

60. Physical – etheric – spirit - soul

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The soul, the spirit, the etheric bodies, the physical

Salumet confirms that this is the order going from the soul to what we are here on the physical earth. Les seeks clarification on this order with Salumet, as these words are often used loosely, and without much understanding. (18/7/94)

Les: Let's begin with a rather complex question, if I may, partly to correct my own thinking, which I understand may be wrong. I have always considered the Soul to be a 'spark' of the ultimate divinity. And I have thought that the Soul uses the spirit, which is intangible also, as a vehicle, whilst it is on or close to the Earth. The spirit, in turn, inhabits the etheric body,

which of course, covers itself with a physical body, to live in the physical surroundings. Now, is that escalation correct, or am I wrong in my thinking?

I believe we touched on this subject last time.

Les: Yes, I was thinking of what you said and you mentioned the Soul—**(Yes)** and that is why I thought I would ask this question, because words are often used loosely and sometimes incorrectly and I thought it would be of help to everybody to have clarification on this.

Let me try to do that for you. (Thank you.)

The Soul is indeed the spark of divinity that you speak of. It is, as I said last time, one unit of a whole. It manifests in many ways, from that spark of divinity, down through the realms of consciousness. We get to deep matters once again, but I think I shall come to expect that of you. The soul—the *soul* is the one who makes the decisions in which way to incarnate. The soul, the spirit, the etheric bodies, the physical—you are correct, there is more than one etheric body; call it spirit, call it soul, but ultimately, it is all *one—the soul*. Do you understand? (Yes—) So whether you have a particle of one, or the whole unit, incarnating makes no difference.

Les: I follow. So if I might progress on that question then, you are no doubt aware that in our rescues, I have to tell many, that when they go into the next plane of life, they are endowed with a fresh body, a fresh mind—Would that be the 'etheric body,' as we call it now?

Yes, you pass through different stages, let me say. The etheric body is closest to your physical—yes, you are correct. You pass from the physical into an etheric body.

Les: Which, to all intents and purposes, to those occupying it or using it, is just as 'physical' as the physical body, which they left on Earth?

Yes, that is true.

Les: Thank you.

You see, you *have* to do it slowly. It would be too much and it would not be allowed, to take such a great leap from one energy to such a higher one.

Les: I quite understand. So, the etheric is merely one step more?

The etheric body is the second stage, if you so like to call it.

Les: Yes, this is the first stage. And there is another point. It may sound stupid, but I have often thought that this physical World is a '*shadow*,' of the next world—the etheric World. The etheric world really being *the* positive world, of which this physical habitation is only a shadow.

Yes. As the etheric body is the next stage from the physical body, so too is your planet Earth. All things are living. Therefore, there is also a 'shadow' if you like, of each and everything that exists. You are correct.

[Does the physical have an etheric counterpart?](#)

It does not! Salumet corrects Les on this, as it is not like that. Our etheric counterpart is more like a mirror image of what we are, so is not real. It can be seen, but it does not exist in the same way. This is a tricky one to understand. (8/1/96)

Les: You have told us, and we can understand to some degree, that everything that we know as physical, has in effect an etheric counterpart. I think you have also told us, that the world itself has an etheric counterpart. Does this mean therefore, that every individual upon this Earth, has an etheric counterpart, occupying his or her place upon that etheric Earth? In other words, are we duplicated?

I understand your question. I have to say your summary is not quite correct, but I know why you would assume this to be.

Les: Yes, I had given it a lot of thought and I couldn't come to an answer myself.

I have told you that you are composite, you are many, many parts, you are not single units. Indeed, in a sense you may say that if *all* things have an etheric counterpart, then there must be an existence there in the next stage of life. *Not quite so*—let me try to explain: If you look into your mirrors, what do you see? You see the image of your being. Although it looks like you, would you say it was an etheric counterpart?

Les: No, it has no existence.

