

86.Truth

Contents

As the consciousness is raised, then the understanding becomes greater	1
A wonderful summary about truth	2
We are beings of multiple personality	3
Speaking truthfully	5
Spiritual truth in contrast to personal truth	9
What is 'Cosmic Law' - but balance in all things which includes evolutionary process.....	12
As we progress personal truth converges between people	17
Truth vibration of our Cosmic Brothers from other worlds.....	18
Changing perceptions as to what we believe to be true	19
Truth in a nutshell by Salumet	20
Personal truth	21
How do we know when another is speaking Truth?.....	24

As the consciousness is raised, then the understanding becomes greater

A visitor informs Les during a previous evening, that mankind has so little capacity to understand truth that we are really wasting our time and should instead develop our capacity for acceptance. Ironically, if we could do that, then our understanding would improve. However, Salumet confirms that knowledge of truth should be given, as how else could we learn? (24/6/96)

Les: We had been discussing the difficulty of understanding what you tell us and what others tell us, and somebody very strong came through me and was very vehement, that we should not even try to understand. As he said, your little *speck of brain*, is such a small thing, that you never will understand; learn to have acceptance, rather than try to have understanding and as a contradiction, you will then *begin* to understand.

We have spoken briefly about your incapacity to understand fully, those things taught to you. But I believe I explained, that as *all* of you at your own differing stages of development, as the consciousness is raised, then the understanding becomes greater.

Les: Yes, you're quite right, you have, and it was interesting to have the confirmation of what you had said previously.

Yes, you will not any one of you, have the same experiences, because of the fact that you are all at different stages of development. I know that will raise the question, '*But if we are all together, why do we not all get the same spectrum of experience?*' But this cannot be so. Not *one* of you in this room, can place yourself within the footsteps of another.

Les: I think we all understand that and have no difficulty in accepting it.

I ask you only, and this I told you when first I came, I wish only that you accept what you can, to take what you can accept and to hold onto it. Of course you must raise questions, but try not to have too many doubts. I cannot say more on this subject, I cannot say to you, you will always understand what I tell you, because I know you will not. But that does not mean, that the knowledge of Truth, should not be given. You agree with me?

Les: Yes I do and I think we all do.

How else would your children learn, if you did not teach them new things? Things they do not understand to begin with, but with experience and use, they come to know and understand.

Les: Yes quite true and that confirms what was said by the communicator through me, that if we *accept*, then we shall *begin* to understand.

That is why it is good, when one such as you, who has more experience and knowledge, can communicate your thoughts and feelings to others. It is good to discuss amongst yourselves; by doing so, you help one-another. Before we continue this time, I wish to say to the gentleman across the room, that he should have some healing, if he would accept it. He is becoming physically and mentally tired and we do not wish that to happen. So dear friend be wise and have some healing. I too will help all I can, but I would suggest that mentally you slow down just a little.

George: Yes thank you for the advice—yes I will.

Do not be too concerned, I know when peoples are told they need healing, that your human imaginations go into, how would you say, '*fast play?*' They imagine all kinds of problems, when in fact they do not exist. Now this time, I will take questions and then allow others to come.

[A wonderful summary about truth](#)

Salumet wonderfully gives us a revision lesson. (30/9/96)

Before we begin this time, I want to offer thanks to the Great Creative Force which brings us together once more, who showers us with love, who brings to us many truths, much knowledge and the opportunity to serve mankind.

Les: We would like to join with you in those thoughts.

Words are not necessary for these words of thankfulness, but I say them only for your benefit. Before I answer questions this time, I would like to speak to you about some truths of your world and how you view them, from the human stance of understanding. So often we hear, '*What really are the truths of spirit? What are the truths that we need to know and to work upon?*' Down so many of your centuries has this question been asked. *Truth* has always been—still it is unchanged. Man has tried to alter those basic truths to his own ends, but you cannot change those *natural truths*, those *spiritual laws*; they cannot be changed by man. So, I say to you, what you must know as truths, are those thoughts and feelings which belong to your spiritual selves.

The *Truth of Love*—love for your fellow man—this I would say, is the most important truth you can ever understand. You must love your fellow human beings as you would yourselves. I think most of you would agree with this one? (*general agreement*) I would say to you that you must put to one side all thoughts of *material gain*,

which is *useless* for your *spiritual growth*. By that I mean not that material worth is of no value, but the *love* of material gain is wrong. It is the *love* of these things which you must temper. You understand? (*general agreement*)

The Truth that life continues—that is one truth all of you here already know and understand, but that so many in your world still deny. But it is the basic truth and one which we will continue to express to all who will listen. They are but a few of the truths which must survive all of mankind, while he treads this Earth. I will return to others at a later time, because I know you have questions for me.

Les: Well thank you for telling us that.

It is good to have these truths continually spoken about, because too often mankind treats them as he would his own form of understanding; he treats them as his own form of truth and he must not do that.

Les: No, we understand what you mean. Unfortunately we do have to be constantly reminded; you are quite right we do.

It does you no harm to be told, especially to love one another.

Les: Yes that is one of the basic principals in the Bible, isn't it?

I do not want to be concerned with any particular religion, any creed or dogma, only TRUTH and truth belongs to all, no matter which race, which colour, which country; all peoples upon your Earth plane, are subject to these truths. You understand?

Les: Yes, it is the law, we can't escape it.

But unfortunately, man has taken these basic truths and moulded them to suit himself, not only in one form of religion, but throughout your world. So, I want you to dismiss all dogma attached to these truths and accept them for what they truly are:

Teachings to help you progress—

Teachings to help you evolve whilst upon this earthly plane.

Truth always is simple and you must not complicate it, by adding man's intelligence, which I have to say, is abrasive to it. You understand?

Les: Yes I think we all understand that. I merely mentioned the Bible, because that is what Jesus taught, wasn't it?

We have had *many* peoples who have come this world and I know I repeat myself when I tell you: **All have brought to mankind basic truth. Many sages, seers, poets, politicians—many kinds of people throughout the existence of this world; only, only to have them abused by man. Mankind always seems to turn, I think you would say, 'deaf ears,' to the truth.**

Les: Yes he only wants to hear what suits him, what suits his purpose at that time—

But I have told you that the *tide is turning*, and mankind will know his heart. There is a steady progression in the right direction, and it fills my heart so, to tell you this.

Les: Splendid, we are delighted to know it.

[We are beings of multiple personality](#)

This is described by a communicator who explains why we have so many aspects to us such as gentleness, anger, stubbornness and so on. (22/9/97)

I come to tell you perhaps some things you do not fully understand or know. I come to instruct you a little, on the plurality of yourselves, of the whole, of the energy which you are. I know you have been instructed, that you are more than one—that you are many beings, which come together as a whole. I wish to instruct you this time that in this lifetime, the energy that you are, encompasses all knowledge. So therefore, you are miniatures of all energies.

Les: That's very interesting to know.

You are not singular, in your personalities in one lifetime. All energy, all knowledge is contained within you and I wish to instruct you this time. Perhaps I can teach you a little, in getting to know yourselves a little better.

Les: We should be glad of that, because we are very confused very confused, quite often.

All of you, are what you term 'multiple personality' — encompassing you all as such. After all, do you not understand, do you not see within each one of you, these different traits — the tenderness, the gentleness, the anger, stubbornness? All of these belong to different parts of you.

Les: Is that so?

You bring them from other parts of you, because you are more than a single unit — that knowledge is contained within you, within the soul. And all of you are unaware, of how much power you could use, if only you but had the knowledge to use it.

