they desire, rather than what should be the needs of the whole. You my friend, have stood back on many occasions and for this you will be rewarded. I don't wish the word 'reward,' to seem a huge thing in your eyes, but it is the only word I can find this time.

Transfiguration

Salumet discusses 'transfiguration,' which Les had witnessed the day before, via the medium Heather. The communicator through Heather was an Egyptian priest called Harrak, of the God Isis. (28/8/95)

When first I came to you, I said much would happen and yet you are surprised when something good does happen. (Smiles)

Les: Yes, I must admit, I didn't associate your telling us, and the happening. It was so remarkable and I was going to say, how much I appreciated what I was allowed to see.
Don't be overwhelmed, there is much to come. You have a lady within this group, who has over the past few weeks, been used for the very thing, you saw with your own eyes. I speak of the lady small in stature, but big in spirit. (Sue) There will be happenings too, with this one.

Les: Thank you very much. I'm anxious that my colleagues should see, if possible, what I saw, because it was so marvellous.

I will say the words, continue to be patient. Much is going to be given to you all, but when first I came to you, did I not tell you, slowly, slowly?

Les: Yes you're absolutely right, you did.

But do not doubt these words. Much will happen within these walls, much that you have waited for. I will not give you times, because that is not important. What is important, is what occurs and what it brings to you all—the knowledge, the knowledge of *TRUTH*.

Les: Yes. As I was saying to my friends, I don't use superlatives, but it needed one, to describe what I witnessed last night.

I understand my friend, but let me tell you, it is a minor thing, compared to what is to come. So do not doubt it, thank the Great Creator for all that comes to you.

Les: I did do so actually, last evening, afterwards. It was really so astounding and I felt very humbled, that I should have been allowed to have that gentleman here.

Yes, and please to nurture the instrument being used. She has much to give, much within, but she needs your help.

Les: Certainly, of course, she'll get that at any time.

When we make contact, like we have so quickly with her, it's best that she be helped by someone of knowledge, like yourself. I don't say this to you, I do not give you fine words so that you may have pride, but I tell you for *all* your sakes, it is better to have someone *strong*. That is why we have chosen you. I do not use *my* words lightly also.

Les: No, I understand and I'm sure you can sense my feeling about this.

I do my friend and I say to you, you are being rewarded for all your efforts.

Another attempt at transfiguration

Mark volunteers to see transfiguration in Eileen's face. This attempt was not seen by everybody, but some did get a glimpse. (9/10/95)

I wish to say to you all, that there is a slight alteration of this evening's work. Whilst I speak to you, I ask if you please, that the instrument being used here is watched. We have spoken to you about transfiguration.

Les: Yes, you have.

This will be attempted this time, throughout this meeting.

Les: Would it affect you at all if I increase the light a little?

I would not mind, provided it is not too much brighter, but if circumstances are difficult, then of course I will adjust to it.

Les: Thank you very much—then it will enable us to see what is happening much more clearly.

Of course.

Les: As you know our eyes are pitifully weak compared with yours.

Yes, I feel you have not been using those spiritual eyes too much. You should be developing them, all of you. But of course, that comes again within your free will.

Les: Yes, I'm just going to increase the light just a little. Is that too much for you?

I can readjust provided the instrument is comfortable, and she is. But please do watch because much is being attempted this time.

Les: Right, thank you. I'm going to ask someone else to watch also, whilst I am speaking to you. Who would like to volunteer? (*Mark*) Right can you bring your chair forward please?

Please interrupt me when this should occur.

Les: Yes, I certainly will.

I wish all of you to see what can be achieved.

Les: Splendid. I'm right I believe in what I said that it will last rather more than fleetingly, it will be possible for everybody to see it?

If correctly done it will last, but of course you understand, many conditions make it possible to work, so therefore we have many problems to overcome.

Les: Of course yes, thank you very much.

Communication is not always straightforward as there can be many complex issues

Questions were asked about mediumship which gave insights into a complex subject. (16/9/96)

Les: At our last meeting, we had two people come, I didn't deal with them at the beginning, but I believe that I'm right in saying that they are from somewhere, not of this world. One

instrument was speaking almost precisely the words that *you* have used, saying that they are part of the gathering, to prevent us from destroying this Earth and ourselves. The speech was very slow, and I wondered if I was right in presuming that the words were being fed to that person via the spiritual aspect of the instrument, so that her brain could utter them?

We return again to the subject of *communication*. There are easier methods of communication with those from our world, who are closer to you on the Earth plane, you understand? (Yes—) But the further away—and I use that term loosely, because you understand that it is not *distance* which we speak of, because all is *intermingled*. When we speak of communications, there are many ways of achieving this. Sometimes the blending of the energies is not suitable for the communicator to use the instrument's voice. So sometimes help and information is given and although it would seem to come from the communicator, you are correct in your assumptions, that there are more than one involved. This happens sometimes, not only for the protection of the instrument, but the spirit in question. We speak again about many complex issues of how communication takes place.

Les: Yes, there must be many, many more aspects to it, than we have even considered. **It takes many of your earthly years, for communicators to work at ease with their instruments. It does not happen in an instant, because you see and you know, *I know*, that as you leave your earthly bodies, the energies become so much finer, and as you continue throughout your spiritual lives, they should become even finer, which makes it more difficult to have a communicator return to this Earth plane. But we have many who have achieved such and I don't feel it is wrong to say that I too, must be included in that band of peoples. It of course becomes much easier when all conditioned are refined and the instrument is willing to give themselves to us.**

Les: Yes, it's a co-operative effort then, isn't it?

Always, always but this is why now, we are finding new ways of communication, so that we have a much more valid way of communication.

Les: It would be marvellous if you do achieve what you want, because the average person then, can have a much more comprehensive idea of the importance of the communication and the fact of it too.

Yes, there is so much going on within our worlds, to make this communication easier for all, but we have spoken about this last time.

More information was given in response to a question by George. (7/10/96)

George: Perhaps I could ask a question about language in between-worlds communication. We have spirits who come through who have had life in other countries and sometimes they appear to be helped with our language, sometimes language seems quite automatic. Can you tell us something of this?

Yes, I understand your question. Firstly, let me say that all communications are based on the level of the communicator and receiver. This is of the utmost importance, because without the blending of the energies, there can be no communication. There has to be a *raising* of the vibration on your earthly plane, as there has to be a *lowering* from our side of life. Therefore, those from our world, always will seek the one who blends closely with

them; language does not matter, only in so much as the words are necessary for you peoples in this world. Without the language of *words*, communication with you peoples are difficult. So shall we take an example of one who is fluent in many languages, whilst walking your earthly plane? When that one passes to our side of life, then communication creates no problems, as far as the earthly language goes. You understand?

George: Yes.

The problems arise when you have who has left this earthly plane, with only one knowledge of one language. Let us take your own as an example. You would only understand a communicator who would speak to you with your own words, unless you were able to use other languages. So, in our side of life, you have to understand that it is not just one communicator, but a group of peoples who are working. So, the best way of communication is chosen; the communicator himself will choose the vehicle, because of the blending. But sometimes we have people, that you know as '*gate keepers*,' who will take charge, who will be fed information from others. That is because their energies are more subtle and blend more easily, do you follow me? (Yes—) You see dear friend, language in our world is not a problem, it is only when we wish to return, that we need to use words. So, all help is available to those who need to speak in foreign tongues. I know it is something discussed in your world as to why—shall we take an example, why one of a foreign tongue, should choose a British medium, who cannot understand the language. It is the blending of the vibrations, which are important. After all, you belong to the one school of spirit, you understand?

George: Yes, thank you.

It is not a problem in our side of life, but I know many peoples reflect upon it here. What does it matter after all, if the evidence is given and accepted? What does it matter who gives the information, who speaks in the tongue of knowledge, provided it is accepted and the Truth is known? It is not so important then, you understand?

Les: Yes, that is the main thing isn't it, the Truth of the communication.

Yes, if the evidence is accepted, it is given with Love, accepted with Love, then all barriers of language are dissolved; it is not a great concern.

George: Yes, thank you.

[There of those who have a great love of language on our side](#)

Salumet returns the following week to give further information on Mediumship and languages, and that there are souls who have a great love of learning and using other languages, even from other planets. (14/10/96)

Les: Yes, it follows on from what you've told us last week, about language and the simplicity of it, so far as you and your world are concerned. I wondered if everybody fully realised exactly what happens, because we all know that there is a group working in your world, and it is a corporate effort every time. But when we hear our own language spoken by somebody who didn't know it on this Earth, are the words being fed to that communicator, by someone who is interpreting, or is the person speaking to us, the actual person who

knew the other language, when on this Earth and only *appears* to be the person who has been suffering in various ways? I hope that's clear?

Yes, I *think* I understand your question. It is a difficult subject I know, but let me tell you, there is never complete *black or white conditions*. Let me say that there are many in my world, who have the love of learning, the love to learn languages of *all* planets; firstly, you must accept this. The love of the knowledge of learning, is great to them, so these people become the *emissaries of translation*. You follow me?

Les: Yes, I do.

There are many of these peoples, but it takes some time in our world, before this can be accomplished. After all, those of you who are learning in your world, do not achieve such things over night. So, in our world, time must be given to those who wish to learn. So, we have the group who are capable of the knowledge of *all* language, it matters not which one. They are filled with the knowledge of *language*, so they are able to transmit that knowledge to another, who you would know as the *door keeper*. I believe this is the question you are asking?

Les: That's right.

But again, you have to understand that it is the *vibration* of the medium, which attracts us in our world; it is the *best* form of communication which can be achieved that is important. So sometimes, it is better for those who communicate, to learn the language of the one upon the Earth. You understand?

Les: I see yes, so there are variables then?

Yes, you cannot say, '*That is correct, that is not,*' it is not so *black or white*.

Les: No, I thought it must be, because of the experiences I have had over many years, in different ways with the communicators. I thought there must be differences in the way in which it is done.

Yes, remember in your world, communication is thought, but the Power of the Thought creates the words, you understand? (*Yes.*) It is not so simple to explain to you, but from our side of life, there are no such complications, all runs smoothly and remember always, that communications are known beforehand. So with our wider knowledge, we know what is to be said, you understand?

Les: Yes, so you're aware of the questions and the way the conversation will go, before even we know of it?

Yes, you must remember, there are many areas of communication, which you do not understand. It is not as simple as using a medium, just to speak the words. There is much that goes on, within our world beforehand. (*Yes—*) But the important area of communication, is in the best *frequency, vibration*, of the two who have to intermingle. You understand?

Sometimes it is necessary for a medium to have quiet times for work to be done with the instrument

Eileen, for instance, often has quiet times when Salumet works with her. (21/10/96)

Les: I'm sure you're aware that on some of our Sunday evenings, there's a lady with whom I sit and gives remarkably good evidence. **(Yes.)** I know you're aware of that, but on the last two occasions, there's been no response from your side of life and she's a bit concerned about that.

No, please advise her to—I will explain to you quickly. When we have 'development' taking place, sometimes it is good from your side and also from ours, that the lesson of *patience* be taught. I don't mean that glibly. You understand? (Yes—) It is *not* that she will not be used, of course she will. We do not allow anyone to escape. (chuckles) You understand?

Les: I do yes, this is what puzzled us both.

But without sounding again, *harsh* in words, I wish to say to you, that for her own development, it is essential that she knows of these quiet times.

Les: Thank you very much indeed.

But do not be concerned.

Les: No, I will explain to her and I do appreciate you answering the question, thank you very much.

I know you will do it with kindly words.

Les: Of course.

Sometimes mischievous spirits communicate with even well protected groups such as this

Les had a strange communication through the Wednesday group which created some suspicion. A true spirit in a later meeting told him to totally reject that information. What follows is an example of a mischievous spirit giving false information as relayed by Les. (22/9/97)

Is there anything you would like to ask me?

Les: Yes, it indirectly bears on what you've been telling us tonight and I'm sure you'd be in a position to answer. At our other meeting, (*Wednesday circle*) we had some visitors, who after I had asked some questions, said that they came from another place, had heard of us and had been inquisitive enough, to want to come to see us. And we had an interesting conversation, which resulted in them telling us, that in effect, they are still primitive life forms and they described their appearance to us, which to us would indicate being partly like a jellyfish and partly like an insect, which our visitors likened to one of our ants. They then went on to say that they exist by absorbing energy, but when they were in the — I can only say physical term — they ate algae. This would indicate they were very primitive beings. But from what was said about them being energy, would indicate that that planet wherever it is, has planes of existence, following the physical, as this one has, which leads me to think that even embryonic life has a soul? Is that so?

The breathing became deeper/different, before the communicator spoke again:

I have to enquire where that information came from?

Les: From somebody we presumed to be a communicator, but we don't know where from. It was through one of our regular experienced mediums.

I have to tell you; you must reject that information.

(Breathing took a few moments to return to normal)

Forgive us.

Les: Yes of course. We only want to get to the truth of these things.

Whatever information has been given to you on that subject, you must reject. I do not say the communicator is at fault, but there has been entry here, which should not have been happening. This instruction comes not from me, but from a higher source.

Les: Thank you. It was one reason I asked the question, because I had suspicions myself.

But I am instructed to tell you, all energy is living, all form of life comes from the Source of all living. This conversation is changing course this time, because it is imperative that only truth be maintained. So I say to you, my instructions to you are this: Listen wisely, listen quietly, but listen here — you have the knowledge to know that what comes to you, may not always be the truth, even in such a place as this that is protected — always there is the chance, the opportunity for those free spirits, who wish, not always to cause mischief or trouble, but those who seek the Light, to enter and to give false information. It is not that the communicator is wrong, please do not accept that. It is that in our world that sometimes these things happen, even within well protected groups, as you are. You understand?