No, but it can be *seen*. So, try to imagine yourselves upon this earthly plane, that you have the *physical* existence. Although I have explained to you, that there is a counterpart of the Earth itself, it does not mean that everything *physical* must exist within that earthly counterpart, it is like a *mirror image*. Can you follow me?

Les: Yes, I believe I'm beginning to understand that. It answers the questions that were in my mind certainly.

As you see auras around people, so you see these things around your planets, these energies. But it does not mean that *all things* exist in that next existence. Do you follow?

Les: Yes and I also understand and I think my colleagues will agree, that we shall never understand it, because looking at myself in the mirror, I quite understand what you are saying to us—I would be inclined to say that that mirror image, that apparition that I can see, *MUST* exist by virtue of *MY* existence.

Yes, you have got what I am trying to explain. By all accounts, that mirror image is real, is as solid as you yourself would feel—but of course it is not.

Les: It has no existence in its own right.

No, although it can be seen with your physical eyes. We are speaking here on difficult topics.

Les: Yes, it is difficult to understand.

I don't think you will fully understand any explanation of energies, which you do not at this particular moment in time, understand upon your earthly plane. I can tell you that the knowledge *will* come, that your scientists will begin to understand more, on a Cosmic level, but at this particular time in your existence, they know nothing of these things. So, you see, I am trying to explain subject to you, which you could not fully understand. But I do understand your question and I do understand the reasoning behind it.

Les: To take it one step further, I said that the image in the mirror exists because I'm looking at it, but not in its own right, but on the other hand one could say it does exist, even though we can't see it, until a mirror is brought in, to give us the vision.

Let us take it a little further: If you had tunnel vision through many mirrors, how many images of yourself would you see?

Les: Quite, it is unlimited.

It is unlimited and that is how you must view your question. I hope that has been helpful to you.

Les: It has yes thank you, I shall just have to leave it there, knowing that none of us can fully understand it, at this period of our lives.

I have to say, you will not—it is too complicated for your *mind* to understand.

Les: Yes, because we haven't access to those energy fields yet.

Yes, it will come, it will come.

Les: Good, that's interesting to look forward to.

The higher self

Salumet explains what the higher self is and removes much of the confusion about this subject. The basic message is that the higher self is the **real you – it is the spiritual aspect of you!** (11/8/97)

Lilian: Yes, I wondered if you could explain a little more about our *Higher Selves*.

What aspect do you wish me to explain to you?

Lilian: Well, it's just that we understand that there is a *Higher Self*, but what is the *Higher Self* exactly.

It — I do believe we have spoken before, but I will say a few words more, to help you understand. I *think* that when you speak about your *Higher Selves*, you kind of separate this physical being, from the *Higher Self* — this is not so. Remember you are Spirit, clothed in these physical beings. The *Higher Self* is the *true self*, the *all-knowing self*, which is within each one of you, here and now. It is not a separate entity that you can tap into, it is **YOU — it is the spiritual aspect of you.**

Lilian: Yes, that makes much more sense.

You felt that the Higher Self was separate from you?

Lilian: Yes, I did.

Yes, I think too many people on this planet see it such that they do not fully understand when we speak to them that they are *Spirit*. Are you happy now, with that explanation?

Lilian: Yes, thank you that makes it much clearer.

Les: Yes, you've told us many times Salumet, that we'd better understand if we thought of ourselves as *spiritual beings*, rather than physical beings. I think we are working on that everybody, aren't we? (*General agreement*)

If you want to continue to grow, you must work with that self, that *spiritual being*, that being that has *all-knowledge*. And I know those words do not come easily to you, but dear friends, you have *all-knowing* powers within you, in what you call the *higher self*; knowledge which you can '*tap into*,' I believe that is the expression used by many. You can *tap into* the *Higher Self*, but remember this: **The Higher Self IS you, it is you — I would say the *real you*. Forget about the physical being; see yourselves as the great *Spirits* you have become. Know that all things are possible to you, if you so desire to work towards them. It is all there for you — do not separate that real knowledge, from what you have now and know to be the knowledge of the *physical*. The *Higher Self* encompasses the *physical*, the *physical* does *not* encompass the *Higher Self*. Do you understand my friends? (*General agreement*) If you have any doubts, let us clear them this time.**

Les: Has anyone any doubt? It's difficult to understand I know, but can we accept the principal, everybody? (*General agreement*)

That's the main thing — then of course we can work towards that principal, all the time, that our *Higher Self* exists, in spite of everything else, that we can't do anything about it, so we might as well *aim* for it.