Les: Yes, we have frequently been told that, the power of thought, has incredible power.

I know that the master has brought to you much in words and yet we know that you do not fully understand his words, simple as they may be, because he is a master of few words, but of simple words.

Les: True, we've learned a great deal from him, but we do find difficulty in realising that we are multiple personalities. He has explained it to us, but we still find it difficult to accept.

We know and we understand. I want to tell you just a little of my work. I am what I believe you would call a keeper of those who inspire others. All of you are aware no doubt, of the inspiration which comes to you at times? (General agreement) All of you should realise, know and understand, that at times in your living, there are times when the inspiration is strong. (General agreement) That is my task, that I control those who wish to help and to inspire you. It is a little-known fact that such as I exist, but I bring this knowledge to you, because I have been instructed to. I know many of you believe and try to understand that there are many who surround you, who wish to help, to uphold and to uplift you.

Les: Yes, we do believe that.

But you are not aware, that they also are under control, they also are helped and inspired and taught to use that inspiration wisely. That is my task; it is a complex one, it is an important one I feel, and I can assure you, I have been honoured in being able to help so many.

Les: I'm sure it must be a very difficult and complex task for you?

But I don't say this, to make myself seem good to your eyes, I tell you this in order that you realise that the scheme of life of all of your lives, is much more complex, but also simple in its daily workings.

Les: And I can see the need for control that you may exercise, over those that perhaps become too enthusiastic in their help.

After all, when you possess plural personalities within your body, those who want to inspire you, how could they know which area of your life needs to be inspired?

Les: No, they couldn't, could they?

They need to be guided by those of us, who are aware of the wider scheme of life.

Les: We begin to see now I think, why we've been told frequently, that we are well protected; we can understand that.

Yes, I do hope you can fully accept, because not only is it truth, but it is a necessary part of your living this life.

Les: It's cleared up a lot of things for us I'm sure, hasn't it? (General agreement)

Speaking truthfully

A visitor asks us about when speaking to others, do we sometimes hide our truth to avoid offending, but then in doing so, are we not telling a lie? What we sometimes call a 'little white lies'? The following discussion demonstrates how tangled and confused we can become over these issues. The speaker led the group very skilfully through this. The word 'dissembling' means to conceal one's true feelings or beliefs. (19/1/98)

I have no doubt that conditions in your physical lives are very much the same as they were when I walked this planet. And it is said in the good book, that the truth is not in them and I think you would agree that in many instances, this applies to ALL who walk these roads in these days. You understand I'm sure, that it is quite impossible for those who are human beings, to be fully truthful, in every aspect of their living. You would agree with this I take it? (General agreement). I'm afraid that if you exercise the beauty of truth on all occasions, you would soon find nobody on whom to exercise that truth. You would be very short of friends, would you not? (General agreement) So my dear friends, we come to an interesting theory for you to ponder upon: What is Truth? What is Truth? You no doubt have heard that question many times, I'm sure. (General agreement). Also, I feel I can say I'm equally sure, that you have never arrived at a satisfactory answer. So, the truth of the matter is that you have very carefully shelved the responsibility of coming to a decision, yes? (General agreement). If you'd said no, I'd have had to doubt you, because I myself went through the same problems, when on this Earth. But having left you for many years now, I can see the difficulty of trying always, to be truthful, trying always to lead what is called a 'pure life,' which in itself is an impossibility, because until we reach such levels of existence as you can have no conception of at this time, we must always have certain impurities in our beings. Would you deny this? (No.) Then that is truth is it not? (General agreement). Now we are getting there! (Chuckle) Now if we agree as we have, that to exercise Truth in all matters upon this physical Earth, is an impossibility, we should have asked ourselves — you may have done so — what the expression of Truth is, in the spiritual life, to which you will adjourn one day. Has this occurred to you? (Mixed responses) Was that no? (Yes.) So, you do not yet recognise the problems associated with Thought itself, being used for communication and the ability to dissemble through words, will no longer be acceptable. Do you understand? (General agreement)

Lilian: It can't be easy to communicate with thought and keep them pure?

No, that is another aspect dear lady, but let's presume for a moment that you have learned the ability to communicate with thought. So, we step forward from there do we not, that having learned that art of mental communication, HOW are you going to exercise your thinking capacities, so that dissembling is not possible?

Lilian: I've no idea, very difficult —

Good, good, we have reached the crux of the matter. You have no idea, has anybody any idea? All of you I think would agree, that many times — and I too was guilty — that many times you have thought one thing and your words have been another. (General agreement). It is not a criticism it is a fact of life. But when you no longer have words to echo your thoughts, how would you react?

Sallie: More truthfully, I would have thought.

Lilian: Try to —

Sallie: Well no you would automatically be more truthful, because what you're thinking is true to you at that point, isn't it?

It is true to you at that stage yes. Now we come to the question of whether in such circumstances, it is DESIRABLE to be truthful. How many times within your life here upon this Earth, have you thought one thing and said another? Not necessarily because it is expressing a lie, but because you are considerate of the person to whom you are speaking?

George: Yes, it seems to relate to compassion perhaps, in as much as —

Please sir let us not deviate for the moment. You exercise a departure from truth do you not, for the sake of the person to whom you are speaking? (General agreement). So, what is truth? Can you answer the question?

Sarah: Your thoughts.

Lilian: The thought is the true part.

The thought is not the truth is it, because you have varied it, according to the requirement of the person to whom you are speaking. Is that not so?

Lilian: Right.

So it cannot be true, if you think one thing on this Earth and say another, you have departed from the truth.

Sarah: But your *thought* is maybe right?

But when you do not have to use the words, how are you going to control your thinking, to assure yourselves and the person to whom you are speaking, that what you say is the truth?

George: Might I suggest that there is an absolute truth and there is as much truth as your friend can accept?

What is an absolute truth sir? Please let us have descriptions.

George: An absolute truth — a truth which would be accepted by God, by the Great Creator.

Lilian: Or as you see it?

George: Yes, as within we are all a part of the Great Creator and the truth would be central to ourselves, as it would be central to God.

You are travelling in a wide circle my friend, are you not?

George: I struggle for words, yes.

Why is it necessary to struggle for words, when words are not required?

Sarah: I think your instinct is the truth, isn't it?

You yourself dear sir, would know whether what you were saying was the truth, would you not, without the intervention of the Great Creator?

George: Yes, truth is felt perhaps, more than spoken.

Of course, this is what we have been saying, that the communication is mental and your words cannot dissemble, because the truth is despatched to the recipient is it not, without the intervention of words?

George: Ah yes.

So, how are you going to establish whether what you are saying is true? I will leave it with you to think about sir and I will ask the lady, I apologise for interrupting. Now please, you wished to say something? (Thank you.)

Sarah: I believe your *thought* is the truth and your words aren't, so what you instinctively think, is the truth.

And from where would you acquire that instinct madam?

Sarah: From the soul.

From the soul? (Yes.) And you are happy to rely upon the soul, always giving truth?

Sarah: Um —

Remember that though the THOUGHTS are transferred from one to the other without the intervention of words, you are in a difficult position, because the one to whom you are 'speaking' shall we say to use the term, 'speaking mentally,' would be aware of your thoughts, would they not? (Yes.) And how do you think they would accept them if they know that they are not as pure as they should be?

Sarah: I think they will be pure, because you'll know that the other person will know what you're thinking, so there's no point in trying to think something other than the truth.