Les: Yes, I do, I have had it occur before —

It does not happen often, but on this occasion, I am instructed to tell you to reject the information.

Les: Thank you, I was suspicious of what had been said, not of the medium, or the communicator, but the information which was being given.

Yes, yes and also it returns — I am being instructed this time to tell you, that I shall return on another occasion, in order to speak as was intended.

Les: I am sorry if I interrupted what was planned, **(No.)** but I think it was important to clear the other matter.

We — I was not aware myself, but I know it is known and I will be instructed and have to tell you that I must leave you this time.

Les: I'm sorry if I caused you to leave.

It is no doing of yours, but I will return.

Les: Thank you we look forward to it, God bless you.

There then followed one through Sue:

There have been changes this time. The energy patterns have been — how can I tell you — they have been moved around this room, to accommodate the new perspective that we were given. Do you understand my meaning?

Les: I think so.

It may be a little difficult for you to comprehend, but before anyone here communicates through your friends, the energy patterns in the room, are set at certain levels and positions. Is that clear to you?

Les: Yes, I do follow that.

But because of the nature of your enquiry, try to imagine that energy flooded across the room, like waves upon your seashore and filtered through into this one, so that it was easier for that answer to be given. Can you comprehend a little of what I say to you?

Les: Yes, I do and I'm sorry I interrupted the previous plan that you had, but it was a very important thing, that I had to get clear.

Of course, it is necessary for you to feel these — shall we say idiosyncrasies? You were aware that something was not quite as it should be, am I right?

Les: That's right.

Therefore, it is good that you picked up, how shall we say, the 'wrong vibrations.' It is good because now steps can be taken on our side, to ensure that this sort of problem happens very infrequently in the future.

Les: Yes, it has happened very infrequently in the past. This is only about the third occasion, in all the years I've been working here, but it's something I wanted to clarify.

We are indebted to you, for bringing it to our attention, but to return to the energy waves — now unfortunately — how can I say, these energy waves, are like breakwaters upon shingle and they need to be calmed, ready for the next time your friends are all gathered in this room. (Thank you.) So, we will spend a little quiet time now, with your permission, before we close this meeting, to try to shall we say, 'Iron out the wrinkles.' (Thank you.) Once again, I say to you, we are indebted to you and will return as soon as we are able, to continue with the original discussion as planned.

Les: We look forward to that and give my apologies to the one who was speaking please.

No apology is required or expected. (Thank you.) And now if you could give us just a small amount of quiet, we close in your normal way.

Les: Yes, I think there is someone else wishing to speak to me first, but we shall be quiet anyway

I thank you and wish you farewell.

Mediumship development evening

Herod, our gatekeeper in spirit for the evening, gave other sitters the opportunity to be used. Gatekeepers are employed to control proceedings from the spirit side of things. Apparently, it can get very busy and they have their work cut out! It is humbling to appreciate the work that takes place on our behalf. (20/7/98)

Hello. I'm pleased to be here.

Les: I gather our usual friend (*Salumet*) isn't going to be with us?

That is my instruction to you. Other instruments will be used, I think. I'm being told to tell you just to follow your instincts this time.

Les: Right, we'll do that, thank you. That doesn't mean you're leaving us at once, does it?

No, I will stay for some time. (Thank you.) I am only being used to bring this to you, that what you may have been expecting this time, is not about to happen. I'm not being told any reason for this, but only that I should come to tell you so.

Les: Well thank you very much for coming.

I believe now that it is to bring awareness to more of the instruments with you, to try and encourage them in their work and to see what can be done with them.

Les: Good, it makes a change, doesn't it and I'm sure they'll be very happy to go along with that.

Now I will just withdraw for a little time, but I'm being told I will come back to speak with you.

Les: Thank you. In the meantime, we'll see who else may be wanting to speak, shall we?

Yes please. (Right.)

The next communication came through Sue:

Les: Good evening to you.

My name is Herod. I am not here to talk to you, I am here as gatekeeper this time. (Thank you.) But I can say I am overwhelmed at being given the opportunity to come to a place I have heard so much about, as gatekeeper. I thank you and now I will stop talking and will continue with my job.

Les: I'm very pleased you're so happy to be here and we all welcome you.

There then followed attempts to use mediums not usually used. There was then a short message through Sue, expressing their delight at being able to use Mary as a medium this time. The one through Eileen then returned:

I want to say how much I admire your patience.

Les: Mine? Well, after all these years, I should be. *(Chuckles)*

I am not making jest with you, I say these words to you most sincerely.

Les: Thank you very much indeed.

Because I don't know if you're aware, but I might be you could say, your 'equivalent' on our side of life.

Les: Ah, that's nice to know!

I don't know if you are aware of the work that we are involved in?

Les: Yes I believe it has many similarities to what we do here, except of course in a different perspective.

I have to say my heartfelt thanks to those novice communicators this evening, because I have spent much time with them and to see it come to fruition has made me glad.

Les: That's very nice to hear, I'm pleased too and are very grateful to the novices, for what they have done.

I have to admit to you, I have not always had your patience — let me assure you that even in this side of living, my patience is something to — how shall I say — to be improved upon.

Les: Well, mine is too!

So you see how happy I feel that those I have helped to communicate this time — it has helped me greatly and in watching you at your work, from this side of life, also has shown me something too.

Les: That's nice to hear and I am very pleased. When I do it, I'm always very happy when somebody new begins to speak through an instrument.

I would like just to say one thing now that I have found my voice. I would like to say to the other lady, it is time now for you to begin.

Les: That's you Mary.

No, the one you call Sallie, is now ready to be used, but her mind is a little active at times. Now, be thankful that you are here, with this very good gentleman, because I don't know if I could have the same patience. (Laughter) But, my very dear ones, she is ready now.

Les: Thank you for letting me know.

So next time the opportunity is given to you all, let me say, perhaps you will see that she is being used.

Les: Ooh! We'll be after her! *(Laughter)*

We have been after her for some time! (More laughter) But she will not contribute to the work, yet.

Les: No, we must see for your sake, as well as ours, that she does not get away. ***(Yes.)*** We'll do that.

I have been whispering my name to her, but she has not been aware, so far.

Les: Oh, well perhaps she will now be more open to your whispering. Do it when she's asleep tonight, will you?

Ah — I may not have the patience this evening; I do think I've worked hard enough for one time.

(laughter) I'll not be brow-beaten — no — yes, but I hope you have not been disappointed, because I'm now being told that you look forward to someone who comes to you each time. I am not aware of the person, but I am just being told this.

Les: Well, we'll look forward to it next time, thank you very much. But we're very grateful for you for having been here tonight and if we all say a little prayer, that you should be helped in your attempt at more patience, you wouldn't object, would you?

I will be grateful for all that comes my way. (Chuckles)

Les: Right, well can you give us a name that we can remember you by? It needn't necessarily be your own name, but something we can include in our prayers for you.

Well how kind you are and you can know me by the name of Marianne.

Les: Thank you Marianne. We shall all think of you tonight, before we go to sleep

Well, with all those blessings and thoughts, I should be hopping everywhere, won't I? (Laughter)

Les: I hope it'll be helpful to you anyway.

You have been an inspiration to me sir and I feel that I owe you those words.

Les: Thank you it's nice to have you and I'm very pleased to work with you.

I know sometimes no matter how well you wish to work, sometimes a little gratitude goes a long way.

Les: True, it does; it's nice to have a pat on the back, yes.

Yes, I like one, so why shouldn't you?

Les: Yes thank you very much; well you've got one.

Well, it has been my pleasure to join you and I will leave you now and thank you again for your kind thoughts.

Les: You know you're always welcome to come and visit if you wish Marianne.

Thank you I may well do that at some future stage, but I am quite fully occupied with so many who need to be taught to communicate. I think sometimes, people here assume communication happens just like that — it is not always the way.

Les: No, it depends on the individual, their desire to do it, ability to do it, their spiritual development — there are so many factors, aren't there?

Yes, and they need to be helped and shown the best way of using the instruments available, and it is the work of our dear gatekeepers, to keep them in line. I am only thankful that I have not chosen that task.

Les: No, it's a difficult job, isn't it?

Perhaps when I have reached a few more steps upwards, perhaps I will offer myself, but until then I will leave it safely in their hands.

Can mediumship interfere in a person's life?

Maureen asks this important question to which Salumet explains there is no harm provided it is done with love and in the name of truth. However, there are some considerations. (17/1/00)

Maureen: A lot of people nowadays want readings on a psychic level for their material life. What do you feel about this? Do you really think it is of any value to people? Are we possibly interfering with their free will, as opposed to mediumship linking those with their loved ones on the other side, which helps people realize that there is life beyond?

Yes. I have taught my dear friends, but I will repeat it for you: Each one of you upon this earth is Spirit, but each one upon this earth has physic ability to a greater or lesser degree. If those abilities are developed to such an extent that the individual can help another, there can be no wrong in that, provided it is done with love and in the name of truth. After all, each individual treads a different pathway within one lifetime. Those who you call ignorant—and that is not a word I like, but for your understanding, many who are without spiritual knowledge still need help. If it comes in the form of *psychic advice* for everyday living, this can only help, provided the one who gives the information is genuinely there to help them. (Thank you.) Of course, when we come to what you term 'mediumship', then truly we have the communication we desire. Those who offer themselves as communicators from our world to yours—after all it is to help them recognize the Spirit that they are and what better way can we provide than to bring forward those loved ones who have departed? (Thank you.) You cannot interfere in another's life. If that person comes to you seeking advice, you have not interfered, can you see? (Yes.) But what you must be careful of is that you do not advise another to interfere in a third party's life; then there is the danger then that interference can take place. Can you see the difference?

Maureen: Yes, thank you.

You must be careful in any approach that is given to another human being. But after all, each one of you upon this planet is responsible for their own development; in which way they seek it is entirely dependent upon their freewill. So, no, provided the motive is good, there is no harm. Can I say to you on a personal note, and this I do not give often—sometimes you do not follow your own instinct and advice.

Maureen: Quite right.

Yes.

Direct Voice

This, and other aspects of mediumship, are described and explained by Salumet as new methods of communication continue to be developed. There are a few pointers such as being better to work in quieter conditions for the sake of the medium's safety. (10/7/00)

Before Salumet spoke, Sue had been describing her experiences visiting a 'direct voice' session in Reading, Berkshire.

Good evening. (General greetings)

I was pleased to wait just a little time in order for our dear friend to tell you with some excitement about her experiences of Spirit. It offers each one of you the opportunity to once more consider and think about the workings of those from our world. Although my dear friends you have no need of proof as such, you can see from what has been told to you this time how important it is that when physical happenings occur, great care is taken of our chosen instruments, because as you have heard my dear friend say to you, the stupidity of some can cause much danger and harm to those who are used by our world. I also should reiterate for you all how time is insignificant when it comes to work of Spirit, that many of your years are needed sometimes—not always—for instruments to reach the point of being used correctly. Think about it my dear friends, because it should show you that loyalty and dedication to this work will always be repaid, not only in the growth of each individual Spirit, but to many others who can benefit from such knowledge. Are there any questions you wish to put to me about what you have discussed? I am happy to answer them for you.

Sue: Yes please, I would like to ask a couple. At the end of the meeting when the medium was coming back from trance, we have always been very quiet here in our circle, allowing the medium to come through quietly, but in this instance, it was very, very noisy in the room. It didn't seem to affect the medium at all. Were the people being insensitive and should they have been quieter or was it something that really didn't matter to the medium herself?

Yes, I understand your question. There is a reason for quietness and stillness and peace. It would have enabled the medium to return more quickly if there had been greater sensitivity. But, of course, having reached the stage of development in being used in such a way, she would be fully protected by our world spiritually although, as you well know, physical damage can be done. But of course, we do protect those who we work with. But I would say to you on the whole that whoever is in charge should keep a firm house. It is much better for the medium to return in quietness. I do not say complete silence, because of her experience, but I would suggest that they should at least refrain from too much noise. It is a *jar* not only to the Spirit body, but much more to the physical.

Sue: That's what I thought, thank you very much. It was understood on Saturday that the voices were using a mask. Would you have agreed with that, rather than a box, because the voices were coming from all parts of the room we were sitting in and we were told that the Spirit isn't always happy using the mask because it is sometimes uncomfortable for them. **Can I just say this to you my dear friend? I have told you on previous occasions that the form of the mediumship was ever changing, that there would be many new forms of communication, particularly in the form of machinery which is available to you now. So, too, does the act of physical phenomenon change. The mask method that you mention has been around for quite some time of your earthly years, but any form of communication can be difficult for those as well as people in your world, difficult for those who wish to communicate. After all, *experience* is the most prominent word in all of these things. People become accustomed to many methods of communication. As you are quite well aware, communicators who use you, find it increasingly much easier, because of your *experience* and this is what will happen as time continues, that it becomes easier as each time this method is used. You know and understand communicators who have said to you**

'what a small frame' or 'what a large body'. It is a little the same as that, except they are using what you call a *mask*. It is just the ectoplasm being used in a different way, that is all. Much and many changes are taking place within our world which should make communication much easier in time to come. I should tell you that physical phenomenon and what you call materialisation also can take place now with light, but this is something that is being worked upon. But, for as long as mankind can remember, in the new era of what you call spiritualism—and again I would debate titles—physical phenomenon has always occurred in *darkness*, but as in life, all things change and alter and become easier. Is this helpful to you?

Sue: Very much, thank you.