The *Higher Self* is eternal — you cannot be rid of it; it is the very spark of your being.

Les: And would it be right, to classify that also as what we call the *mind*, not the brain, which we know is physical, but the *mind*.

The term '*mind*,' is used as belonging to the spirit. Yes, there have been many descriptions, over your earthly years. But yes, the *mind* is the part of the spirit, which is the *all-knowing* part. The *mind* is spirit — you cannot separate into little compartments, different parts of spirit. Although we have spoken about many aspects, we are speaking on a different subject when we say that. But the *mind*, the *mind* is all things.

Les: Yes, I wanted to make sure we all understood, the *mind* is completely separate from the brain, which is merely a physical organ (*Yes.*) and the *mind* is spirit.

Yes. There has been much spoken about these subjects upon your Earth. Many of your scientists try to explain the *mind*, but they cannot, because the *mind* after all is *spirit* and they cannot use logic only, to explain it. You can explain the brain, because it *is* physical and it must come to pass that the brain dies, when the physical body is about to be expired, you understand?

Les: Yes, we do, that the *mind* continues to exist, as the *Higher Self*.

Call it what you will dear friends. I prefer that you know yourselves just as spirit — it simplifies all other aspects of knowledge. You are eternal spirit, you return to that eternal *spark of life*, from which we all come. It is simple and I would like you to try to visualise it as such. There is too much extraneous matters talked about, which is unnecessary and is most confusing.

Les: Yes, I would agree with you completely.

It creates too many questions, too many queries and we find that when many come to our side of life, they are puzzled by what they have been told, when in fact it is simple and should be taught so. So, my dear friends, let us begin anew this time, let us say to each one, we will think with a simple mind, because spirit is *simple*. It is *real*, it is *all love* and no other explanation really is necessary for you.

Les: No, I was thinking about that today as I was watching a flock of birds reeling about, all moving as one and it occurred to me that our conditioning within the *universal consciousness*, must be something like that?

Yes, the concept of the cosmos, is also another subject, which creates havoc amongst the thinking of you human beings. But if you can find your own analogies, then I would say to you, *think* about it, but don't become so engrossed, that you become confused. Think upon it each day, if you must — always look for the simplest explanations or analogy that you can find. In so doing, your understanding will be greater.

Les: I must admit, it did help me, when I suddenly thought of that — one bird being a part of the whole and not being aware of any differentiation at all.

Let us take another example, each one of you here this time, feels part of the whole I am sure, when you sit together on these evenings. I am sure as you come together, you blend in unity. So, you have become a stronger aspect of yourselves, do you follow me? (*General agreement*)

Les: And I think that blending is done by the *Higher Selves* of each of us, without our physical selves being aware of it.

Yes, it is simple, and you have *not* constricted the thinking, by using the physical brain. It happens naturally and it is a joy to see. I hope that has clarified a little for you, the subject of your what you term, '*Higher Self*,' but what we from now on will call simply: *The real YOU —SPIRIT.*

The soul is without time

The soul is encompassed in the past, present and future. The soul does not belong to any past times. (29/6/98)

George: We have talked about the soul and the way it is made up of past lives, or in a way it is made up of past lives, but these past lives will be from different time periods. I was wondering if any further discussion of this might help us to understand the nature of *Time* more.

You will never fully comprehend the time factor as described to you here. After all, the soul does not belong only to past times, it is with future times also — that is where the difficulty lies. The soul encompassed past, present, future — all is intertwined. We have gone into this at certain times and I have said to you, we shall return to it on many occasions. But at this particular time, I do not feel that you are ready for more detailed discussion.