So you are not really speaking the truth, you are altering your thoughts, because somebody else may think wrongly of what you are thinking.

Sarah: No I think your initial thoughts will tell you what is the truth and what's not and I think you have to stick by that. You can change your mind, but I don't think you can change your initial thought.

That is not quite clear to me please —

Sarah: What you instinctively think — your first reaction is the truth and then afterwards you might change your idea, but the initial thought pattern I'd imagine, is right.

Can you be sure of that? You use the word 'imagine,' so it would I think indicate that you are not SURE that your first reaction would be right.

Sarah: No I am saying your first reaction *is* right, that's what I think.

You said I IMAGINE it would be —

Sarah: Oh no, I'm sure it is.

You're SURE it would be.

George: Can we say soul is continuously evolving and evolves towards pure truth?

Yes, I will answer that with another of your phrases my friend: Upon this Earth do you not say: 'Today's truth is tomorrow's lie?' (General agreement). So evolvment as you say is continuous. So do you not then appreciate that as you evolve upon the spirit plane, so your thoughts of what is true may alter?

Lilian: I'm sure it will.

So again I say to you, what is truth?

Mark: It's an ideal, it's not actually anything, it's always relative to the vehicle you are looking from, and everybody has a truth.

Absolutely, now we are getting to the point. It is always relative. It has amused me upon this Earth to hear you saying sometimes, yes that is very true. What can be VERY true? It is either true within your understanding of the word, or it is NOT true. Is that not so? (General agreement). So you see the looseness of the words you have used my friends. But as you say sir, the truth must be relative to the conditions and circumstances pertaining at the time of the utterance of those thoughts. You understand?

(General agreement). Because remember also that those with whom you communicate, are also constantly evolving and what to them is true at one moment, may not be so, a few moments later in their lifetime. Do you understand what I have been trying to say? (General agreement). Would you like to ask me any questions upon this?

George: Yes, we have been hesitating so much, because there is nothing static, all is in the condition of growth and ideals change with that growth.

*Now you are beginning to realise my friend, how difficult it is for us to come to you, to explain the complexity and the immensity of **Creation**. We do our best, within our limited abilities, and knowledge, but energy itself, is in a constant state of flux, of evolvment, of alteration, of correction, because as energy evolves, so it within itself, realises that it is not always the infallible source, which it would wish to be. Do you follow? (Yes.) We get into complicated matters, I'm trying to simplify it for you, but since energy itself is constantly evolving, there is no absolute truth within that energy yet, is there? (General agreement) Because it is still seeking within itself, do you follow? (General agreement). This too, is what you must always attempt to do.*

George: Yes, perhaps it would be true to say we can only seek the best truth, for our particular point in time.

Not necessarily my friend. You are thinking of yourSELF; think of the others, to whom that truth must be directed. What would be its effect upon them, if you spoke what you say is the full truth. Do you see the problem? (General agreement)

Sallie: The idea surely is to try and help people become aware, and perhaps by being too forceful in the truth, it can have the opposite effect.

It can indeed madam and it is a very wise saying you give; it can have the opposite effect. Therefore, I say to you, when you approach by speech or thought another, give consideration to the effect your words may have upon that person. And if you wish to go further into it, remember that the truth is to be of service, to love another, therefore the truth must not be what you feel is best from YOUR POINT OF VIEW, but from the point of view of the evolvment of the OTHER. Is this clear? (General agreement). It puts I think you would say, a rather different complexion on the issue of the word 'truth,' does it not? (General agreement). Did not the lord Jesus say when he was criticised about feeding the flesh of animals to his mother: 'What goes into the mouth is not so important, as what comes out of the mouth.' — Please bare that in mind. Now do you wish any further question, if not, I must leave you. I hope I have not confused you too much?

Lilian: You've given us something to think about.

When speaking to another, you should think about what is best for them and their evolvment, and not for yourself. An example might be when someone asks you to comment on a painting that they have been working on. Would you say its rubbish (unlikely as there must be one redeeming feature) or say its wonderful (when there is a problem), or would you give an answer that might help them to move onto creating better paintings, but with skill and tact, designed to guide and energise their commitment. To lift the fog in some way? Constructive criticism is only constructive if the receiver perceives it to be so. You must be skilled and careful not to crush. Heavy criticism will only create the opposite effect.

Spiritual truth in contrast to personal truth

The concept of **spiritual truth** in contrast to **personal truth**, is a subject of deep philosophy. Our vision of truth is dependent on the availability of knowledge at that time, whereas what Salumet is speaking about is quite different. In a nutshell Truth is Truth. It has always existed, exists and will exist in the future. It never changes, no matter what our current knowledge or perception. What follows is a discourse between Les and Salumet on probably one of the most important areas to understand and gives a wonderful backdrop as to what we are all ultimately striving towards through our many lives, and on into Spirit World. Sobering as it is, even Salumet has not yet achieved the ultimate blending with the Great Creator of Life! You may find you have to read this transcript several times, but it is worth the effort! (24/8/98)

What is *truth*? I say to you all, truth is truth — there are no new *truths*. What there is, is *knowledge* that is available to each one of you, dependent of course on your ability to receive. But my dear friends, all *truth* is innate within each one of you. So when you seek out *the truth* as you call it, remember nothing is new. But still you are surprised when something new to your consciousness arises; you question, you doubt — that is no failing on your part, only your human frailties. I want you all dear friends, to *know that each one of you has the power and all knowledge of truth*, but once again I repeat to you, *you must look inwards*. I will take some questions at this stage if you will agree, in order that this topic can be put to one side.

Les: Right, I was speaking to one of your colleagues some time ago on the subject of truth and we were told that there was no such thing as final truth at present, because the universe is still evolving, and as it evolves, so too will what we call truth alter in accordance with that evolving.

No, no, no; no, no, no, no; no — what is evolving is *knowledge*. Truth is truth and has always been. What is changing is the *knowledge* of truth, which is available upon the raised consciousness of each individual.

Les: I see well that answers that question, thank you, because I couldn't quite understand it. **Are you clear about this my dear friend, because it is so important for your understanding, that each one of you knows that *truth cannot change*, it has always been.**

Les: Yes, I believe we did speak about this some time ago, as you said (**Yes.**) and I was puzzled as to the difference between truth and knowledge. Now you have explained — **It is the acceptance of the knowledge of truth, which grows; it grows with the understanding, with the growth of consciousness as to what you can accept.**

Les: So would it be right for me to say that as physical human beings at this stage in our development, it is not possible for us to understand truth?

It is possible only in as much as your understanding of how you have grown in this lifetime; your knowledge of *truth* cannot be exposed to you, until you return to us and see your full vision of who and what you are. Does that make sense to you?

Les: Yes it does make sense, but it leads me to another question (**Yes.**) and I don't know how this will be explained, or whether we'll be able to understand the explanation, but I'm sure my colleagues here have the same thought, when I say, '*what is Truth?*'

Truth is the all-encompassing vision of life.

Les: (*Pause*) I see.

You sound puzzled.

Les: I am still a little puzzled yes.

Yes, your understanding of the true meaning cannot be accepted, in this state of your development.

Les: No, because to accept your — and I say this with respect of course, to accept your explanation, is contrary to what our physical minds would consider (*Yes.*) to be truth.

Yes, always whilst you are upon this Earth, your physical minds will always doubt, but you — the true YOU that is SPIRIT, should know what we term 'TRUTH.'

Les: So truth in fact is an intangible thing and you say it is the all-encompassing light of creation, is that so?