Lilian: So would the sitters of that evening, there would have been a lot of energy used from them for this phenomenon as well as from the medium?

Of course, the main form of ectoplasm is taken from the medium, but of course all peoples within the room would be giving of themselves. All that is available to us would be used.

George: I was thinking about materialisation in general and the purpose of it and I thought the purpose of materialisation would be communication, and then it occurred to me that the reverse process would be very useful and necessary for space travellers. Is that fair comment that materialisation would be mostly for communication with physical beings and dematerialization would be a necessity for space travel?

Yes, I understand your question. Dematerialization as you call it is an attribute of Spirit; it is something which you all are capable of. I do not pardon myself for repetition of my words, but each one of you as Spirit has the capability of much. Materialisation as you understand it is of course for communication, it is a form of communication which satisfies most of the senses available to humankind. In that I mean you see with the human eye, you smell, you touch and feel and you hear—all of your senses are satisfied, therefore there can be no *dispute*, may I say, of what is happening in that form of communication. But as we have been discussing, it takes many years of human life to develop mediumship for that type of work. Dematerialization happens in your world by those you know as *masters*—I use that word lightly, but it happens—but when you return home to Spirit, dematerialization of many things become quite normal, because of your greater expansion of understanding. Yes, I agree with you that many space travellers have used what you call dematerialization for their own good and their own benefit, but what is more important is that you know and understand that it is an attribute of Spirit. To you human beings who have lost much of your natural capabilities, dematerialization and materialisation seems to be an exception to the rule; it is not, it is just a matter of retraining yourselves if I may put it so bluntly.

George: It is documented in a number of older scriptures.

Yes, nothing is new my dear friend, this I have tried to teach you.

Lilian: I suppose it is what we call 'out-of-body experience', is it?

No, no, you are speaking of something entirely different. Dematerialization is another form of spiritual life. Out-of-body experience is just the freedom of Spirit from the physical body, that is all that means.

Mark: Is it an out-of-body experience when you—I have had dreams sometimes when I've been flying, and it has felt as if my physical body was flying. I wonder if that was an out of body experience?

Yes, all of you have what we would call out-of-body experiences, because, after all, in your sleep state my dear friend each of you leaves the physical body behind for a short time in order that the Spirit be rejuvenated if you like; but, to most people, this is not remembered. But when you speak of the physical body flying, remember my dear friend, that when you come home to Spirit you retain all the knowledge of your physical being. Although you are Spirit, you still feel like a physical being that is why you would feel as if the physical was flying. Is that helpful to you? (Yes, thank you.) Are you sure? (Yes.) It is the Spirit flying, but the awareness of the physical body, that is all. It is not the physical body, which is flying, it is the Spirit.

Sarah: You said when you go back into Spirit dematerialization and materialisation is a natural thing, but if you are just Spirit and no longer in the physical life, what is it that materialises and dematerialises in Spirit?

It is just—if you wish to go further, it is the Power of Thought. If you need to have it simplified that is all it is, but for the use of the words that is how I have tried to explain it. Is that helpful?

Sarah: Yes, thank you. When I was typing back the script from last week, I noticed you said, 'Have you all understood *our* speech?' which you gave us. It made me think, do you get help from others when you are teaching us or is it just your knowledge that you are imparting to us?

Yes, I understand, I have anticipated your question, thank you. If you remember when first I came to you, I told you that I was a conglomerate of beings. (*Affirmations*) I am not given information one-to-one, as you would say on this Earth, but the knowledge which I bring to you is, how shall I say, knowledge that has been obtained by many over many, many years of your time. That is why I used the word '*our*' rather than '*I*', or '*me*', or '*mine*' or '*my*'. Remember that what I bring to you is knowledge from a *Source*, not a knowledge of one being. That is what you must always remember, that what I bring to you is knowledge gained by time and beings of great knowledge; but for the benefit of you here on this planet it would have to seem as if I am one being. Do you understand?

Sarah: Yes, I do, thank you.

[More on Direct Voice](#)

Sue and Eileen experience Direct Voice for themselves at another group. They were totally amazed! (21/8/00)

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

Yes, we are not unaware shall I say. The opportunity has been put forward for you, not because it is necessary for you to experience phenomenon such as you have had, but to enable you, as two people who have given much of their time, to see what is possible and what they too can achieve, given that they are willing to offer themselves in service to this

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

Sue: Yes I do.

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

Sue: Yes I do.

I know my dear friends, that phenomenon of this type, is wonderful in the human eye. It gives credence to our world that so many people crave to see such things. But again, I stress, it is not necessary for people such as yourselves, because you have what you need to develop in your own way, and each one of you are indeed individual in your service to our world. There is much to come to you within this room. You know I do not come to tell you what is to happen; that has never been my purpose. My purpose is to teach and to enlighten each one who is willing to listen. But I will say, my dear friends, that if you continue to travel along the road of development that you have been travelling, you will be rewarded—you *will be rewarded*. Remember, I have said that communication is a two-way process. Without you, we could not communicate. Without us, there would be no communication. Therefore each is essential for the other. Many developments have taken place from our side of life, in order that mankind was willing to give of their time, was willing to accept our words. Mankind must understand that communication is the very essence of truth, if mankind is to begin to understand what all these things are about. Unselfish service, I would say, is what you should try to achieve, and my dear friends, I can tell you without this unselfishness, I myself would not be communicating with you. Therefore, take credit for what you *are* and what you *have been* and what you *will be*.

[Is special lighting helpful with séance meetings?](#)

George asks about the coloured light red. (21/8/00)

George: I have a very brief question, to which the answer is probably no. I have read that in regard to physical happenings in séance, a red light is a help. Is there any substance to this idea, or is the lighting quite irrelevant?

Let me say this: For those who are on the first steps of this development, it is something that has been suggested from our world, to help in the vibrations necessary for those who are within that group. But of course, as you are well aware, there has been phenomenon

in light. But these are exceptional mediums, who have been born and who have been chosen to do this type of work. They have been chosen and are fully protected by our world. But I would say that it is essential in the first degree of development.

Lilian: So, what's the answer, say when someone's lost a partner or a child or whatever—I say 'lost' —they have gone back to spirit. Sometimes a person left on this Earth in a sleep state, just before they go to sleep or when they wake up, actually sees the person who has passed into Spirit, say at the bottom of their bed, or wherever. How does that work? Is it thought again?

No, not always. Again, there are no straight answers. They can be seen clairvoyantly by one person and not always those in a room. But as you say, in sleep-state your consciousness is raised to such a degree, that you are more *aware*, you are more able to see with the Spirit eyes. Sometimes that is when these things will occur. It is a different matter from what the gentleman was speaking of. We are taking from the medium within those conditions, much of her own body energy, as well as spiritual energy. We are speaking on an entirely different subject here. You all know and understand of course, that when you enter the sleep-state, that the Spirit is free to remove itself from the physical body, and in the sleep-state, it is possible to see, to do and to achieve much. And remember, those loved ones who have passed over to our world, for some time after their removal from the physical being, are still very close to your world. So, you see, the raising of the consciousness, of the one who remains and the closeness of the departed, are but a blink away. Do you understand? (*Affirmations*) I hope that has helped your understanding. Again, my dear friends, I hope my words have brought you comfort and knowledge and understanding, this time. (*affirmations and thanks*)

[More information about how we sit and light conditions](#)

Does it matter if we cross our legs or arms? Salumet answers that perhaps only from the viewpoint of the human being feeling more comfortable. It does not cause disruption to the channelling at all. However, for spirits who visit from deeper spirit, they do find dimmed light more comfortable. This is clearly the case for Salumet where all meetings take place in dimmed light. (9/10/00)

Paul: I was thinking about when we are sitting in our circles and we do not cross our legs, when people meditate though, they often cross their legs. Is it important at all? I know when we have been sitting in a circle, we have been told not to cross our legs as it sort of stops the energy flowing a bit?

Yes, I understand. Perhaps we can discuss this a little more. I am aware of many rules and regulations which feature within your organizations and to which many of you uphold these rules. Let me say, most of them have come from well-meaning people who have not always listened to our words of wisdom. Communication can take place whether the legs or arms or whatever else you wish to cross will take place, but let us look to the other side of the mirror and say that you all know that you are more than the physical beings that you see before you, that you are energy, and of course that energy is cloaked by the physical being. So, when people speak of energy being disrupted, then of course they are

partially correct. I would say this to you my dear friend, that it is probably more satisfactory for the human being to sit with their legs and arms uncrossed, not because it helps with communication, but it is more comfortable for the human being. Can you see the difference? (Yes.) If you were to cross your legs now, it would not cut of communication with me. Do you each understand, because there is much said in your world. (*Affirmations*) I would say, the important issue is that you are attuned properly, that your thinking is correct and that your motive is good. Communication therefore will take place whenever those conditions are respected.

Sarah: Salumet, when I have had someone through me and I have had difficulty in getting that person to leave, I have been told to cross my arms. Is there a reason for that?

Yes, because it is a physical happening, which then allows your mind to return to the physical. That is why. There is too much spoken about *physical* and *spiritual* conditions. You might say, why therefore are we in dimmed light? That is slightly different, because I am using a physical body and for us who come that little further, it is more comfortable. But that is not to say it cannot happen in full light—of course it can. But we in our world are aware that the physical condition can sometimes be affected. Is this clear for you? (Yes.)

All mediums sometimes feel doubts about the accuracy of their channelling

Sarah raises this point from her own experience. Salumet reassures her and explains why it can happen. (29/1/01)

Sarah: I had a control through me (15/01/2001) last week and although I felt that it was a control, my mind is still quite active when a control comes through. Could you just confirm that what I said was right? This control said that he helped our minds to bring relevant information to the fore to help the group and to help the world as a whole.

Yes, I will explain just a little to you in a way perhaps you will find easy to understand. When we from our world use you as communicators, as instruments, we try to place to one side that part of you which holds so much and what you would term the *subconscious*. Although those who come to you overshadow you, you still remain in control. That is why doubts creep in, but I would say to you that there are many who stand by and if there is confusion or the likelihood that communication be cut, then those whose '*job*' shall I say for your understanding, will step in and help the thoughts to be conveyed. Therefore, my dear friend, what you experienced is perhaps experienced by all who are developing the communicative skills. Is that helpful to you?

Sarah: Yes, thank you, it is.

You are never alone, you as the human being and the communicator from our side—there is always others to help, there are always those from our world much more experienced, who are ready to step forward to help and if that feeling of help comes through as a form of thought, then so be it.

Sarah: So, I am on the right track, am I?

Yes, do not place these doubts to the forefront of your thinking, place them where they belong. It is good to think about these things, but do not allow them to become an issue.

Sarah: If I was giving information through, I wanted to make sure that it was correct.

Yes, and that is what will make you my dear friend a good channel for us. I believe I would be correct in saying that all potential mediums and what you might in your world call fully-fledged—although I would perhaps disagree with you, they all have experienced those feelings. (Thank you.)

The art of channelling

A communicator under the instructions of Salumet explains a little more about channelling and what is needed from both sides for the communication to work. One of the biggest problems is emotion carried by the sitter, but problems can also arise from spirit side of things. Using the dense medium of the human voice box is one of them. (13/8/01)

Forgive the delay, but I was also taking instruction from the master. To be able to communicate in this way, you are very aware I know that conditions on both sides of these have to be compatible. You are obviously well taught in this matter, am I right?

Lilian: Yes, we understand that.

For the different phenomena, different conditions apply. Again, I am not trying to teach you something that I am sure you are already aware of, but the word 'conditions,' is a word which applies to so much and I am here this time to tell you if you so wish, what some of these conditions entail. (Thank you.) All of you here who have been used in speech, I am sure, could discuss how you feel when you are taken over, I shall say, by a Spirit person, but I am quite sure that each one you would have a different view, a different feeling, a different set of circumstances, because each of you is different, each of you possesses different aspects of spirituality. That is only to be expected. Am I right?

Lilian: Yes, I see. So, is it right that the two have to be compatible from your side and here on this planet? They have to be on the same wavelength.