George: Yes, thank you for your words on that.

I hope you are not unhappy, but we shall seek for you, in your understanding of the timescale.

George: Yes, thank you.

Remember the soul is without *time*, do you all understand this my friends? You must fully realise that the soul is *timeless*. (Some agreement) Are you sure that each one of you understands?

Les: Yes, I think we shall have to accept and understand that we shall never understand in this life.

No, you never will, but we can help you to understand just a little more.

Les: Yes, I agree.

The Soul

The evening starts with discussion about there being more advanced souls incarnating to help mankind at this time. George then asks for more clarification about the structure of the Soul. We are Spirit and our current lifetime, or Spirit, is just one tiny iota of the Soul. The higher self is just one aspect of our current Spirit or just one facet of the diamond of our current spirit. And our soul belongs to a much bigger Divine Soul. These topics are

confusing, but Salumet says that he has given enough for us to think about at this time. A vast topic that will be returned to in the future. (15/5/00)

Mary: I have a question, but I do not know if it is relevant. It is something that I have been thinking about lately. **(Yes.)** I feel somehow that the children coming into the world now are much more spiritual than we were when I was younger, and I feel that the adults around these children have a special responsibility to nurture them.

May I stop you there and say to you this: Yes, when first I came to you, I said many changes would be happening in your world. There are many 'masters', as you call them, who tread this planet. In order for us to help you on this planet, there had to be, how shall we say, *many more* with knowledge in your world to encourage and to help those who had lost their way. One of the things that was decided from our side of life was that we would help to introduce more souls who would retain spiritual knowledge in order that they could help many, many others. Because when you have a child who expresses and shows spirituality in many forms, you, as human beings, tend to say, this is a *special* person. Let me say, this person is not special, they have come to this world to do work to help humankind. Yes, you are correct partly that many more souls, *older* souls from our world have entered this planet more recently in order that we can help the planet. So I say to you, my dear friend, your awareness is such that this has been noted well, but it is not to the extent that you would assume that every child is more spiritual—that is not so. But there are cases where the soul who enters the human form retains more memory, that is all. Our work must not fail this time as it has in times gone by. I told you when first I came that mankind had reached a time when knowledge and truth would come to him and there have been many ways that we in our world have joined with you to help in that task. Does that answer your question? (Yes.)

George: One of our failings is that we are not very good with the use of our own words. We get a little confused sometimes. It is good therefore if we can have definitions of words and it would help me if we could begin by defining *soul*, which I think strictly is a Spirit or an entity in Spirit and I believe a small part of that *soul* may be involved in earth life, physical life. The greater part of the soul will always be in Spirit. Is that strictly correct for a start?

Yes, there is much confusion in your world about the use of the word Spirit and soul. Yes, I will clarify this for you. Yes, to clarify this for you, you are Spirit. We come from the world of Spirit, that is words used because it simplifies what we have to do. But the Spirit that is you here and now is but a tiny iota of the soul. This is where the confusion lies, that many people feel that the soul is *one* entity within the human form.

George: I think we sometimes refer to that part of the soul which remains in Spirit as the Higher Self.

That is part of the soul.

George: Yes, the Higher Self would be the greater part of the soul?

Not the *greater* but part. Remember, I have told you that there are many *parts* to the soul and my dear friend, remember the diamond, the facets of the diamond and then you will begin to understand. One facet of the diamond is perhaps the Higher Self of the Spirit that is here now. Do you understand? (Yes.) We are moving here onto deep matters, but I hope that will clarify it for you just a little. The Spirit here within the human form is but one spark or one facet or one small piece—choose your own phraseology, but it is but one small part of the whole.

George: And that small part can have several earth lives, may reincarnate several times.

Different facets, yes, yes.

George: I just wanted to clarify that that same facet of soul could have several lives.