Yes, which cannot be altered; you cannot change what always has been and always will be.

Les: No of course not, so we'll have to accept and learn and understand the difference between our conception of truth and our acceptance of knowledge.

Yes, this is the difficulty of using human words; it is more a feeling, a spiritual feeling, a spiritual knowledge.

Les: So really to accept truth, it would have to be an *awareness* rather than an understanding of it?

Yes, knowledge can be understood, truth is as you say the *spiritual awareness*; the innate knowledge, the knowledge that lies within the spirit. It is a difficult topic and one I know each one of you struggles with, but I hope in having these question times, that it can be made a little more clear to you.

Les: Yes I'm sure it can. I think everyone would appreciate that each time we learn a little more, even though we must accept that we shall never fully understand. But as Salumet says, we're adding to our knowledge; that is the important thing I think at the moment, and not just try to reach the impossibility of understanding the greatness of truth.

Sallie: Could I ask something please? (*Yes.*) If I go within myself, I can find my understanding of what truth is. If another person goes within themselves, they can find their understanding of truth. (*Yes.*) But our separate understanding of truth may be different?

Your understanding of truth is dependent upon the spiritual awareness that you have achieved. What is your truth may not belong to another. Yes, you are correct, but remember when you speak of truth, do not confuse it with the availability of new knowledge.

Sallie: It's an old truth — it's a truth that's inside that you just *know*.

Yes, yes this is the difficulty that you confuse the *availability* of knowledge, with truth that has always existed. I think the confusion lies in using the word '*truth*.' I would prefer that you *seek* for the *inner self*; that is TRUTH. Do you understand?

Sallie: Yes I do.

I think the confusion lies in using the human word *truth*. (*General agreement*)

Les: Yes it must do, because if two of us read a chapter in a book, to one of us it might seem to be true, to another it might seem to be a lot of nonsense.

Yes, but may I say my dear friend, you speak about *human truth*. We are endeavouring to teach you about *spiritual truth*.

Les: So to come down to brass tacks then, when we are speaking with each other and we are doing it so far as we know physically, in all sincerity, and we could say that what I've told you is the absolute truth, it could still be in human terms a lie, or a misconception?

Yes, it may be absolute truth to you, but not acceptable to another. You cannot be so dogmatic in your views, I'm sure you understand this. (Yes.) But the *truth* — and I use the word, because it is the one you use, the *truth* I wish you to think upon, is the all-encompassing truth, which is life, *spiritual life*, not *human life*. You see the difference?

Les: Yes, so it comes back to what I have said many times to people who have been beginning to learn the subject, that whenever you read, remember you must allow for the bias of the author.

Remember dear friends, each one of you upon this planet, is an individual, an individual in human terms. (Yes.) But united you may be in a spiritual light, but in human terms you are so different from each other, that there has to be these differences of opinion, in what is right, wrong, truth, good, bad, evil — you name it and there has to be those differences.

Les: So it would seem that all those differences, which we might regard as truth between ourselves, are merely stepping stones to assist in our spiritual progress?

Of course, that is the plain fact of the matter, that because of your individuality, each one of you has your own pathway towards truth. Do you understand?

Les: Yes, so truth as such is going to be an infinitely long way in the future, before we can be fully associated with it then?

I might add that we all, no matter how long, how much we have grown, are always seekers of the truth. How can we fully know such an important thing? Each of us in my world, continues to grow in knowledge, which ultimately leads us to truth.

Les: Yes I can understand that and I fully appreciate it and that must continue ever upwards, because as you've said, there are many planes of existence, **(Yes.)** and I suppose the seeking for truth, or for the ultimate truth, leads on through those many planes of knowledge, **(Yes.)** and more understanding. But is it a fact that one *can* ultimately become fully integrated with the ultimate truth?

There is the possibility to attain much in the way of truth, but you cannot have the ultimate, because the ultimate truth is the creator of all life. And although there comes a time of blending, which you upon this planet, would find hard to accept, there is a blending of spirit, where truth is the greater part of that seeking, where the blending of spirit becomes that purity of light, which none of you here could know of. But I would have to say, as far as I am aware, that blending of spirit, never reaches that point of existence within the light of creation, to be able to say that they have become the purity of truth.

Les: No, I can understand the way you put it —

There is much that I cannot explain to you, because in those realms of existence, the individuality of spirit, the unity of selves, do not exist; there no longer exists there any individuality of any description. But there is a blending of love, of light, but still in that highly evolved condition — and this is more difficult for me to describe to you — there is *still* that striving, there is *still* a knowing, there is *still* a desire to grow. I can't explain it to you —

Les: No, I appreciate that, please don't try, we do understand.

It is much too far in existence for me to bring to you.

Les: But I feel you have been very close to it.

I am still striving my friends, but my awareness knows of it, but my purpose is to bring to each one of you just a little more knowledge whilst you abide upon this Earthly planet, in order that when you return to us, that you can say we have been instructed well.

Les: We certainly have been. *(General agreement + thanks)*

I must leave you now for this time. I must go, but I hope that each one of you will once more ponder my words.

Les: We shall certainly do that. *(General thanks)* And our love goes with you again.

There was a few minute's pause before Les channelled this follow up message:

I have come to tell you because the master never would or will, that all in this room are exceptionally honoured, by the constant visits of a very, very, very highly evolved soul. This visit of his tonight was a great effort, which you will never fully understand, until you have spent much time within our realms of light and love. Let his bearance with you tonight, envelope you in the love and light and knowledge that he brings for your acceptance and spiritual growth. I myself have been honoured to convey this message to you my very dear friends. I trust that your spiritual development will benefit accordingly from what has been left with you on this occasion. May God's love be with you my friends. Goodbye. (General thanks)

What is 'Cosmic Law' - but balance in all things which includes evolutionary process

This was the opening question whilst on the general topic of truth. An evening of questions and discussion for the benefit of the visitor, John, who asks a very useful question on whether evolution on this planet is only driven by natural selection, or whether there some other 'guidance' involved. (30/4/01)

Good evening. *(Welcomes)*

I said last time that we would speak about new truth, but I give welcome to the gentleman who comes to us this time. *(John from Basingstoke Gazette newspaper who wrote article on George's book)* **And I feel it would be best if we had an evening of discussion and questions in order that he may see what truth is about.**

Lilian: That's a good idea—he's a little apprehensive.

We welcome all who seek truth. I would say to you my dear friends that your thoughts this time have reached me. I hope that those of you who have been seeking answers will find them soon. Let us begin this time by putting a question to you all. What would you suppose that—what is Cosmic Law? We hear so often from your world that question. So, my dear friends, I put it back to you.

Mark: To me it seems like it is the backbone to everything—the thing that holds everything together, but I can't be very precise about it.

Sara: Is it the laws by which man can live happily, effectively and progressively in this world—well, not just in this world, they originate from your world—the laws by which we try to live?

Yes. You are told so often by those from my world that you should abide by Cosmic Law, that Cosmic Law is perfect, and of course, it is. But I wish to say to you this time my dear

friends, and as always, my words are simple to you: Cosmic Law is just one thing, it is a balance of all things—of light of darkness, of good of evil. All aspects of living must maintain this balance, if you are to live your lives in this physical condition. Therefore, I would say to you: ***Cosmic Law is balance***. Would you agree? (Yes) I would wish you my dear friends to think of this truth, because that is what it is, to think simply and you will abide by those laws so much more easily in your lives. Do we have questions my dear friends?