I understand your question and in part it makes an easier transgression, but let me say how many of you on this Earth are on the same, shall we say, wavelength? Everyone is an individual, so, no, you do not have to be a mirror image of the Spirit to enable you to be used for whichever Spirit needs to come. I say to you, and I am sure the lady I am using will not be offended if I say to her that our compatibilities are very wide, and that is no disrespect to the lady, but I am able and willing to come through and use her. The problems can arise with emotion—that I am sure you are aware of. Emotion causes some problems in communication. The conditions then can be, how we say, a little 'rocky,' you understand? (Yes.) Let me try to explain it more simply. Imagine you are in a little rowing boat and you are heading towards an island in the middle of a lake. That is your goal, that is what you are aiming for—you have planned it. Fine, everything is going to plan and you set off in this little rowing boat, knowing exactly what will happen, knowing that you will reach the island and everything will be fine. And so, conditions are perfect. Suddenly there is a wind springing up from the west and the surface of the lake, which was still and tranquil suddenly becomes a little choppy, and you see the island ahead of you and you

are still making progress. But all of a sudden you start to veer to one side. You cannot make a smooth crossing; something has rocked the boat. Are you understanding me so far? (affirmations) So, with the best will in the world, you may have a communicator who is coming through the channels nicely. The communicator on your side feels relaxed, happy, in control. The communicator on our side of life is the same, but who knows why on your side there is a little breeze, yes, a little blip—who knows what has caused it, but suddenly the communication is not quite as free as it should be, and just as you are having to control your little rowing boat, so the Spirit communicator has to control the channel, yes? (Yes.) Conditions vary so much from what you would call second to second. So, you could have two people who you would consider compatible and on the same wavelength and there would be something, something that could block it, block the communication. You could have someone who is totally alien to the channel, totally alien—someone that you would never expect to have anything to do with that person and it is a nice, smooth, easy crossing and through. It is so much to do with conditions, which, on our side of life, can also be as difficult as yours. On your side of life you have stresses, heat and weather, do you not? (affirmations) You have people feeling less than perfectly well and these are conditions on your side of life. On our side of life we have a tunnel. It is a tunnel, which leads by a thread, to the communicator on your side of life. Now the communicator in Spirit is going through this tunnel. They are drawing themselves towards their goal—their island in the middle of the lake. They know where they are going, they know who their communicator is; they know this. But suddenly the tunnel starts to widen, the path is not totally clear-cut to the island, there is slight fogginess. This can be due to several things on our side. It could be that the communicator has not been sufficiently trained, the communicator possibly has not been given the right information that they are to impart to you. Do you understand? (Yes.) And in some cases, it is sometimes entirely the wrong communicator for the job. Are you understanding me? (Yes.) I know there are other forms of communication, which do not require the physical voice and those conditions are totally, totally different. It takes many, many, many of your years and can be equally as stressful on our side of life. In that respect the communicators have to be trained for many, many of your years, do you understand? (Yes.) They have to use what you know to be the voice box and it does not suit all communicators. It is a very heavy and dense material that is used. Again, conditions have to be the right conditions for the job. It is like saying in your world, it is no good the large gentleman playing heavily, it is no good for him to walk on thin ice, he will go through it. A little child can possibly run across it quickly, it is no problem. Conditions—but you can help us. It is a difficult thing I ask and I know the master has spoken of it many times, but I ask you something, each of you: How clear, how clear are your minds? Are they clear and free or is there always a little thought, 'what you did, the day you've had, the work you're doing, even just listening to someone like myself, querying and answering questions in your mind?' All of you have little things going on in your mind and in your thoughts. (affirmations) I am saying to you, if you could all train your minds to be like this light tunnel that we have on our side of life, well lit and empty—I'm sorry that is not a good word, it is not a good analogy, but do you understand me? (Yes.) Free from the little tentacles of thought—my goodness me, we would shoot through those tunnels if those conditions were right on your side. But, let us say this: Life is not like that, is it? So we have to make use of the best conditions we have for the communication. But over the years and the aeons of time that spiritual matters have been discussed in this way, I would like to think that most communicators, whether

they are on the same wavelength as their instrument or not, most communicators have managed to bring information, laughter, happiness and help, am I right? (affirmations) So, there is no such thing as perfect conditions for communication, but if we continue to work together through love and light and harmony, then we can all continue to bring the message of Spirit into the world. Do you understand me?

Lilian: Yes, it certainly helps our daily lives and all the way through our life.

And that my dear friends is everything. That is the moral of this communication this time. Unite together in love, in harmony and light. Always send loving thoughts to receive loving thoughts. Open your hearts, so your conditions can be the best that is possible and we give you eternal thanks for enabling us to come to you in this way.

Lilian: Yes, and may our thanks go to you as well. I think I can safely say for all of us that we always feel uplifted, when we have had our meetings and meeting with you.

Let me say in reply to that, that all communicators when they leave this room, for whatever reason they have come, whether they come to listen, all peoples also have upliftment. Can you understand that, Spirit also receives upliftment from you? It is not a one-sided affair. You give to us exactly as we give to you. So, dearest peoples, always feel proud to know that you bring love to the Spirit world.

Now, conditions are a little shaky now. We all get a little shaky with time, do we not? (affirmations) I thank you for your time and your interest. I hope I have been able to give you a little more information that you can keep in your hearts and refer to if necessary. (general thanks) There will be more communication on matters of spiritual conditions another time. Whether it be myself or another, I cannot say, but we wish to talk to you about the conditions surrounding those who are in need of your help. We wish to bring you more insight into what your powers of prayer do, and how they are received on our side of life. So, that is something hopefully that you will look forward to. But for now, I leave you with love and thanks of all Spirit peoples and all peoples who are light and energy and love. You one day will all achieve more than your hearts could imagine. I hope that all your loving thoughts remain on still waters. (thanks and farewells)

Finally one came through Eileen with a soft gentle voice, thanking us for our time. She said that we were being given knowledge that some in our world (Spirit realm) still do not have. She added: So I am here to thank you from all of us who come close to you. There is more for you to achieve, not only in knowledge, but as the speaker before has said, phenomena can happen when conditions are right. And there is no reason at all, why you people in this room, cannot achieve such things. It will come—be patient.

Lilian: We are very, very grateful for what we have, with our friend coming with his teachings.

You cannot ask for more I have to tell you. I also listen to this one in our world—not often, but i have been given the opportunity. So I would say to you, listen carefully, listen carefully and accept graciously, because when people such as yourselves are chosen in this way, it shows that no matter what your development is in this lifetime, it shows that spiritually you are growing well.

She then brought this meeting to a close, with blessings and with love.

Learning how to protect oneself

Lilian asks about voices in the head, a problem for those who are sensitive. (21/3/05)

Lilian: It is about my grandson who came as a visitor. He hears voices in his head that are there quite a lot. I did suggest that maybe they went to a good medium, that he switch off, and so on, but is there any advice I can give him?

All I can tell you is, yes, you could teach him how to ground himself and how to be in control of his thinking. He is opening up, but without the knowledge of how to deal with it.

Lilian: Would he be aware that he is offering himself up?

No, he is naturally opening up and is quite afraid of what he hears. You must teach him how to switch off and ground and protect himself. You, my dear friend are quite capable of doing this for him, or if our dear friends gathered here should wish to ask for healing help, that is another way.

Lilian: So, the voices in the head, would they come from Spirit? Is it Spirits that are around near to the Earth?

You are an open channel, you can see much if you are open, but there must be discipline. If you were to leave this room without closure and the love that surrounds you, you would also be constantly hearing and seeing with no control.

Sara: I feel that my vision is getting much clearer and I have got strong feelings about people that then without much delay get confirmed. Is it because I am getting help at the moment? **Because your awareness has grown so, at this particular time you have the opportunity to grow much, therefore accept what you are being given.**

How can I be a medium?

Salumet addresses the idea that we are all mediums, but if we want to communicate consciously, and provide 'evidence', then that requires dedication, but we are all capable. In other teachings, Salumet does say that the only way to develop spiritual gifts is through quiet time meditation. (23/5/05)

I would like to speak a little about so many words that reach our world and we feel causes much confusion amongst you on your planet. Those words so often are: how can I be a medium? Well, let me clarify it for you: each and every one of you, whether you know or accept, is of course a medium, because you are Spirit after all. But, what we feel is being asked is: how can we make communication between the two worlds—which is a different matter. But you ARE all mediums in the sense that you are already in contact with Spirit. Do you understand? (affirmations)

George: I think we understand that we receive from Spirit in our various ways...

Yes. Therefore, you are all Spirit, therefore all mediums. But the confusion lies when people want to communicate consciously, in the conscious state and provide what you term 'evidence'. That of course is not open to everyone in your world, only in so much as they do not wish to develop their own spiritual gifts—it is not because they are not *able* to. I think this needs to be made clear to *all* of you. Therefore, when you hear someone say: how can I communicate? Then you must tell them, they are already in communication, but on an *unconscious* level. (*affirmations*)

Victor Zammit and mediumship

George asks about the work of this medium and his materialisations. This type of mediumship is very rare due to the huge commitment needed to develop the necessary spiritual connection. (17/7/06)

George: Can I mention a new contact that we have just made or would that be a digression?
Of course, if you wish.

George: There's one Victor Zammit in Australia who is a retired lawyer and he's presenting evidence of the continuing life in spirit. He's very active and has a website and his findings are going out to the world. I know he has several times sat in with a group and there is David Thompson who is a medium in the Australian group and he seems to be very good at materialisations. He has materialised Sir Arthur Conan Doyle, and the materialised form shook hands with Victor Zemmit and he was *most impressed* with this. I wondered if you would have any comment about the idea of shaking hands with a materialized form?

But there should be no doubt within your mind my dear friend that this can take place.

George: Oh no, there is no doubt in my mind!

Firstly, I would say this to you: that that form of mediumship is becoming quite rare today, because very few people are prepared to sit as diligently as the one you have mentioned to allow this phenomenon to occur, But I would say to you, 'materialization' is good for all of your senses, because not only can you touch, you see, you experience the *whole form* of those who have gone—they can speak to you, therefore your hearing senses are in force and there can be no doubt when this occurs that spirit *is indeed*.

George: So, if our friend Victor is impressed in this way and in turn recounts this to the world, this is a useful presentation of evidence, can we say?

It has already been presented to your world by many people, but let me say that as long as you have sceptical people, the most amazing what you call 'evidence' you will not shake their foundations; but to those who are seeking, it is the kind of evidence which cannot be disputed. But again, as human beings, there are always doubts and suspicions and as in all forms of mediumship, it takes personal experience sometimes for people to truly accept. So, do not be surprised that this wonderful evidence is ridiculed by some, but I would say, apart from healing, it is one of the best forms of mediumship as far as giving evidence goes.

George: I can perhaps add that there has also been a materialization of the jazz musician Louis Armstrong with him singing and the sound can be played through computers today so

that the evidence—I take your point that there will be many who will remain sceptical, of course, but the evidence itself and its presentation are I think becoming more impressive. **If you are a seeker of truth, then of course you would be impressed, but as I have said my dear friend, the past century of your living here on this planet has produced much evidence in the form of materialization and still people wish to deny what they see with their own eyes.**

George: Yes, you are absolutely right, of course.

But I would say that this type of mediumship should never be lost and we are trying to encourage those who are capable of it to develop and come forward, but of course it takes many years of dedication from our world and from the medium involved.

Jan: Going back to the subject of energy, Salumet, is the ancient practice of FengChui altering the energies within our own environment? **(Yes.)** Obviously that would be of a similar but very much smaller—same vibration as we mentioned of the pyramids, wouldn't it?

Because everything has a vibration, not only human beings, everything vibrates at a different speed ...

Jan: Even a man-made material?

Yes, everything that exists vibrates. What you are speaking of is recognizing the best use of the energies available, whether it belongs to a light bulb or to a vase or whatever.

Jan: So we can all experiment within our own environments, can't we? **(Yes.)** We don't have to necessarily follow what somebody else has tried.

Yes, you should have that inner feeling for what is right and that would be a much better way to go, and not only be aware of the outer energies, but what is far *more* important is that you recognize that inner energy; and that then, my dear friend, returns you back to energy within the body and would help. You understand?

Jan: Yes I do.

Yes, that is a good way to go.

Jan: That's something I am interested in I'm definitely going to really try to mediate and concentrate on that.

Yes, it would be far better that you regain your own finely attuned instrument, and then you can become aware of all forms of mediumship which surrounds you within this lifetime.

Jan: Yes. It's a human feeling, but I feel very frustrated sometimes, which is a negative feeling I know, but all the information that is within, you have to spend so much time—it's the giving it the time...

Yes, but the knowledge is worth waiting for.

Jan: I think it's the excitement rather than frustration, it's an excitement. Richard and I were talking about the knowledge that you have given us. He said that you could be sitting within a group of people on a train or bus and suddenly have this overwhelming sense of '*I know, I know*' and you want to shout and share that knowledge, **(Yes.)** but you know you have to be one step at a time and tread carefully. I know exactly how he feels.

Yes, but my dear friend you must learn how to harness what you call your 'excitement', you must harness that energy within, and then whatever comes from within is what is supposed to happen in your lives. It will be a natural emergence of spirit—but I understand your words and I understand your impatience, if I may use that word, to create a situation of your knowing and your knowledge.

Jan: I'm sure we have all felt that, haven't we?

Yes. Does anyone else wish to comment?

Lilian: Sarah?

Sarah: All I was going to say was that just letting gradually the information come out or the knowing come out and I do find, although I have a tremendously long way to go, but I am beginning to—just suddenly things—I think, ah, I’m beginning to see things differently. The light is beginning to dawn, perhaps I should say that—just various things.

That is the kind of words I like to hear. If but one or two of you *feels* that the knowledge gained is helping you in your expansion of knowledge, then that is so good to hear.

Sarah: It’s good to feel, too, so thank you!

But is it not just a recognition of who you are?

Sarah: Yes, I’m sure it is.

And not only who you are but who you have been and the whole form of your spirit. That is what you are giving out my dear friends, not only of who you *are* in this lifetime, but all of the knowledge that has been gained in times gone by. All of that knowledge is within you and it is there for you to use at any time that you choose.

Jan: I definitely feel that those people—I can only refer to those people in this room—I know that they are all used as beacons of light, if that’s the way to describe it, **(Yes.)** many, many people come to us, do they not? You’ve said, haven’t you Sarah?

Sarah: Yes.

Jan: People are drawn to you.

And can I say also my dear friends that people are drawn to your lights, even without your knowledge; they would be attracted to that spiritual light without your knowledge. So you see, your work as channels of lights are spreading all of the time.

Jan: I’ve begun to recognize when those other like-minded people that you may not even have met before, you’re very much drawn to—I’m drawn to them as well **(Yes.)** and in conversation, it comes out—it’s amazing, they’re on a level and you know, we understand—few words are needed to be exchange.

Because your spiritual lights are compatible, shall we say, you are drawn together. That works also with those people, and I am sure you recognize also that there are certain individuals whom you feel you cannot approach or become too close to. (*Affirmations*) That is the energy pull between opposites, yes, so instead of coming closer together you feel you must stay ...