Yes, yes, I understand. Yes of course, the one facet of the soul may return to your world many, many times. If the failure of the Spirit in the human form fails in its mission, then it will return or accept that another facet of the soul needs to return in its place for a certain length of time.

George: It could be either way.

Yes, we are onto complex issues here.

George: I think you also said that more than one facet could have earth life at the same time, but this would be very rare.

Yes, it is not—how should I say to you—*usual* in the sense you would understand, but yes, it happens, yes. But normally one facet of the soul returns to this planet at any one given time. Is that helpful to you? Are you happy with that explanation?

George: Yes, I was just wondering if the soul which itself is moving on...*(Pause)*

Yes, I understand.

George: I was just wondering if there was any further conglomeration of souls?

Yes. You must also understand that as I speak of soul, there are again many facets of soul, which as we move as energy is also moving, will join and expand and increase. I think this is where you are falling down in trying to understand what happens to soul. It is not Spirit returning to one soul in one time. There are many facets to the soul and the soul belongs to a much—you use the expression, '*larger soul*' but it is actually a joining with divine energy. These are difficult things to explain to you. The understanding cannot there and will not be for some greater time but try to imagine that the soul joins with the ever-moving divine energy. It becomes a much larger issue.

George: And you yourself have come to us from that further domain.

Part of me, yes. I am but one smaller issue from that divine soul, yes. It is difficult, is it not?

George: But it does help to make it clearer for me. Thank you very much.

Yes, I, as I am speaking to you now through the human form, am part of that Divinity which has come to your planet to help mankind expand its knowledge. I do not belong to the lower integrated smaller version of what you call soul—no. It is something we will speak about further on another occasion, because it is a vast subject, which I feel you are not quite ready for. And I know your physical understanding is great, but I am not sure that the others would be able to interpret it so easily. I am not being unkind to the others, please be assured, but it is a vast topic.

A visitor comes to explain that 'he' is made up of small parts of each of our Souls within the room

This new concept was briefly discussed as follows. Unfortunately, there was insufficient energy for the discussion to continue, but the idea of a visitor speaking from a conglomerate of our soul aspects was incredible. (7/8/00)

I am unsure how long I can be with you. This is a very, very heavy atmosphere. I have come with a specific purpose and I shall endeavour to tell you before the power is completely taken up. I tell you I am more than one. I am a part of each one of you here. You all know from past teachings that you are not one soul.

Lilian: Yes, we have been told this. It is difficult for us to understand but we accept what we are told.

I thank you for accepting this knowledge, it may help you to understand a little when I say to you that as this voice speaks to you now, it is made up of a facet of each one of your souls, yours dear lady and everyone in this room. The instrument being used is filled with a part of each one of you here, a part of each one of you that has never walked your physical plane ever in eternity. And it is part of your soul which has chosen to be—how can it be put for you to understand—each part has chosen to be a fragment of spiritual light. Can you comprehend that? I have no other words to give you that you could comprehend. I will be very, very surprised if your acceptance came immediately, but it was felt that to broaden your spiritual knowledge, we could give you this small thing to ponder upon to help you to grow and to question. I feel from each one you concern, no, not concern nor disbelief but awe.

Mary: Intrigue?

Yes, 'intrigue,' a word I am not particularly familiar with. But then I have not been down to your plane and, as I have said, I am not 'I', nor am I 'we', I am a conglomerate of you all and let me say to you, that each part of each one of you here is stretching out to their own and are trying to bridge a gap with silver light, trying to reach those they belong to. Can I ask you please to send love to your own soul particle, which has entered this instrument here. Try and feel yourselves in this room. I know you are confused, but I ask you to say, do you accept what has been said, even though you need to question it, even though it seems perhaps an impossibility—will you accept each one of you, that a part of your soul is with you here now? (Affirmations) Your individual facets of soul, which have been here this time have come through much heavy, heavy atmosphere to be here. But know in your hearts that they have come willingly to give you spiritual help and love, but find it difficult now to remain with this one, so if you will forgive, we can stay no longer.

Lilian: We are most grateful. Thank you very, very much.