George: Would it be true to say that Cosmic Law arises from, or is intimately bound up with the process of evolution? It would embrace the physical laws of the Universe, but I think these physical laws would only be a small part of Cosmic Law. Cosmic Law would embrace the wider spiritual evolution (**Yes**) with its karmic process and whatever other processes are involved in evolution of spirit. Is there sense in that or am I talking rubbish?

My dear friend I have not found you to speak so far what you would term ‘rubbish’.

(Giggles) **But of course in your learning, you need to take full facts, before you can come to the correct answer and this I would say you do very well. You cannot have a Cosmic Law, which does not allow the evolutionary process of all things physical; of course it is bound together. Cosmic Law governs all, not only this planet, but the words themselves tell you that Cosmic Law includes *all*, all that has been created. Therefore you have to allow that all things physical, physical evolution not only of *mankind*, but of the *planet*, has to be included within the Cosmic Law. So of course, your assumption is quite correct. Cosmic Law not only allows the evolution of mankind, of nature within this planet, but of all the planets within this Universe and the many others which exist. The whole of the Cosmos has to be within that greater Cosmic Law. There cannot be any separation. Do you understand? (Affirmed) Cosmic Law has to be perfection, otherwise what point would there be to it? It would not make sense, would it? (No) Perhaps I would say to you my dear friends this: That if you can see yourselves as you *are*, as you exist at this moment in time—the *physical being*—you are a whole Cosmic Law within that physical being, because you have the balance of good and bad, light and dark, all within the physical being. You are, as your scientists have already discovered, you are that *microcosm* of the *macrocosm*. Do you understand? (Affirmed) You are the tiny part of the whole, but that tiny part *can be perfection*. It is not easy to become perfection, and certainly not within *one lifetime*, but you have the energy and the power to become so. Do you understand my dear friends? Am I making this simple enough for you to understand? (Affirmed) Do we have any questions?**

Jan: Well, my question has just been answered, because I was going to talk about the good and the bad and the light and the darkness in our physical anyway, and that certainly answers my question.

Would the gentleman (*John*) like to ask some questions, because he is seeking and I do not wish to be too complicated in what we discuss this time.

John: I would rather listen just for the time being, if that’s alright.

Let us continue then my dear friends with any questions that you would like me to answer for you.

George: I think our perception comes into this, as well. I was reading recently of a more Catholic view that God punishes. This came out in 1917, when Mary appeared in a vision at Fatima. She indicated that we would be bringing World War II upon ourselves if we did not change. The Catholic view of this was that God would punish us for our wayward ways, but I think the more mature view is that we are directing our own evolution and we were

evolving into a condition of WWII and directing that ourselves. So our perception is such, in the simple sense that God is punishing, but in the more mature sense we are leading our own evolution. Is that a matter of perception would you say?

Yes, well we must return to more simple things my dear friend. I have already spoken extensively and for your own understanding, we will use the word 'God', but you know that I prefer to use the more visionary words if you like, like *Universal Love*; that is more apt than the word that you use and know as *God*. You are restricted by this Earth's religions. Each has its own way to what you call God. We have discussed this many times. You also know my dear friends that mankind has been given what we call freewill and mankind has to be responsible for all that happens on this planet. You are the keepers of this planet. Therefore it is necessary for me to say that that responsibility has been much neglected in many of your past years. Mankind is responsible for creating much negativity within this planet and mankind must take responsibility for it. I have told you when first I came to you that the time had come for the truth to be known, that the Spirit of mankind had to be touched in order for this planet to return to what it was meant to be. Man has abused knowledge, man has abused energies given to him, scientists have ignored advice and help that we have tried to give. Therefore it was imperative that many of us from our world, came to this planet to *touch* the Spirit, because *only when the Spirit is touched will mankind realise what it is that he has to do***. You have the freewill to accept or reject truth.**

Jan: But Salumet, there will always be those who accept and those who reject, because that is the lightness and the darkness, so that will always exist.

Of course, that is the purpose. Lightness will always overcome the darkness. But as I have told you, they are but reflections of each other. I do not wish you to see lightness and darkness as opposites. They are in your *physical* thinking, but spiritually you must see the wider scheme of things.

Sara: So, the crises that we have are manmade, but they are also part of our evolution. **(Yes)** We learn from the darkness that we create, and it's on-going.

Of course. You cannot have one without the other. They are but energy and they are but reflections of each other, but because of mankind's freewill, he has the power to accept or reject. Do you understand what I am saying to you? (*Affirmed*)

Lilian: So out of the disasters, as we call them, a lot of goodness comes. We can see that. **Yes. Only as you grow, only as you evolve do you see this. But I must return to the question put by the gentleman, because he speaks of *perception*. May I say to you dear friend, perception belongs to the physical brain, not to the spiritual mind, so you must be careful when you speak about perception. When the Spirit is touched, the mind comes forth and understanding is greater. You must not confuse intellect with intuition, there is a difference.**

George: Yes. Going back to that event in Fatima in 1917; that was a time when I think the Spirit was very much touched.

Yes, that was the reason for the visitation, that it was needed at that time to make people *understand* what was happening.

George: It seems to have been a wonderful demonstration and it's a pity that mankind didn't heed the message that was delivered then more strongly, but on reading about it, the Spirit certainly seems to have been touched, **(Yes)** the Spirit of many.

The Spirit of many was touched indeed my dear friend, but not enough. It was indeed a time of great darkness on your planet, but I believe you would agree that since then,

much has happened, that mankind has opened up spiritually and emotionally and mankind in this time is now beginning to realise what his plan upon this planet is.

George: Yes, and even then at that time, Mary indicated that it was important that Russia move away from atheist communism, **(Yes)** which has since happened. It seems to have been a very important message for the last century.

There is upliftment, there is knowledge given to many in this world, but it is a slow process. You must remember that *time* as you know it, means little to us in our world. As we see it, much progress is being made. Mankind *will not* destroy himself, because at last truth is becoming known. (Thank you—)

Jan: Salumet, something I learned the other day—I separate the two rightly or wrongly—evolution of the Spirit and evolution of the planet, are two separate issues to my mind. What I learned the other day was, I'd always been a great believer in mankind having a part to play in the destruction of this planet, but I learned that the evolution of this planet is an revolving thing, as evolution implies, that every so many million years, it goes through the same process to rejuvenate itself and our part in that at this moment must be so minute—I don't really know what I'm saying—

No, I understand your words my dear friend. Why should it surprise you? Mind consciousness—you imagine every human being upon this planet, you imagine the power of the energy of each individual as a force of energy—has much impact upon the evolution of this planet. Of course there is separation of planetary evolution and human evolution, but the two are intertwined, you cannot separate them. Although they go along a separate evolutionary path, you cannot separate the two, they belong together. Do you understand?

Jan: I feel that I want to say yes.

But you cannot.

Jan: No, I wouldn't be very truthful if I said yes.

I would not want you to be untruthful. Let us try to clarify it for you. What do you not understand?

Jan: Well, the perception that I have had, my mind or brain over the past 10 years regarding the destruction of this planet with global warming, etc. has now been completely quashed from what I heard a number of scientists say. What is happening for example on glaciers, happened one million years ago almost to the day and it's following its normal cycle and that we haven't had anything to do with that at all. And it got me thinking, that although we should take responsibility for that, in one way it is not our responsibility.

Yes, but it *is* your responsibility.