Jan: ...avoid.

Yes—that is a good word.

Lilian: So we shouldn’t feel guilty about this?

No, but what you must not do is to pass judgement, but to step back and to leave the situation as it is.

Jan: So it’s still nice to smile and be pleasant, but...

Yes, but be careful of any negative thinking. So you see again, all of life is energy.

Jan: You can’t get away from that word—that’s how we started and that’s how the conversation is still.

Yes, you are now beginning to realize that thought and energy patterns are as one and how you use those energies in the way of thought is most important to your spiritual well being.

Now my dear friends I feel for now I have spoken enough, but we *will* continue when we have a fuller group together in order that my words are heard by them also.

Sarah: They will get a copy of what you said today anyway.

Yes, but it will give them the opportunity to ask any questions before we move on to something different.

Lilian: Well thank you again, it's been very interesting.

Evidence for life after death: The Society for Psychical Research was founded in 1882 and over the years, many books and papers have been published. So, for the last 124-years huge quantities of evidence have been presented. This has been much valued by many of open mind. A notable early work was 'The Survival of Man – Sir Oliver Lodge (1909), 379 pp. But as Salumet says, there will always be some who remain sceptical.

Victor Zammit's website: A regularly updated, interesting site: www.victorzammit.com

Mischievous spirits can be very determined to have their day

A spirit pretending to be a recently deceased high-profile conservationist did get through. Though rare, these exceptions can occur and are very difficult to stop once they have 'hopped in!'. George asks a question about this. We are also reminded that you must always first *ask for protection* before any meditation or sitting takes place. (11/12/06)

George: There is a question which we all want to raise in view of a happening last Monday. To begin with, on the Sunday, I listened to a Barry Eaton programme and he was interviewing a journalist who has written a book on Steve Irwin the Australian conservationist, who had died 3 months earlier. On the Monday morning, I was interviewed by Barry Eaton concerning the Salumet book, and some of your words will be beamed out to the world, as a New Year message I think, in due course. And that Monday evening, Steve Irwin was mentioned in our prayers, and following that, he seems to have come to us, and we all had a conversation. And I got the impression that he is very much an animal conservationist at heart, and there is a big programme of work for him in spirit relating to that. I was wondering if you would be able to comment on any of that, and confirm that it was indeed Steve Irwin who came to us?

I understand your question my dear friend. Firstly, let me just say this to you: no matter the status of any one person whilst you inhabit a physical body, no matter their status on this planet, they are but one soul in a sea of souls, and when these souls come to our world, they of course remain close to the Earth plane for some time, especially around their family and friends; that you know and understand. (Yes). But, in the same way as those who come to spirit, stay close for a little while, also there remain those from our world who seek to gratify themselves by pretence. And I have to say to you, my dear friends, that the person who came to you was really not the one that you hoped it to be. But in saying those words, I wish you to know that anyone within this room, is open to what we would term 'mischief and although these circles are strictly governed, we do not always have the right to stop those souls who *are* determined to use an open channel. Therefore, I have to say to you that this was not the gentleman—but the medium is not to be blamed for this, because these mischievous spirits are so determined to have their day.

George: Yes, we appreciate that sometimes one slips through.

Lilian: I remember you saying that before.

It does not happen often, but it does happen and remember that, because the name, as you so rightly have said, has been mentioned before the actual meeting—then that mischievous one was ready and waiting.

George: Yes, in a sense, we attracted him.

Yes, you attracted him in the calling of the name.

George: Well I'm very pleased that you have straightened us out on that Salumet, because we shall not be contacting his family now.

I would wish to also state to you, my dear friends that if any communication, no matter which one is used, if there is doubt or suspect, then I think you would be right in rejecting that communication. And after all, I have said to you on many occasions, that even if my words do not sit comfortably with you, then you must reject them until such time as they are acceptable. But let me just reiterate that I am not of 'mischief.

Laughter

Sarah: Salumet, would you have come through last week, had that one not come through? **(No.)** You weren't going to come anyway? **(No.)**

Lilian: So, when that spirit goes back to spirit world, are they put right in any way and told that they really shouldn't be doing this?

They will remain that way, until they see common sense, I think you might say—until their own realisation is greater.

Lilian: I see.

In the same way, as in your world you have people who enjoy being mischievous and they cannot change so easily, so too do we have souls who are a little mischievous sometimes.

Jan: Since this spirit came through myself, it throws me a little that when I am on my own and meditating, that it's that easy. I know you say I am protected...

You must always first *ask for protection* before any meditation or sitting takes place.

Lilian: That's a good idea.

Jan: I haven't done that before.

Yes, you must always ask that any communication from our world is brought in love and is given in the name of the universal good.

Jan: That spirit last week came with such emotion that he did fool us, **(Yes.)** but the following day, mum (*Lilian*)—we had a conversation and she said that she felt unhappy...

Lilian: Yes, and he left in this room afterwards a great feeling of—uneasy, wasn't it Sarah?

Sarah: I was very uneasy about it.

Which is a very good indication that the communication was not genuine.

Lilian: We must remember that.

Sarah: So, if on another occasion, any of us should feel ill at ease with the communication, should we say at the time we're not happy?

You can voice the opinion later of course. If you are unhappy then seek help from those in spirit to remove any unwanted information, and that spirit has to then depart from the medium. But I would suggest my dear one that you always ask for truth and protection before you begin, and that although we clear this room at the end of every session, that you can close yourself down as a channel. That is just as important.

Jan: I do feel after you've spoken to us this evening, that it was an important lesson for everybody in this room—I think we've learned from it.

Yes, hopefully all events will teach you something. (Yes.) Yes, but do not doubt your ability in any way. Those mischievous ones do sometimes slip past.

George: It struck me that 3 months for a return to a group by someone of this general nature seemed a rather short period. The ones I know of have taken considerably longer than 3 months.

Lilian: And have spoken of their families...

Yes. Communication is a difficult one—time has no meaning. A soul who is aware can return in a very short time. Whether they wish to do this is entirely of their own making. So time really does not come into it.

Lilian: Following that spirit, there was a gatekeeper that came through. I think we found that quite amusing, didn't we?

Once a soul has entered with the emotional and spiritual body of a person here on Earth, it is difficult to remove them, although you are protected as a group, and of course, if that person was indeed meaning any kind of evil or darkness, then of course there would be concerted effort to protect you, but the ones I speak of are not evil people, they are not beings of darkness—they are just souls who are mischievous. There is a great difference—in the same way as you have a mischievous child, you would not want to be rid of the child, but you would wish to teach and instruct the child that that is not the way to behave.

Sara: Salumet, I remember a few years ago, my son attracted a mischievous spirit in his daily life. **(Yes.)** So I know that this happens in our *daily* lives sometimes. Is it a good idea to ask for protection for our children, for those who are especially open'?

Yes, of course.

Sara: Because I imagine some people are perhaps more susceptible—are more open...
And more sensitive...

Sara: More sensitive and open, yes.

You can, in the case of children, call upon their own guardian angel to stay close by to them, which they do in any case, but if the child is particularly sensitive then asking—and remember I have always told you, you must ask for the help. If you ask for help on behalf of the child, then it will be there.

Sara: Yes, I often ask for angelic protection for the children. **(Yes.)** The guardian angel is probably the one to speak with about it...

Yes, as long as you are asking for help it will be available. But of course, you can also surround that child and the dwelling within to be completely protected by love.

Sara: Yes, that's a good idea, thank you for that.

It is something you should all do in your everyday lives. Are there any more questions this time?

Graham: I was going to ask you about teaching actually—the very subject you were just talking about. As a schoolteacher it is so difficult, the judgement as to whether you are being hard on children or too lenient. I'm working in a school at the moment with a gentler environment from any previous school I was at—personally I feel more comfortable with that. **(Yes.)** But I do witness sometimes, amazing behaviour from the children who I teach. It begs the question as to how much we should go with it, or stand our ground to those who are not good enough. It seems a very difficult tightrope...

Yes, of course. Again, because of the human conditions you are drawn, and because of your own sensitivity and knowledge you are drawn, but again what I would say to you, my dear friend, is to be guided by your inner light, to become more aware of your *inner* feelings, and then you will make the right choices—you will never get to be 100% correct.

Laughs

Otherwise you would be joining us!

Extended laughter

We are not in touch with other soul aspects until we return home

When we do return home, then all is made available to us. We are also reminded that when we are confused by something, we can also ask in our thinking. We will be given an answer.
(26/2/07)

Lilian: There is one question I think we're all interested in hearing. Will you start, Sarah?

Sarah: I know you've told me I shouldn't worry about communications that come through me aren't real, but we did have one the other day and he said that we are already preparing for our passing over to the other side and that when we go over to the other side we would be surprised at the thoughts we've been having over here. Can you just say anything about that?

George: Yes... I think this, Sarah, originated from another group and it came via a soul aspect of the person in that other earthly group. I think I'm right in saying that.

Sarah: Yes, I had completely forgotten that.

Lilian: Which was completely new to us...

Yes, I understand what you are saying, but there would be no need for another aspect to be involved so closely with one lifetime. So, your question is... what are you confused about?

Sarah: Well, I think first of all that somebody came through me and said that somebody from another group wished to make contact with us and then this other person came through and because this person was still alive, it was a spirit that was doing the talking for this person who was still alive. Then the message was that we are already preparing for our passing over to the other side with our thoughts that we're not aware of. Is that right?

Lilian: Yes, they had teachings from someone, say, similar to you in their group, only maybe different teachings and this was one of the teachings they passed on.

Can I just clarify one thing for you?

Sarah: Yes please, thank you.

When spirit returns to earthly form, that has been their decision. The other aspects of the soul remain just that. There is no contact whilst you inhabit these human forms, with other aspects of the soul; that only takes place when you return home and then all is made available to you. So, therefore, yes, all is placed before you, all conditions of that lifetime, which of course include any thoughts that have been sent forth, because you understand that thoughts remain and are real and are reality. So therefore, your thoughts are made available to you, but not any more so than the whole of your living. All is known anyway, so I would say to you my dear friend that when communications take place, you have to at some stage of your development be just a little more discerning with whom you are making contact. You understand?

Lilian: Yes.

I do not say that this is incorrect, but what you are being given I have to say was from someone whose knowledge was in some way a little limited.

Sarah: Yes, well that's why we were keen to ask your opinion, Salumet.

But don't doubt the communication aspect: that is real. But what I would wish you to do now as you each develop more clearly, is just to be a little more discerning of those who come to you. If you are in doubt, place the question before us and you should have the answer immediately. Do you understand?

Sarah: When you say 'place the question before us'...

Send your thought to us and have it—I believe you would say, 'clarified'.

Sarah: I think that's why probably we were keen to ask you because maybe it just didn't sit quite comfortably with us.

Lilian: No it didn't, did it—we were just puzzled.

Sarah: That's probably—we got the answer already and we didn't need to ask you!

I can assure you that there are many groups throughout your world who would be taught all of the things that I am teaching you, because when first I came to you, did I not say that this had been a chance for us in spirit to come at this time to teach many truths—nothing new, but to remind mankind of what has always been. So therefore, it must make sense to you that there would be many, many more being taught these truths.

Sarah: Would there be by any chance, because this communication who came through said it was from someone who was living already—might there just be a chance that they wanted to make contact with us because they had been made aware that maybe we had a greater teaching than they had, or is that just...

That is not correct. Why would they not make human contact? That is the question that you must ask.

Lilian: That's what your instrument said actually when I was talking to her.

I would only say: what is most concerning as far as I am concerned is that they are involving other aspects of the human form and that is not so.

Sarah: I think it was just because somebody from another group wanted to make contact with us and in the meetings they would have to do it via another spirit—that's not good then, you're saying?

Another aspect, I believe you said.

Sarah: Well I think George said that but I don't think that's quite right. I think it was, what I understood, it was somebody from another group who was making contact with us but because they were still alive they had done it through a spirit.

But it is not sensible, would you not agree, for this to take place?

Sarah: It did seem a little strange, I have to say.

Yes. I would not be too concerned provided you understand that some communicators are not as advanced, if I might use that word, as they sometimes think. They do not wish to deceive, but they, themselves, do not have that knowledge to give, and therefore as people become confused in your world, so sometimes our communicators get confused in our world.

Sarah: Would there be a way if I were just to say mentally not to have this sort of communication—would that be apt to say that?

Your communication should begin at the beginning as you join together to ask that you receive only that in love and truth, and that of course you know each of you are protected. But to do it individually is wise also.

Sarah: But then of course this one was doing it in love and truth probably but it just wasn't quite right.

That's why I say: do not doubt the communication aspect, only sometimes what is said.

George: Perhaps one could see it as an experiment: like the general run of experiments, some are sensible while some are very questionable.

Yes. All have their own views and I will not say motives—that is incorrect. But they feel that their advice to you is correct when sometimes it is a little wayward. Perhaps that is the best way to describe it to you. I hope that has helped in some way.

Sarah: Yes, thank you. Well all I can say is: ‘thank goodness we’ve got you, Salumet!’

Lilian: Yes. That was going through my mind. Yes, thank you.

I believe you already have communication with others who are having information from us along very similar lines and I am sure they did not need another communicator from our side of life. The communication has been made by our dear friend here.

Sarah: Which dear friend is this?

The one known to you as George. He already makes contact in the earthly sense with those of like mind, does he not?

George: Yes.

Yes. And that is much more appropriate my dear friends for those of you in this world.

When wishing to be impressed, ask that any words come only in truth and love

Jan asks about impressed writing and how to know what is written is genuine. (3/11/08)

Jan: Salumet, I feel that I’m being impressed from spirit to write in some form.