I am sure that you will have much questioning and I have to tell you that the Master who teaches you will help you with your concerns next time, but do not dwell it to the detriment of other teachings. You have said you accept, please continue with that thought and things may become clearer as time goes on, but the Master will help you with any real difficulties over understanding. It is not possible to continue now, but each one who is with this instrument sends out the greatest love of mankind to their own and hope that each one can sense that love.

Lilian: I'm sure we all can.

Are conjoined twins the same soul if they share vital organs?

Salumet confirms that Conjoined (Siamese) Twins are the same Soul. (9/10/00)

Lilian: There is in this country at the moment Siamese twins—two little girls—but one of the twins she has no heart and a few other organs, and she is virtually living off the sister who has got these essential organs. Is that one Spirit?

It is one Spirit but with physical complications. Remember that when the Spirit enters at conception, that it is now in the hands of physical living. We know that these problems confuse and upset many of you on this earthly plane, but that one child is probably not here to be living as a human being, but the purpose of that malformation is necessary, although you may not understand why—but it is but one Spirit.

Lilian: So if they were separated and one continued to live, the other would be nothing? **Yes, there are many questions in your world we know confuse you, but all becomes clear when you return to our world. All I say to you my dear friends is when you have such confusion within your thinking, then send out the thought to have it made clearer to you and you will find the answers.**

Lilian: That is something we forget.

Is there 'space' between spirit world and the physical world?

Salumet informs us that these worlds are all blended and that there is no space between them. (13/8/01)

Sarah: Last week somebody came through me and said that there was a 'space' where Spirit from your world and human Spirit could meet. Could you just clarify that a little?

Yes, do not be confused by words. All it means is that consciousness in our world is lowered, consciousness in your world is raised. There is a *meeting point*—that is all that it meant. It does not mean that there is a vacuum, where our world and your world meet, after all, everything is intertwined. It is but a raising of your consciousness and a lowering of the consciousness from our world. Are there more questions or do you wish to hear from our dear friend, to see if they can bring you a little more information? I endeavour to enlighten you; if I can achieve that in one meeting with you, then at least I am endeavouring to do what I came to do.

There is an etheric image of every planet in the cosmos

When planets eventually disappear as part of their evolution, the 'energy' does not disappear, only the physical. The etheric part of the planet will remain. Our tiny learning planet is not in isolation but is part of a much bigger whole. A planet that is struggling and with karmic debts, is not left in isolation. The whole cosmos is involved. Everything belongs to all energy. (15/10/01)

Sarah: Going back to the mirror image, he wondered if this planet also has a mirror planet, and along that thinking, last week someone came through me and said that people from other planets were also helping us on this Earth at this time. I wondered if there is a mirror image, is it the people from that planet who are helping us at this time?

I understand this question and I will thank him. He is forward-looking this young one. Let me say this to you and I have to say to you my dear friend and I hope it does not feel like a chastisement, I do not mean it to be, but I have told you in past times that all things have an etheric body and that includes the planets within the cosmos. Do you not remember? (No.) No. It would pay you well sometimes I feel to read some of my words, because I have explained to you that there is a mirror image of every planet within the cosmos, there has to be.

Lilian: Why does that have to be?

Because if you see yourselves as a solid being, you know full well that the etheric body is that which cannot be readily seen. So too, is that within your universe, that all planets have an etheric body, a mirror image—That is the way of life. When this planet has naturally extinguished its 'lifetime', shall we say, it does not disappear, it will—now we get to difficult subjects, but I will try to explain it simply for you—that energy does not disappear, only the *physical* part. Do you understand? (Yes.) These are deep matters, which I do not feel again that you are ready to receive, but it is the *energy* which will remain and the *etheric* part of this planet is what will remain. Do you understand?

Lilian: It remains for all time?

It will emerge and be drawn into the cosmic energy. Does that make sense to you? (Yes.)

Sarah: I understand that, and just the other part of my question. These people that are helping us from the other planets, are they anybody in particular or just as a group?