Jan: I know we can't shut our minds off to it spiritually and just ignore it, **(Yes)** but at the same time, if it were to destroy mankind—I don't know, in millions of years to come, there is a possibility that life will balance itself out again and life will start again on this planet.

Yes, we have discussed this. I do not believe you were here when we discussed the evolution of the planet and what mankind was up to, but let me say briefly to you my dear friend, again you are using the brain to make, what the gentleman calls *perceptions*. What you must do is look from a *spiritual* aspect. You do have the power—mankind has the power upon this planet to change many aspects, but it cannot change the overall Law of the Cosmos.

Jan: I think that's what I'm getting at Salumet. I've come back to an initial—you see where I am coming from?

Yes, I do my dear friend and I am trying to clarify it for you. Mankind can change many things on this planet, but he is not totally responsible, because the planet has its own evolution. But you have to understand that they are entwined, you cannot separate them. I know this is difficult to understand, but you must try to look at it from a spiritual standpoint, otherwise it becomes confused. This is something we will return to at another time and I will go into it in more depth. It is a difficult subject, because you do not have the ability to understand. You cannot until you evolve yourself, you cannot see the wider picture. This is always the problem when we bring knowledge to you from our world.

Jan: We are always looking for a scientific answer!

Unfortunately—and I mean no disrespect to great minds upon this Earth, but scientists are changing their views slowly. You have two schools of thought: the traditional scientists and the scientists of what we would call this '*new age*'—new age of knowledge and truth—who are beginning to understand that the physical, the planet, the Universe, is not what it was initially thought to be; that without the knowledge of Spirit, mankind cannot go forward. As I have told you on many previous occasions, mankind has lost so much, mankind for many, many thousands of years upon this planet, has taken backward steps.

Jan: Spiritually?

Spiritually. Always I speak spiritually. I should remind you, but I expect you to understand by now, but I forget sometimes that the human thinking is apt to forget so quickly. Always, always, as I have told you, when you have any kind of problem, when you are confused about any issue, sit quietly and let the Spirit come forward and always you will find that deeper answer. We cannot give you all of the answers, because you are *not* ready for it. We can only go slowly, use simple words, in order that you understand what we are trying to give to you, in order that you can go forward and give this to other people. You know this is our objective, that you are emissaries of Spirit, that without your help, it would be much more difficult—and always I thank you for this.

Sara: Can I just add something to that? So although the planet is evolving physically, we as human beings have to learn to love and attune ourselves to the planet as it evolves and perhaps that's where the two meet. It's not enough to scientifically analyse what is happening, we have to love it at the same time, to love the planet and that is what is missing.

Yes, love—love is *all things*—not only the planet, but all that exists within it. We have spoken about Nature Spirits, we have spoken about all aspects of life upon this planet. You have to become and recognise each aspect, not only of the vegetation, but *all* aspects: the *land itself*, the *ground*, the *Earth*, the *sea*—*all* things upon the planet—you have to become attuned to them to truly understand what it is about. You are quite correct.

Sara: So the big gap that we have at the moment is between the *analysis* and the *love*. We need to have the love, the genuine love of the planet.

Yes, you need to give spiritual love. Do not confuse spiritual love with physical love. Always think spiritually and you will have the finer answer to your questions. I know I speak so often of this my dear friends, but it is important that you look with spiritual eyes rather than physical. Do we have more questions?

John: I was interested in the evolution that we were talking about earlier. Is evolution just down to natural selection, or is there more to it than that, because it seems to me that natural selections can't account for the vast array of diversity that we have around us. Is it guided in some way, or is it really just down to natural selection?

No, you need to understand my dear friend and I know you are new to these many truths, but there are *many* aspects of guidance outside of this planet. When you realise the vastness of the Universe and let us take this one Universe that you are aware of and the vastness of all the other universes that exist, how can it be just natural selection on one small planet? There is guidance from without, that is for sure, that is truth, but it is within the plan of the whole Cosmos. It is not a selected planet. It is a planet of learning for human beings, but there are many such planets within the Universe. This is something you would not be aware of. But there *has to be* guidance, there *has to be* perfect law. Therefore I would say to you, you are correct, it is not down to natural selection. Do you understand?

John: Yes, thank you.

Mark: John was talking in the car that he looked up on the internet and found a reference to Salumet talking in America. It was spiritual—

When first I came to you my dear friends, I did say that what was given to you would be reiterated all over your world by many teachers. (Yes) I cannot comment upon the name, I am not aware at this moment in time, but I would say to you, names mean very little.

When first I came to you, I did say that I was a conglomerate of beings, therefore single adaptations of names matter not. If the truth is being given in another land, then that is what we are trying to achieve. Remember also my dear friends—and I will not enter into this at this time—that we can be in many places at the same time. Do you understand?

(Yes) But my dear friends, I will thank you once more for your questions. I hope I have helped you in your understanding and I look forward to our next gathering and know always that I am close to you and those who are there to guide and uplift you stand close by you. (Thanks + farewells)

As we progress personal truth converges between people

George asks Salumet about personal truth not usually being that different between people. Salumet agrees as we are all sparks of the same existence. (2/9/02)

George: I am just trying to put individual truth into some kind of perspective, but would it follow from our soul connections that there would be a fair degree of similarity between individual truths and one would not expect individual truths to vary greatly from one person to another?

No, of course not. When I say truth is individual, perhaps it would be best for me to say, individual in as much as your *development*, spiritual development has taken place. Yes of course there is an element or similarity which belongs to all of you—of course there has to be, because although individually you are Spirit, you are still sparks of the same existence. Do you understand?

George: Yes, and as individual pathways progress, I guess that there would eventually become more of a uniformity between individual truths.

Yes and as groups as this who meet on a regular basis, of course your truths are very similar. Although you are individual in your pathways, what you seek is the same thing, therefore you would each one of you have similar truths. Do you understand?

(Affirmations) Yes, I may have confused you when I said each individual has their own truth; that is so, but I think it may have mislead you a little. Let me say, for example, that

your truth may not be the same truth as someone who has committed some atrocity in their earthly life. They would exist on a different level of existence and of knowledge.

George: So individual truth does relate to progression?

Of course.

Lilian: Sorry for the interruption.

Yes. I would just like to say my dear friends that I hope this time I have given you some new food for thought.

George: You have indeed.

That is my intention for a while at least, because it is important that each of you progress, not only to receive my words, but to help you to come to the understanding of those words. I could speak many, many thousands of words and still your understanding would be poor, therefore I feel it is important that we have these times of individual progression in the use of my words. Do you agree? (*Affirmations*)

Truth vibration of our Cosmic Brothers from other worlds

What follows is a discussion about Truth concerning not just our planet, but all life. We understand that all life exists on a vibration, but perhaps very different from ours. Sarah asks a question on this. (22/2/04)

Sarah: Now we as humans go on to one vibration, what about these other beings on other planets? Do they go on to the same sort of vibration as us, or again another vibration?

You are speaking of deep matters, but of course all of Spirit belongs to one vibration, but it takes many eons of your time for this integration to take place. We have not touched upon this I feel, but there are many spiritual worlds. Now this will give you something to think about. Each planet has its own spiritual counterpart. You understand?

Sarah: Yes, I understand that, yes.

Although we all belong to the great universal energy, it is a subject which is for now much too complex for you to understand, but any being on any planet will eventually *cease* in the state that is known to them and all energy merges together to create a total energy.

Sarah: It must be a very long time ahead?

Yes, that is why it is not possible for me to explain it to you in simple terms. But yes, I appreciate your question, because it shows that you are thinking outside of yourself.