Yes.

Jan: But I’m concerned that I don’t want any ego to be present in that writing. So, obviously if I just keep going inward, I’ll receive the right information as to how to format that, won’t I?

Well, I would suggest to you that you give out thoughts before beginning any form of spiritual act that you ask that only *truth* and *love* be formed in those words.

Jan: Right, okay.

That whoever may wish to use you in that way comes only for *good*.

Jan: Right.

You must always begin that way for your own sake and protection and also I would say to you my dear friend to give thanks to those who wish to use you in that way.

Jan: So you’re confirming that those feelings that I’m having, the impressions, are correct—I am picking up the right messages.

That you must ask for protection, that the messages you receive are for...

Jan: For good.

...For good, yes.

Jan: Right.

There are always opportunists. That is why you must be sure that whoever uses your hand is using it for love and truth.

Jan: The opportunists seem to follow me around and that’s, I think ... well, I don’t want to use the word ‘fear’, because it’s not a fear, it’s just a concern. Yes, I will practise more on the asking.

You must take control; you cannot allow it just to happen. It would be much better if it was done in a controlled way with *you* taking control.

Jan: Right.

You understand what I am saying to you?

Jan: Yes, I do.

Yes, *you* must be in control. Yes.

Jan: Right. I must be my own gatekeeper.

Yes.

Jan: I'm the source...

But you must not be too open.

Jan: No. I control what happens. If I feel uncomfortable, I should say so.

If you are uncomfortable, then you ask them to leave you. Any discomfort is not acceptable.

Jan: No. But there will be those that stand beside me that are for my protection as well ...

Yes.

Jan: ...but they need my...

They need you...

Jan: They need me to say.

Yes. You must ask.

Jan: Okay. Thank you.

It is quite true, those words that are used in your world: '*Ask and you shall receive*'. Yes.

[An exercise in being overshadowed](#)

Members of the group were each being overshadowed by a being from another planet and asked to describe what they saw. 17/11/08)

Salumet did not come through this time. One through Sarah gave instructions that we were all to be 'overshadowed' by beings from different planets. We attempted to describe the individual being overshadowing each sitter, and afterwards feedback was provided as to the accuracy of our descriptions. We were pleased with our attempts and it was explained that this was an exercise in mind projection and learning to become aware of what was being projected. We all got impressions of certain details:

Paul described his as having a prickly face/rough skin with small red eyes—a greenish cactus colour. (The one through Sarah explained that he was shadowed by one resembling a lizard and Paul agreed that this had crossed his mind.)

Emily described her hands and arms as straight...almost like a 'Lego man'. She felt like a tree, with legs as one, but felt movement from arms. (It was explained that she was being overshadowed by one who was from the planet where the beings were like mushrooms, as described during a previous Bonniol session: 22/08/2005—these beings also had very well developed mind projection, like the one with Rod)

George felt a solid feeling in the fingers—all except the little finger and a tough skin. (He was told by the one through Sarah that he had one digit free, while the others were webbed

together. The tough exterior was due to the hostile conditions in which it lived. There was a long nose—not quite a trunk, but projecting well forward and ears like long fish gills.) The one shadowing Rod, it was explained was thicker and quite rigid and it was explained that on their planet, they had no need for mobility. They were most proficient at mind projection, which was the reason why they did not need to move.

Lilian had the feeling of a small mouth and thinner than we are. (It was explained that she was in fact being overshadowed by one like a fish and indeed more elongated. Although they don't live entirely in liquid, they do spend considerable time in liquid—not like our water).

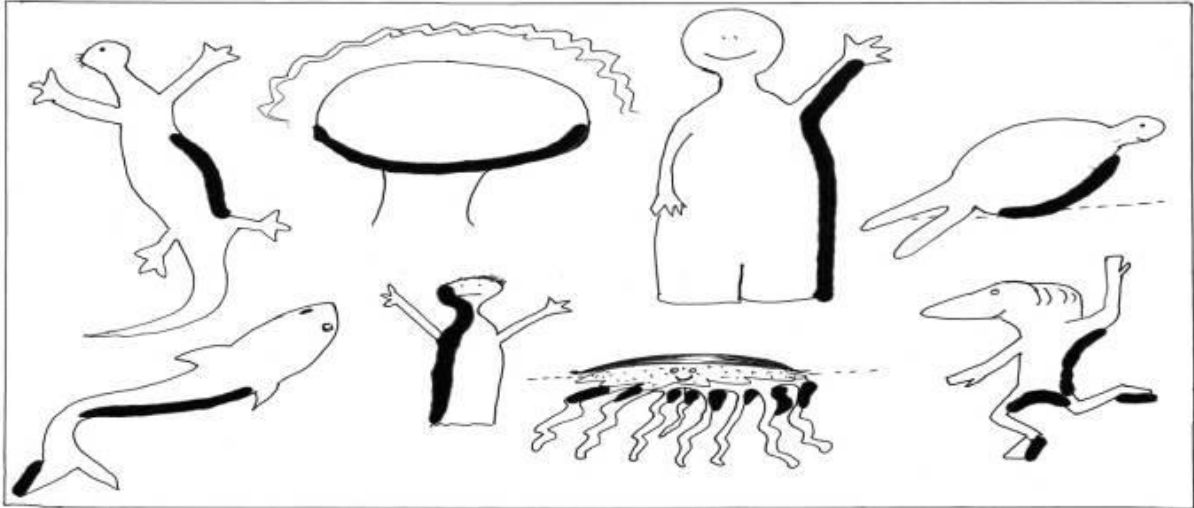
Sue had the impression of a sphere, like a bubble with no arms or legs—translucent and a pulsating movement to get around. (It was explained to her that the lower part of her body is not unlike an octopus, but the top half is quite different. They lived in a liquid, though not as thin as water and they were able to float on top, but the top part of the body is subjected to much heat and there is a skirt that flows over the top of the 'octopus', which protects it from the heat—the bottom part being in the liquid and the top part in the heat. The top part also has a shell-like formation protecting the body.)

Ann felt her middle part to be quite bulging. She sensed a small head and a sense of heat and a reddish colour. (It was explained that the red was not actually the colour of you but is a reflection from the red sand. Her body was like a type of glass and it absorbs the colours around it. The life has several aspects, including life upon the red sand—the round part that Ann sensed in the middle was due to the fact that they roll in the sand and the glass-like structure reflects this. At other times you are another colour. One part of the life involves rolling around the sand, but like the butterfly, you then develop into a much lighter being and you rise off the sand into the atmosphere and you again absorb the colour of the skies, which are a deep purple colour. So, this being is a 2-part being.)

Daphne felt a tightness around the middle and shoulders—quite stiff. (It was explained that they were a form of—not human and not tree, but something in between. The head is able to move quite freely though. Sarah explained that we had been helped in this exercise by many and we were encouraged to try to use our Mind Projection as much as possible in order to make exercises such as this easier in the future and allowing more to be brought to us.

George's sketch:

Representing in a simple way, each of our cosmic friends, illustrating the wonderful variety of forms—a grand Cosmic union of wonderful beings—it was stressed that these were a tiny fraction of the variety available:



Salumet discusses overshadowing

The group were left feeling excited and not remotely fearful about what happened. This is another way in which communication can happen. (17/11/08)

All: Good evening.

As I join with you this time, I say to you my dear friends, it is of much interest to those of us in spirit to see such excitement as you have had this past week.

Lilian: Yes!

George: Yes. It was a wonderful evening last week when we were all overshadowed by ones from different planets and I suspect you would have had something to do with that, Salumet?

I, of course, am involved in all that this group undertakes but I, of course, was not with you last time, but am aware of course with what is happening here. I am aware of you at all times. Let me say this to you my dear friends: although your excitement lies in the fact of experiencing these other beings, the purpose was that each one of you has now experienced an overshadowing of spirit; in order to catch your attention, because after all, I have been trying to encourage you to take note of who comes close to you. Until now some of you have found this just a little difficult, but because of the nature of the overshadowing, might I say, it has got your attention! You understand?

(Agreed)

Now, I say to you dear friends, you have felt that overshadowing, you know there is nothing to fear, that all of you, if I might put it this way, returned to normal and found the experience to be one that gave you great joy.

George: Yes. I can say for myself that it was certainly a very positive experience and I think that goes for us all.

Yes. That is what we meant to achieve. Now my dear friends there is no reason for any of you not to be used by those of us in spirit who wish to use you. You understand? That was the true purpose of that exercise. After all, I told you earlier in this one of your years that

your own self-development was to the fore and that has been the reason why I have not come to you so often, in order for this development to take place. Is there anything you wish to say on this subject?

Sarah: I was just wondering if you were the instigator of Eileen not feeling well last week so that we could have that meeting.

Salumet responded with humorous nuance:

I would not deem to take responsibility for that happening! But of course if the instrument had been with you, the format may have been slightly different, yes, yes. But I do not inflict instruments with earthly problems!

Sarah: I did not *really* think you had!

No ... thank you.

George: It was certainly a very positive experience and the overshadowing was felt and as our organizer departed and there were farewells, the overshadowing just totally went at that point. It was a wonderful experience—very positive.

Yes, with not fear left behind.

Paul: No, I think it was something—we relished it like we so much enjoy looking at nature and all the diversity of life; it felt a bit like a celebration of so much diversity of life.

It is a celebration of opening up to spirit. It should not be celebration, it should be a natural happening for you all, because you have reached a stage where each one of you as individuals should be able to blend more closely with spirit without fear or any worry of any kind that you are not safe or you feel fearful, because as you know my dear friends, it will never happen whilst you have fear. That is why we chose this diversity of feeling, because we know you could not deny what you were feeling. I hope that you will agree with those words.

Sarah: It did seem that everybody felt that what the control (*sent/overshadowed*) was agreed with.

Yes, yes. I am most happy that you have achieved that state, that state of feeling spirit more closely to you. Now my dear friends it is time for you to focus more on what spirit wants you to achieve, that you listen, that you feel more closely those who come and stand by you, who wish you to undertake the work of spirit for whatever reason. You now know my dear friends that it is possible, and that is most important for your own development.

[Keeping our lives more straightforward](#)

Salumet reminds us not to become fearful of life, but to have that inner knowing that all will be well. We must not allow fears when channelling either. (19/10/09)

Paul: One thing that I was thinking about today was what you said once about ‘keeping it simple’—trying to make our lives more simple. I think that’s one—to be spiritual when your life’s so complicated, it becomes more difficult.

Yes, of course, we now know, do we not, that the fear of life makes life complicated for you (yes). In seeking simplicity, it also means to dispel any fear that arises within you. I do not say: have faith. Faith is not the word to use, but have that knowing within that ALL

WILL BE WELL, and then the thought is reality. But, for that part of your living, each one of you that comes within this room, is learning to trust in that greater energy of life. Would you not agree?

Sarah: Yes, certainly, and when you think positively, the fear just evaporates.

Yes, yes, it is one of the greatest lessons of life that you can achieve, and neither I nor anyone in our world would suggest it is easy—we know it is not. Human living creates many obstacles, but again I say to you: it is the way that you overcome these things. I do not wish to speak with you for too long this time, so, if you do have any questions for me, I will be happy to try to answer them for you.

Lilian: Thank you. Yes, we were a little puzzled by the meeting last Monday, especially Jan. Somebody wanted to use her, but she was reluctant, because she's had two who were 'not above board' should I say, and she'd made up her mind that she was not going to be used for speech. She didn't mind clairvoyance, but it seemed pretty obvious that she was *meant* to speak. Can you explain a little for us, please?

Sarah: I think Eileen said there was somebody with her that wanted to come through her, so that's why she spoke last time.

Lilian: Yes—it felt alright.

I see. Firstly, let me say: all communication has to be accepted, and we are most grateful in our world that anyone offers themselves to be used. Of course, I have told you that sometimes those overly eager spirits who wish to come, manage to '*slip through*'—that is the way you would phrase it, I think? (Yes) Yes, it does not mean they are always unacceptable. It is sometimes over-eagerness to communicate, which causes such problems. The lady cannot go backwards. She has offered herself to be used and now she has become a little afraid, and here we speak of 'fear' again. Can I please hear the lady's voice?

Jan: Yes Salumet.

Yes, thank you! Yes, it is a little fear and doubt within you, because of the occasions when it has seemed a little doubtful.

Jan: Yes—it really spoilt it for me.

Please do not let it do that. It has created this fear.

Jan: I felt that I was letting the group down (no!), if I had another one that slipped in—**No—we cannot let you stop now. We will encourage and we will help. It depends much on what you term your 'doorkeeper' or 'gatekeeper', whichever term you use for those in spirit who allow those to come through to you, and sometimes, as I say, they do slip through, but you must never be afraid that we are not in control of these situations.**

Jan: I felt last week, we were being sent on a journey, and once somebody said to me 'open the door'—that's when I allowed it to happen (yes), because I knew that, the way it happened, it was being controlled from spirit side (yes), but the confusion was the *gender* of the two people that came through—I had no doubt at all that it felt like two genders. The person came through, one moment, as a male, and then when Sarah's control talked to them, they changed to a female, and *that* was my confusion. It left me feeling a little doubtful as to why that happened, although I felt it was right!

Yes, it was right. Do not be too concerned. It is an occasion when spirit enters the human frame, and there is confusion sometimes when the 'doorkeeper', we will call them, is not fully in charge and allows them to slip through; *but the communication was definitely genuine.* Let me explain a little about spirit beings who wish to communicate. We have those whom you will recognise as 'rescues'—of this there is no doubt, and we try so hard

to keep them in some kind of order; but remember there is excitement, and there is eagerness to communicate, also from our side—there are many who wish to do so, not when it is ‘rescue’, but as a part of communication. Before someone returns, if someone wishes to reincarnate, there *is* no gender, they are purely spirit. And sometimes, when there is impatience, they slip through—I will use your earthly term—‘the net’—they will slip through. That is why there was confusion whether it be male or female.

Jan: Ah! I see!

Does that help you to understand?

Jan: It does.

It is only when the spirit is implanted into the human form that the gender is recognised (I see). Is that helpful to you?

Jan: It is, and I must admit I left this room feeling much more confident and without fear, but—

We will not allow you, my dear friend, to close down.

Jan: Thank you! I don’t want to close down (**no**). It was just the experiences were somewhat embarrassing for me and I know it wasn’t my fault.

No, do not be embarrassed, my dear friend, please—please just be open to what we have to give.

Jan: I will. Thank you!

None of you fully realise how much love and help you give to those in our world. You truly do—and, without you, we could not achieve what we do. So I hope that has clarified somewhat the conditions of last time.

Jan: Yes, it has. Thank you very much!

Helen Duncan

Helen Duncan was a medium who did much good work during WW2. However, as George summarises her story, she was not treated well. (8/8/11)

Helen Duncan: Wonderfully gifted Scottish materialisation medium, who brought comfort to many during WW11 with messages and materialisations of loved ones who had lost their lives. The battleship HMS Barham was lost, November 1941 with 861 lives. The Admiralty, to maintain false morale, decided to withhold the news. But one, with the logo ‘HMS Barham’ came through in séance saying: “My ship is sunk.” And the Admiralty got to hear of it. Two years later, as D-Day approached, it was decided that Helen Duncan’s accurate spiritual information might pose a threat to security. She was ‘tried’ in the most farcical circumstances under the then still-existing ‘Witchcraft Act’, and sentenced to 9-months imprisonment in Holloway—this despite 41 people testifying as to her authenticity as a true medium (including one RAF Wing Commander). This must have been one of the most ridiculous examples of ‘unjust justice’ in recent history. But, on reflection, the Admiralty and the Law courts between them, have really proved the reality of materialisation mediumship. And the sad story does not end here. Sir Winston Churchill later repealed the Witchcraft Act;

but the ‘powers that be’ were still not happy about Helen Duncan. During a séance in 1956, there was a police raid. She was seized whilst in deep trance, strip searched and flash photographed. We all know that trance mediums must never ever be treated thus! Sadly, Helen Duncan never recovered from this. She was later rushed to hospital, where she passed to spirit 5-weeks later.

Clairaudience and clairvoyance

We do not all have these abilities. Clairaudience is hearing directly from spirit. (5/9/11)

Jan: Just quickly: Richard, my son whom you know, Salumet—he’s heard voices all his life. While he was growing up, he could hear voices all the time **(yes)**—since birth. He’s learnt to shut them out, and cope with them now he knows what they are. So, is that a similar thing to what you were talking of?

It is on the same level as the mediums who can hear clairaudiently. In the same way people are clairvoyant—not everyone has the ability.

Jan: Richard has numerous conversations—all at the same time, as if he’s in a party situation—

Yes, but it is slightly different; what the voice phenomenon is, is levels of energy in the background—

Jan: Like a radio frequency?

—yes, whereas ‘clairaudience’ is direct hearing from spirit. You understand?

Jan: Yes, I do. **(Yes)**.

Graham: And this would be the same for seeing the human aura, as well—if you try and try, eventually you’ll be able to see more and more?

Yes, the more you develop your senses, the easier it becomes.

Graham: Yes, I think to be able to see the human aura must be a wonderful experience, and it’s certainly something I’ve tried to start to work on.

Yes, but again, my dear friend, have patience!

Graham: Yes!

You all have that ability. It is whether you have the dedication, because unfortunately, most of you human beings are very impatient. Remember that time is of no importance.

Jan: No, I think we try too hard, actually **(yes)** on one level **(yes)**, rather than as you always say, going inwards—on a conscious level, we try too hard.

Yes, it will come, but you must be open to it (yes).

And now, my dear friends, I will take my leave. As always, I leave you cloaked in my love and protection, and we will await and see what else there is to come this time.

We cannot always expand our communications with loved ones without willingness from spirit world too

Communication is a two-way process and if one side does not want to come forward, then there can be no progress. Not everybody in spirit world wants to communicate. We all need to learn more patience. (12/12/11)

George: A lady has said she knows that there are various spirits around her, including her son, and she acknowledges those spirits. She would like to feel their presence more, and is wondering if there is something she might do to increase her awareness of those spirit friends about her. Would you care to speak on that, Salumet?

Yes. Firstly, let me say this to you. You cannot always have what your heart desires. That is the first point. But that is not to say you cannot expand your own consciousness and awareness to spirit. Again, I say to you, my dear friends, you *are* spirit. The possibilities for all of you are to become more aware—more spiritual than human, although that sometimes takes great sacrifice on your part. The lady is aware of those around, but it is not just a one-way system. There has to be from our side of life, a willingness to show yourself, and let me say not all are ready to do this. So, no amount of calling from the human side of life can make another come closer. That is my second point. What I would suggest for this dear lady, is that she continues to open her mind, but to learn more patience.

George: Yes, and might I say, she thanks you and the group here for all that has been made available for general reading; and perhaps I could add: perhaps we should extend our wishes of peace and goodwill to include those about us as well—in spirit.

Yes, thank you! Tell the lady that they will come closer to her, but, as in all things, it is a two-way system.

George: Mm, yes, thank you.

Mediumship and doubts

Sarah questions Salumet about the communication from Planet Simkah who was one of the builders of the Bosnian Pyramids. Salumet assures her that it is good to question sometimes and would look into her query for the next meeting. (24/9/12)

Sarah: I would just like to ask Salumet—I know you've said to me before I mustn't doubt what comes through me, but when what comes through me goes out to the rest of the world, I would just like to have a little confirmation that what I've said is right. A couple of

weeks ago somebody came through that actually had been around at the time when the Bosnian pyramids were built. Was that right?

(One of the builders from Planet Simkah)

George: Of course he was speaking from spirit, was he not?—

I cannot answer that question—I will have to look to it and let you know. Next time I come, I will have the answer.

Sarah: Thank you very much.

But let me just say about doubt—some would say that all that is said, comes from our world. But sometimes you have to remember that in being used, as what you term ‘channels’, includes your own deep subconscious mind and although there is no question of trickery, it sometimes can happen.

Sarah: I think I started to doubt a little bit—when I was talking it seemed right, but afterwards, because he’d said that he was coming to bring a message from others and then by the end it seemed he was actually talking about himself—that’s what confused me—

Yes, I will look to it for you.

Sarah: Thank you very much.

I do not wish to detract from this evening, but try not to doubt yourself.

Sarah: No, you’ve said that before (**yes**). I just feel that something like that, because it’s going out to so many (**yes**), I would like it to be right.

But sometimes it is *healthy* to have doubts, because then you are not engaged in thinking that all words come from our spirit world, as so many do. And I have to say that there are many in your world who are creating for themselves much untruth and confusion.

Paul: I think I was reading something recently that was supposed to be a channelling, but it was so *wordy* and complicated—unnecessarily so—it made me think that that was an example of someone who was—maybe they weren’t aware of it, but I don’t think it was from a source of truth in a very clear way—usually it’s so clear and simple and the understanding is somehow gentle and clear.

George: Yes I think the account included many long words, which would be beyond many people.

Paul: Yes it was a bit like it was showing off at how many long words—but anyway, truth seems to have a beautiful simplicity to it.

There are many people in *our* world who find words an absolute joy let me say. But that is their passion, but it should have nothing to do with love or truth or philosophy from our world. That is why when first I came to you I decided that simplicity was the way forward.

George: Yes, thank you for that.

Sara: I think with teaching it’s very helpful to have simplicity (**yes**). As an art form, words when they’re poetry, for me that’s an art form, like music or painting. That’s how I see *words* at their best really.

Yes, we could all give very colourful descriptions—long sentences of complicated words, when two or three will exhibit to you the same content. Yes, there is no need and that is why we decided when we chose to come to you that our words would always remain

simple. That is why I do not like going into too many personal details. There are many in your world who will supply this information. My mission to you all is to bring only simple truth and pure *Love*.

Salumet confirms the communication was indeed sound and what caused the 'hiccup' in transmission

Sarah had actually been speaking to a 'group' about something that had happened thousands of year ago. (15/10/12)

Yes, I would this time speak to the lady who asked a question the last time we met.

Sarah: Yes.

As always, your doubts surrounded you after speaking (yes). Yes, I have told you on many occasions, you must not doubt yourself. But it is not unnatural for human beings to doubt themselves; it is part almost of your physical make-up. What I would say to our dear lady friend is that when she communicated, she was speaking as a *group*, speaking *for* a group, who were aware of the questions being asked. The information given was coming as a group, but then seemed to *change*, and this is what confused you.

Sarah: Yes it was.

Yes, a little—shall I say 'hiccup,' occurred then. So, yes you were right to consider that it was not as it seemed, but that is not to say that the information given was incorrect, only in the manor that you gave it. You understand?

Sarah: Yes I do, that's nice to know anyway, thank you very much.

Yes—please do not doubt yourself.

Sarah: No I shouldn't do that, I just feel it was quite an important thing to be saying/giving out and when it goes to so many people, I just wanted to make sure it *was* right.

And I would say also that when you are speaking of something so far back in your Earthly time, it seems unlikely that it would be the person *of* that time. That is why sometimes the information comes from group knowledge.

George: It was certainly wonderful information for us to have.

Yes—of course, but it is more important that the channel is comfortable with herself, otherwise what will happen is that she will continue to mistrust her own judgements.

Sarah: Thank you Salumet very much. Whilst I was channelling it seemed fine, but it was afterwards when I thought about it, that I thought there had been a bit of confusion in there, which made me doubt.

Yes, your very deep subconscious wanted to interfere—that is what it is. But please *know* that your communication with us is now strong.

Sarah: Yes, thank you very much for coming back and telling me that.

Yes, the same as our other dear lady friend who doubts sometimes what she receives—yes.

Jan: I do.

Yes, we have already spoken about that, yes.

Sarah: I won't doubt any more—

It is not always a bad thing to have doubt. But don't allow it to *suffocate* you. Have the doubt, deal with it and let it go (yes).

George: Well it seems most wonderful to me that that information was sourced in that way from so far back.

Yes, that is what I mean—there is more than one at work in these situations. Not everyone would understand those words, but each one of you is most capable of accepting this as being so. Have you any questions this time about this? (Pause) You are all happy with that explanation? (Affirmed)

George: Yes we're very happy with that explanation I'm sure and we're very happy with all the information that has been coming to us about pyramid construction and the reasons for pyramid construction on our planet—that is very clarifying for us and I'm sure all those who read the transcripts.

Yes.

Jan: It's not only when we're in this room, I think we should remember that we're impressed and given things *all* the time. I've learned not to doubt those feelings, thoughts, that inner voice—I think that's important to remember.

Of course—once you open up to spirit, you will not be left—let me say it to you that way. Once we have a channel, and it doesn't necessarily mean a channel who uses speech—but once we have a channel who becomes aware of those spiritual feelings—that spiritual knowledge—then it is imperative that we continue to use them, because in that way the world becomes more knowledgeable and that is what is important. So, your own individual development is of the utmost—yes.

Sarah: Going back as George was going back—sorry to bring this up again, but you very kindly answered my question about the pyramids last time and one thing you said was that it was my deep unconscious affecting what I was saying. Could you just explain a little bit to me exactly what that means?

It means that you have all been given subconscious material, which is deep-seated and can come to the forefront of your thinking at certain times and under certain conditions. There is within each one of you, your own small library of knowledge, which is able to resurface at any time.

Sarah: Is this knowledge that we've accumulated ourselves or that everybody is just given? **It is knowledge that you have retained from many times.**

Sarah: Ah—thank you very much—yes that makes more sense to me now, thank you.

[Do electrical devices and other energies interfere with mediumship?](#)

This question is addressed together with the knowledge that it is possible to seek that deeper inner power that we all have. Salumet explains. (12/5/14)

I wish, now we have spoken about power and knowledge—I wish to say to you this time: it is all very well that you hear our words of all the mediums in this world who have a connection with spirit. They do very good work, but what I wish to say to you, my dear friend, is that it is time that each one of you—and we understand that each one of you are on a different pathway—varying skills of recognition of spirit. But each and every one of you can now seek to find that deeper inner power which you all have. In this world it has become increasingly difficult when dealing with mediums who work in trance, because of the many electrical and electronic goods that you have in the world at this time. It therefore means that those who work in trance have to be taken that little bit deeper; and I say to you: it is by going that little bit deeper that you come to recognise the true Spirit.

George: And would it also, Salumet, be helpful to switch off many electrical gadgets in the home?

If you wish to go into a meditative state, I would suggest that you do. It is all energy, as you fully understand (yes), but it is not in meditation so much that it interferes, as when you go that stage further. You understand (yes, thank you).

Sarah: How do the electrical waves affect the transmission of spiritual words?

—Because the energy interferes with the purer energy of spirit. It is a much more *base* energy—the power that is used on your Earth planet. Remember that those of us who come to speak with you, come from a place of pure Spirit. Do you understand what I say to you? It is delicate and detailed and not easy to understand.

Paul: Is it a little bit like certain *music* would also interfere?