Sarah: So when we get this *total energy*, it will still keep developing because energy never ceases?

Yes, at that point you would not even be aware of any differentiation, but as I say that is something that you could not possibly imagine at this stage of your development.

Sarah: No, but it does make sense to me, because there must be a working towards...

A point of unison.

Sarah: Yes, and we are all working towards something.

That is correct, yes. But each energy must take one step forward, one step forward, one step forward—as if you take parallel lines that are going towards one point, eventually the two will merge. Perhaps that comparison will help you to realize that all energy lines focus towards the one point. You understand?

Lilian: It gives us a lot to think about.

Sarah: It makes even more sense you saying that, because there's a lot of racial prejudice on this planet and it just goes to prove that everybody *is* of one energy, is the same and this physical overcoat (human body) means nothing.

Look behind the *physicality*, look at the Spirit: Spirit has no colour, energy has no colour, love has no colour. Colour within your world is but a situation. You understand?

(affirmations) **It is a situation mankind has been given—another gift, if you will, to overcome all of the problems on your Earth.**

Lilian: I was just thinking in our hospitals, there are so many different nationalities all working together, the doctors, the nurses, black and white—all together to help people.

Yes, and does not the sick man appreciate the love and helping hand of his fellow man, not matter who or where they come from? *(affirmations)*

Sarah: Although I did hear on the television a little while ago, there were some white people saying they wouldn't have a black person helping them. So, I think they've got a long way to go yet. *(chuckles)*

They are poor souls. You must not judge too harshly, they are misguided. Give them your love of understanding—that is what they lack. It is easy to condemn my friends, but to you it should be easy to express your love to all of your fellow man. I hope that has helped you. *(affirmations)*

[Changing perceptions as to what we believe to be true](#)

These considerations were highlighted during previous discussion. Salumet takes up this important sharing of opinions. (16/2/09)

I have been most interested to listen to you all. I am happy my dear friends that you can discuss with each other on many topics and feed on the feelings that you have about these subjects. Always I have said to you: accept only what feels right for you. You will take on board all conditions of life. You will listen to many peoples, but ultimately you will accept only that which your heart can feel is truth—and we would have it no other way. We speak ... or rather you have spoken, of what is right and what is wrong. I will use an expression of your world; that is 'right' and 'wrong' are opposite sides of the same coin. Therefore all is not as clear cut as you well might like it to be. But nevertheless I wish for you all to continue to think freely for yourselves, to know within your hearts that truth that sits comfortably with you. I hope, my dear friends that you are in agreement.

George: Yes indeed, and I think that 'right' has certain associations such as 'love' and 'responsibility', whereas 'wrong' has other associations, and those associations perhaps vary with the society, and on this planet we have a number of very different societies.

Yes ... of course, what feels right for one person may not be right for another, but it is up to each individual to learn for themselves that inner truth, which you all have, but which is not always apparent to others. You all have that inner truth, but so often it is ignored; ignored because you will not fully accept the situations of the moment. You understand what I say?

(Silent pause)

No.

George: The situations at the moment, which *do* relate to teaching ... of all those connected to a situation...

Yes, yes. I am sure, within this room, on any one topic, there will be differences of opinion—of what one might term ‘right’, another might feel is ‘wrong’, but who is right or wrong? It is not up to you, dear friends, to make those decisions. Therefore, again I say to you: try not to judge another fellow human being, because no matter how much knowledge has been gained, you do not know or see the full picture of that life. Be careful not to be too judgemental; but that is not to say you should ignore all things. After all, my dear friends, you are living your lives here and now on this Earth planet with all of its conditions of today. You may well wish for different society, but it is up to every single individual to change; firstly from within, to change that *circumstance of life*, which does not sit comfortably with you. You understand?

George: Yes, and I’d like to give a classic example of that, later when the time is ready.

Yes. Change, my dear friends, starts from within.

Graham: We are changing as a society very rapidly, because what we perceive as ‘right’ now may not have been in the past, and the other way round. We as a whole of society, our attitudes are changing and I think we’re much gentler with our children now than we used to be. Many things that we do differently now than we did in the past—people would throw their hands up in horror if there was a return to the old ways. So we are moving forward in our collective thinking.

Yes, and remember: one beacon of light in the darkness attracts many others, many others who will see and search for that one beacon of light. So, do not fear for the darkness of ill-knowledge. I say to you: shine brightly, as the beacon! Accept your fellow human being, with *all* of what you may term ‘faults’ and embrace that individual within the circle of love and light, which you are able to express; that way, you can *change* your world. But I do not say it is easy; all that can be achieved is never easy, but is attainable.

Truth in a nutshell by Salumet

Salumet enters discussion about the deep philosophical meaning of the word Truth.

(10/5/10)

I have to say to you that each one of you are seekers of ‘Truth’, but so often we hear from you: what is Truth? What *is* Truth? —it is not an easy question to answer, because I am sure you are aware, my dear friends, that one man’s truth, may not be suitable for another. I have for you something which has been said to us here in spirit, on many occasions, when the subject of truth has arisen. Some lady once said, ‘I know what truth is!’, and as always, spirit stepped back and allowed her to take the forefront of the meeting, in order to explain what truth was. I am still amused by her reply. She said: if you take the letters of **Truth**, does it mean: ‘Take **T**he **R**oad **U**p **T**o **H**eaven?’ And we, in our world were amused that she had taken such time to figure out in her own way the meaning of Truth. I can tell you, my dear friends, perhaps truth *is* the roadway to heaven, but I say to you Truth is deep within yourselves—Truth is already known. What you have to find for yourself is the element of Truth with which you are satisfied. That is *your* truth, but, as you know, I have taught you, my dear friends, that *Truth has always been*. Truth will never be destroyed, no matter how many people deny the existence of the Truth. But as you, as human beings, become more thinking and reasoning with yourselves, you begin to understand, it is not just *words*, but it is *feeling*, it is *sensitivity of life*—it is many things.

So, my dear friends, I am saying to you all: please consider this time, before we meet again what you feel your own **Truth** is in this lifetime. I am sure you will be quite amazed by what you feel and what you recognise. So let us say, this is an exercise for you all—to think carefully about what is Truth.

George: Thank you, Salumet. I'm sure we shall all think about *truth*—and our perception of it.

It is your perception—that is the important point—yes.

Personal truth

Salumet asks the Group what they consider to be their personal truth. (21/6/10)

What is your truth?

After much thought, a range of answers were given, some of which are included below: -

Sarah: I think it comes out in you, as well. It makes the person. The truth is not just what's inside you—it sort of seeps out into your whole being. So that when you meet somebody, you feel something about that person, because it's that inner something that's glowing out—or not glowing out of you!

Lilian: What about you Paul?

Paul: Yes, I thought that was a very good description. I was also thinking along those lines of the inner knowing. When you *hear* truth, you feel it inside, and, also, when you *speak* the truth, its coming from—you could say, your centre or your heart—the gentle heart area—or you could say your 'core'. I think we've talked before about the spontaneous thought—the first thought being the *true* one, coming from your spirit, rather than the secondary things, which are often from the mind. They're not from the heart—that inner central part of you.

Sarah: When you say the mind—do you mean the mind or the brain?

Paul: Oh yes, the logic side—the reason side. That's okay, but that's not 'truth' for me. Truth is much more coming from what you know—not theoretical, not deducing or anything, it's from all your spiritual knowledge and experience.

Lilian: So it would be different for everyone, wouldn't it?