Music can either lift the energy, or it can make it become negative. There are always two ways to look at that, and all of you must know and understand the power of *music*—and beautiful music as opposed to what young people would find acceptable to them. And I am sure my dear friends, that as each one of you have grown older, that you appreciate beautiful music much more (that's true), and it lifts your own energies. So never underestimate the kind of energy that is being used.

George: Yes, it is obvious with plants—when they have beautiful music played to them, they respond well in growth to it. But when they receive 'acid rock' music, they respond in a negative way. I have carried out this experiment myself in greenhouse conditions.

Well, perhaps I can compare you all to larger plants, if that would make sense to you—
(*Chuckles*)

—After all, everything that exists is energy, and you will respond either positively or negatively—but the negativity is a platform for growth; so, we will not say too much about it.

Rev G. Vale Owen channelling the angelic being Zabdiel

Salumet mentions full and partial trance mediumship. The benefits of this type of communication is the removal of interference by human thinking. (12/5/14)

George: I have been reading recently Salumet, about a wonderful spirit of the name: 'Zabdiel,' who came through the Rev G Vale-Owen in the year 1913, and he describes his place in spirit as 'Sphere 10'; so I think he is a fairly well advanced one in spirit. Much of what he says is in line with what you have told us.

He is one of the Angelic Group.

George: Ah! He is Angelic! Yes, and in particular he was mentioning '*cosmic energy*' as being more fundamental than the aether; and the process of creation involving both cosmic energy and the aether, and this leading to the material Creation. And I couldn't help thinking there is so much in line with your teaching in that.

Yes, he still has a way to go, as we all do. But yes, when you speak of Creation you are speaking of '*prime energy*'. You are speaking of that Great Power who creates all things. And in creating the material worlds that he has—and I use '*he*' very dubiously—because he is '*energy*', not a person. Yes, all energy comes from the same source; whether it is to create universes or to create a planet such as Earth. You have to realise that no matter what you call it—cosmic energy—aether—it does not matter. To us, who have come some way, we recognise it only as the God Power.

George: Yes, I felt that his medium was perhaps not quite a pure channel. He mentions '*Lords of Creation*', as if there are actual beings responsible for the material creation.

I believe if you look to the name it will give you something as to why that was voiced.

Paul: —Because he was a *Reverend*.

Yes (yes!)—Still being influenced, even although he says he comes from level 10 I believe you said. I am not at one with these levels. I would prefer to say that is a *blending* at each stage of progression.

George: Yes, so it reflects that—

There is still a reflection of the medium.

George: Yes, not quite a pure channel. In the case of Eileen here, her consciousness is placed entirely to one side, so—

Yes, if you are being used in deep trance then of course consciousness is placed to one side. Whilst there remains any chance of human elements—human thoughts, then they will creep in eventually, yes.

George: Yes, so we can say that your channel is a pure channel, whereas a *partial* trance medium cannot provide quite a pure channel.

Most of the time their *channelling* as you call it, is perfectly good, but always as I have said, there is always the risk of the human mind coming into play.

George: So perhaps describing 'Lords of Creation' isn't quite right.

There are no Lords of Creation.

George: No, the Creation is simply a natural **(yes)** process I believe **(yes)**. Thank you for that.

Younger teenage sitters

Younger sitters would benefit from séance meetings provided they were looked after by experienced mediums. More advanced teachings from spirit, however, would however be hard for them to understand. (24/8/15)

George: Salumet, could I just say that we know of two young teenage people who are very interested and seem very keen to sit in with this group. One of them I know to have clairvoyance. The general feeling has been in the past I think that young teenage is a little young for sitting in séance. Would you have any comment on that?

There is no problem with young people in séance, provided they are accompanied by wise mediums. If it is just a question of seeking, then of course a medium would help very much in their learning. If you are speaking of a group such as this, which has taken many years to develop in understanding, it may be a little more difficult for the young one to understand. But I would welcome their presence as long as it is an evening of just helping them cope with questions. It would not be an evening where I would speak, and because that may be something they have not as yet encountered.

George: Ah! Not an evening for advanced teaching.

No, but they would be welcome to the group to speak to others, who would help—not myself.

Sara: So we could perhaps devote one evening for them to listen to others.

Yes, a discussion evening with perhaps some light-hearted people—because they are very susceptible to spirit. Some are okay, some are fine and some I have said could come; but these I feel are not quite ready for deeper stuff.

Jan: Christmas time, at the end of our year would be quite nice when the children are around in spirit.

Yes well, I believe you said one is acquainted with spirit anyway, but even so, if you all remember back to your first séance meeting, you can imagine what a young mind can be—

Jan: They're so vulnerable to different thoughts at that age **(yes)**. I think it's far too young personally.

It is not young if they are the correct people; if they have encountered clairvoyance and other mediumistic—ah—

Sara: One of them is my daughter, and I think she has a lot of questions, because she has had a lot of experiences. Even though she's young she's seen cats a lot, for example, clairvoyantly **(yes)**, and she still does—it's been going on for five years. But she also has experienced a lot in her short life, in terms of clairsentience. And she's heard a lot of things too—experienced a lot of spirit in the house and I think she will definitely develop when she's older, because she seems so sensitive.

Yes, all children have the gift of sensitivity— whether they use it or not is a different matter. But I feel that it would be best to have a question-answer circle rather than to have the usual sittings with me. I do not feel they are ready for deeper matters yet.

Sara: Yes, I'm sure that's good advice.

[Spirit groups are forming around the world](#)

Salumet confirms that spiritually minded groups are forming around the world which will create a spectacular unity. This is something that is happening now and will lead to universal knowledge. At the same time, the great religions will continue to fade although it must be recognised that they have served a good purpose for many, by bringing comfort and guidance, and still do. There is much to look forward to. (1/10/18)

I wish to say to you all, not far into this future, there is much more widespread interest, not only in medicine, but in the journey of the Soul. You will find that all people in this world, will be seeking, not only as individuals, but as groups of spiritual people—it will become known to you very soon. I would wish that you all look forward to this, because the unity that it will form, will be something quite spectacular in your world.

Jan: Wonderful!

Sarah: Good to hear! Thank you.

You have I know, already spoken about medical matters that have occurred and of which I prepared you for.

Agreed

Now, my dear friends, I would like you to brace yourselves for the knowledge that Spirit is bringing to your world, very, very soon.

Lilian: And you did mention children as well that would be coming at some time. (See notes) **Yes, that is a slower process, children, but children will always be important to the voice of Spirit; they are the generations to come, they will be what we will call: 'The Spirit of Children', to bring news, to bring much that is needed to this world. I am not saying that your world will be a perfect place—I wish that I could—but, as far as making strides forward, it is a time to look out for. So, my dear friends, do not despair, because I know some of you still do, about your world in general; and it is understandable, because it brings great fear to many. So I say to you all, remember the words that have already been given to you, live your lives without fear, and from that fear grows hope, hope which will change the world.**

If you have any questions, I would like to take them now.

Graham: These groups that you describe, will they be in touch with each other, through the internet, or will they all be separate?

They will begin as separate groups, of course, as you would in any locality in your world, it begins somewhere; but as time transpires into other things then it will become known, further afield. Yes, there has to be that unity at some point, where it becomes a universal knowledge.

Jan: Is this the start of the end Salumet, for example, of the Catholic faith? Will this have an impact?

Yes, it will have an impact on all things religious, as I have previously told you, but of course, being human, you still do not yet have what we call ‘spiritual patience’. So, allowing for the patience, yes, you will see great strides in that area.

Jan: I think we can already see—**(Yes)** there’s a feeling things are changing anyway, like you told us.

They have tried to change what has been spoken of, but they are not succeeding—that is what you must remember; and of course they will hold on to their beliefs as much as they can, but the Truth has to BE, the Truth cannot be kept down.

Agreed

Sabine: That’s good for any religions, isn’t it, not only the Catholic? **(Yes)** The Muslims and all the others.

They have served their purpose we feel for the world, and do not doubt that they have helped at some stages—the people have needed these beliefs, (*Agreed*) but *now* is the *time* to be free of them, to allow each and every one to find that Spirit that you ARE, but whilst you are upon the Earth—the time is coming.

Jan: Exciting times! (*Agreed*)

Ben: Will there be a singular event to help accelerate that process, or is it more of a gradual thing?

It will be more of a gradual happening. Yes, it has to be done *thoroughly*, shall I say, I believe you would use that word to describe something that has to sink in very, very slowly; and then Trust and Hope and Faith and all these other words that you use, will be accomplished.

Jan: Are we impatient within this room as well Salumet? Are we all impatient?

Graham: I’m sure we are—I am!

Well, I think you have had your answer.

Chuckles

Yes, I am filled so much with Love for you people, who put forward the Truth. We cannot ask more of you, and of course, you are all individuals, at your own individual growth. So, yes, a few may be a little more patient than others.

Graham: Salumet, I wanted to ask your permission about something, and that is, I’m trying to summarise your teachings, which go right back to 1994, and I started it as an exercise, and I’ve gone through the things that you said about all the many and varied topics, and I’ve tried to put together all the bits and pieces that you’ve said about things. And I’ve noticed that as you’ve progressed with us, you’ve kind of taken a spiral approach, where you visit topics again and again, but each time you take things a little bit further, **(Yes)** and I can see that—it’s wonderful. But what I wanted to do, is to try and summarise your teachings—I think I’m going to need some support from your side; not everything I understand, but if you’re happy for me to *try*, I’d like to give it my best shot.

You already are having help, (Thank you) let us make that clear. Anything which puts forward the Truth, can only be right as far as Spirit is concerned. You are doing a great ‘job’, I believe you would say, great job? (*Agreed*) Yes, and of course, we give you our blessing to work on those words; and yes, I have revisited many topics, on many occasions, but I do not try to put you down by saying that you need to be reminded often.

Sarah: ... but we do!

...but it helps, and each time that we revisit a topic, as the gentleman has said, I try to bring just a little more; and as children do, their knowledge and education is *slowly*, *slowly*, until it is understood. And after all, you are children of Spirit.

Graham: Yes, you have said that the knowledge is really only part of it, isn't it, because we have to develop in spirituality, they go in tandem, **(Yes)** our spirituality, our inner-knowing grows with the knowledge and vice-a-versa, they go together?

Yes, that is true, they do, yes.

Sarah: The other good thing Salumet, about you repeating things, is yes, it does remind us, but for new people who have joined the group, or for those new people that are reading the transcripts, it's always good to have those little bits of extra knowledge given to them. So it's helpful in that respect, as well.

I would have to say that each one of you has, over time, spoken deeply about, not what we believe, but what we know. I know in your world at this time, there are many who do not believe, but I also know that people such as yourself, who are dedicated to Spirit and Truth, continue and gently, to just drop something that makes these nonbelievers think a little.

Sarah: And even when you say something to some people, they latch onto you sometimes, because they've been seeking and have at last found someone who can give them some of the answers that they want; so that's good as well.

Yes, of course. Most people, given the opportunity, will always be able, because I know you know I have said that each and every person on this planet, is given the opportunity to find out more about the Truth. It may not be directly through them, but it may come, as the lady has said, through a word or two that is spoken to them. It is almost, I can say, like a light shining from within, and the knowledge, the recognition, is wonderful to them when this happens.

Overshadowing

During overshadowing, the person is taken a little more deeply into spirit meaning that bodily appearance and functions are being used. Not all are ready to be used in this way, as they may not like the feeling. (1/10/18)

Lilian: I wonder if you could help me. Last week when we were sitting, someone came through Eileen and had a little talk, (*Sandra*) and she began to wonder if it was an Angel. Can you comment on that?

I will answer that question. (Thank you.) She was not an Angel, but she was feeling the presence of one; so, she was aware of how the Angels are, but she herself was not being used by an Angel—only the awareness. But the lady still found it very interesting we know, because her thoughts have wandered for a few days, wondering the reality of that occasion. It is no different than when someone overshadows you and you can feel their bodily features; this is what was happening with this lady, except it was an Angel behind her.

Jan: On the same occasion Salumet, a number of us in the room here, when Sarah nearly had somebody come through her to speak—didn't you Sarah? (*Agreed*) Somebody was around—but Sarah's features seemed to disappear, **(Yes)** as if somebody overshadowed, or cloaked her?

That is when you are overshadowed that Spirit will inhabit the body for a very short time. But this is nothing to be afraid of ...

Jan: ... no, it was very interesting. **(Yes)**

Sarah: I was I think slightly out of it; I didn't realise that I was being overshadowed, it was only when the others said to me my features had gone and my face had elongated.

Yes, it is a trance of the light form that you are overshadowed, and you feel relaxed and we pick our time to do so. It is no different than someone speaking—we use the voices of you as humans, but sometimes it is a little closer, and therefore you find you are able to *feel more, and feeling is very important.*

Sarah: The thing is actually, I didn't feel anybody, I just ...

No, but the others noticed.

Sarah: Yes, I did feel slightly 'away'.

(Jan mentioned that 3 ladies in the room observed it)

Sarah: So, when I was overshadowed, what is the advantage of that?

It just means that you are receiving Spirit much more closely. You are allowing yourself to be taken a little more deeply and therefore your features, your bodily functions, everything is being used, in the same way as we use and I am doing at the moment, using the body of this instrument. *(Eileen)* But with her, she is put to one side, whilst I speak to you.

Sarah: It's a shame it's only just happening now, because I shall be leaving the group soon to go to Australia, so I hope that maybe I'll find a group out there where I can continue.

Yes, you must continue if you can. We like to find people who are ready to accept—and let me say, not everyone *is* ready—they become a little fearful, where they do not like the sensation of being used in this way.