Ann: It is different for everyone, isn't it?

Paul: Yes, it'll be different, but I think there's something that's shared as well.

George: I think the central truth can also be approached from different directions. We, for example, know 'spirit' that has always been, and perhaps the closest part of creation to spirit is what we describe as 'the void.' But today's scientists—some of today's scientists—are, through their theorising, describing what they name to be the 'quantum vacuum', and they ascribe properties to this—timeless and without space, and I rather think they are describing 'spirit', or what we would call 'the void'. So that is coming from quite a different direction. I think they too are homing in on truth.

Paul: Is there a distinction between truth and love?

Ann: Probably not.

George: Well, I would say we've all, I think, mentioned the connection to creation and the creation has been created in love, so there has to be a close association, I feel. One might say the creation has more shape to it than pure love, which, I feel, is of a more abstract sense. It is easier to describe the creation than to describe a formless love. I'm not sure if I am phrasing that properly.

Sarah: Salumet has always said everything is always done in truth and love, so perhaps there is a slight difference there, but, perhaps they just go hand-in-hand.

Ann: Yes you can't have one without the other.

Paul: Yes, I feel they are part of the same ball. They are the same—energy—

Salumet listens for a time and then joins in the conversation!

The diversity of your words is most interesting. You see the connections and the differences between you. I am sure you will agree. I will say only this to you, my dear friends. You have spoken much on truth, you have each given what you feel to be truth. I will say to you: 'cosmic truth' cannot be transmuted in any way, and yes, you are right—truth is love, but the purest form of love, which you each, as individuals, have not encountered. Love is subject to many emotions when you speak as individuals, but 'cosmic love' cannot be changed. It is the very 'being of existence'. As the gentleman, here, by me, has said—it is a word, love is only a word used to describe the indescribable. When we speak of truth—yes, it changes with each individual life and your perceptions of it, as someone here has mentioned, but what is your own individual truth in this lifetime? It is your very being, your heart, your soul, and, someone too has mentioned instinctive feelings. All of these things play a part in individual truth, and I feel, my dear friends, that you have captured, between you what truth truly is; but what I would have liked to hear is a little more of your own personal truths in this lifetime. Each of you has touched upon it briefly. One's own truth may not be another's truth. You are correct in that assumption. That is why, on this Earth plane, there are so many disagreements among mankind, because man cannot agree with what another feels and thinks to be truth. I'm sure you would agree.

All: Yes!

Sarah: So if that is the case, and is always going to be the case that we have our different truths—you've said there will be a time when, with love, we will all get on alright together, but it's going to take a very long time (**Yes**). They're not going to agree, but they have got to agree on the differences. But then mankind will never truly agree, surely, if we are going to have our own different truths?

Whilst mankind is clothed in physical garb, there will be difficulties, but never doubt, my dear friend, that we in spirit work tirelessly for the knowledge of the cosmic truth to be given to each one—not 'individual truth' but 'cosmic truth', and that will take much time. But as the gentleman has already said, your scientists are now beginning to find that all that has been believed to be true is changing, and that is as it should be. That is because of the influence from our world. But Truth is Love in the purest sense; Truth can never be changed, because *Truth is existence*—purity of existence—Creation and all that it encompasses.

George: And where we have the many disagreements in the world, I think it is part of our growing up (**yes**) to *recognise* that this will be so, and to no longer go to war over silly differences, but to simply recognise that there *are* differences and this is as it should be—**Yes. Each individual, as the gentleman said earlier, you need to find that 'core being' to truly understand yourselves, first and foremost, and then to look outwards and to extend that love from within. That is the way forward to recognising truth. It must first come from within. Have you any questions?**

George: I was just thinking about politicians, and sometimes they speak as if it is all on the surface, but sometimes there is one who speaks and one *feels* that what he is saying has come from within. Does that make sense?

Of course, you are as human beings different from one another. That has been your choice, my dear friend—that you come to be cloaked in this physical overcoat with all of its restrictions, in order that you may learn a little more; that that spiritual aspect of you can come to the fore, to recognise and then to give forth the knowledge from within. You understand? (Yes) And that my dear friends, is the basis of your own ‘individual truths’ in any lifetime. That is what you are trying to achieve.

Sarah raises the point that in many parts of the world, people do not enjoy the freedoms that we have in England and so personal truth would be distorted.

Sarah: I was just thinking, in this country, we’re very free to have our thoughts and, obviously, in private, you can think what you like, because nobody will know what you are thinking—

Ah! But we do!

Sarah: Ah, you do! But I was thinking, in countries where people are very oppressed or even brainwashed—the *humans* wouldn’t know what you were thinking. Also, it must be very difficult—I know they choose their lives, but still it must be very difficult if you’ve been brainwashed. I was thinking of the Japanese—I was reading about ‘The rape of Nanking’ and they were saying the Japanese were treated badly by their superiors, and each superior treated the person under them badly. When you’ve had a lifetime of being treated badly and perhaps not having chance to think well—it’s a lot harder for those people to let their own truth come out, because, I suppose fear plays a part in it as well.

Yes, we do not deny the difficulties and the troubles of your world, but remember, each one of you, as spirit, has a responsibility for your own thought. No matter what happens to you in this one life, I am sure, each and every one of you must be aware of those individuals who would seem to rise above all the terrors that exist in your world and their light shines forth. That should be the aim, no matter what circumstance you find yourself in; you must keep that light shining brightly. No one says it is easy, and we do understand the fears, and the terrors and the injustices of your world; but man has created these things for himself. But the light within, as you go through this lifetime, or any other lifetime, needs to be nurtured, needs to be made strong, so that link with your own soul outshines all injustice.

A lot of ground is covered by the discussion, but Salumet has the final word.

Cosmic Truth

Truth is Love in the purest sense; Truth can never be changed, because *Truth is existence*—purity of existence—Creation and all that it encompasses.

Personal truth

What is your own individual truth in this lifetime? It is your very being, your heart, your soul and your instinctive feelings.

How do we know when another is speaking Truth?

Salumet gives some useful advice to this tricky question that confronts us all at times. How do we really know whether we should believe someone? (30/9/13)

At this point I would wish to say to you, my dear friends, that when it comes to *truth* and accepting what is right or wrong, you must decide for yourselves. When first I came to you, did I not say to you that there were many contradictions in your world?

George: Yes, you did.

—Both spoken and written. What I will say to you once again, is that when you find your own truth—that is the truth that you must accept. And that is not by accepting the words of another, but by *feeling*'. If something *'feels'* that it is the truth, then my dear friends, I would say to you: then you accept that as truth. When I came to you first, I told you that the contradictions in your world were not lies or fabrications but only what one being is able to accept and to give as *their* truth. It does not mean it is wrong or trying to deceive, it means only that for that communicator, that is as much as he has learned (yes). Do you understand?

George: Yes, that is very clear.

Paul: Yes, it either feels *right* (**Right—yes.**) as you say, or it doesn't quite feel right. Yes, it's as simple as that.

And on those occasions, just leave what you cannot accept, until such time as you recognise it to be *Truth*—because there must be many instances within your world where you believe in something, and as you grow and find more experience within your world, those thoughts alter to something else. You understand (yes). Yes, so that is what you must do, with any written word or spoken word. And I also have told you, my dear friends, if anything that I speak to you about is not acceptable to you, then that is fine also. It is only when you are ready for certain truths that they will be accepted. So, I hope that clarifies for you some of these things.

George: Yes, thank you Salumet.