There are many peoples who are on other planets—we have discussed this before. When any planet is struggling—has karmic debts, all of the cosmos is used. You cannot isolate yourselves, you are not belonging as one Earth.

George: Yes, I think this principle has been discovered scientifically, that if a particle, if an electron does something unusual, it influences many, many, many others, so on a small scale scientifically, the principle is known. I don't think we have applied it to planets and other worlds.

Yes, yes, thank you. I was struggling for earthly words for explanation. All is known, all is known in your planet, of what is true, of what is natural, of what is in existence. Your earthly planet is but one minute dot within the cosmos. It is not singular, it belongs to *all* energy. Try to imagine my dear friends that you are but one drop in the ocean. All of those droplets are responsible, are part of the whole. You cannot my dear friends, you cannot separate. You are limited in your thinking, you *cannot see* that this tiny learning planet is so young in existence. It is cosseted by many, many older planets of existence.

The time is coming that this young man (*Ben*) will look for more explanation. He is far-seeing, his understanding is growing and soon you can tell him, I will speak with him. I will tell you when.

Sarah: I'm very pleased to hear that, thank you.

But I wish to leave with you this time my dear friends is again to think of the power of your thought and to reach out from this planet and search from within yourselves to see

how far-reaching you can go. I thank our gentleman friend (*George*) for his help in seeking for words. Always this is a difficulty for us from our world, that sometimes we are limited in having to use earthly words for explanation. So again, I thank the gentleman

Old souls

The very disabled and mentally handicapped are often old souls. They are here partly for their own growth but also for that of others, such as their carers. (16/9/02)

Lilian: When we first met this evening, Cheryl was telling us that some people that she works with that are mentally handicapped, and one in particular when taken shopping would say to people, “*I love you, I love you*”. You once told us that to come back in those broken bodies, they are often very old souls. Would they be more full of a spiritual love and more easily aware of it than we are?

I understand, yes. Of course, many who come to these bodies know full well and they are of course very old souls, because to choose these conditional of life is not easy, and you will find that many old souls choose these conditions for their own growth. They are not always aware of the spiritual love which shines forth from them, but of course you are correct, it does shine from many of them without their knowledge. So often these people have a love that shines for all, although their physical conditions make living in this lifetime quite difficult. There is much for carers and people who know of these people—it gives them the opportunity to learn and understand a little more of another human being. (Thank you.)

The Soul contains knowledge that is accessible as a guiding influence in our present life

This is confirmed by Salumet. All knowledge is available to us especially when we return to Spirit. It is stated in an earlier teaching, that our Soul is part of a much bigger Soul structure. Eventually there comes a time when our incarnations are no longer needed, either to help others, expansion of the soul or to learn. Sarah asks about the purpose our life review when we return to Spirit. (9/2/04)

George: Could I recap on something about soul? Soul contains the knowledge of all those past lives, **(Yes.)** and it would be primarily this which filters through to the current Earth life as conscience and inspiration, **(Yes.)** and guiding influence?

That is always available to anyone who reincarnates here. That knowledge is always available to you.

George: Yes, so we can think of it as the knowledge within soul, **(Yes.)** which is the driving force behind what filters through in the way of our feelings.

What filters through, and of your very existence here.

George: And when we return to Soul, when we return to Spirit, all that is felt more strongly. **Much more strongly.**

George: And seen with greater clarity.

Yes, because you have left behind the overcoat, the heaviness of humanity of the human being and in Spirit all becomes much clearer, although, as I have said to our dear lady friend, it is not an instantaneous happening, but it is there for all to use. The Soul knowledge is available to all who come to this planet.

George: Yes, I think we are beginning to get a grasp and feel a picture of an individual soul, but then that soul is interconnected to many other souls.

Yes, you must not think of the soul as individualized, it is part of a much greater soul structure, but that is something that you are not ready for yet.

George: Yes. There is something I found rather puzzling. **(Yes.)** Eventually, can I use the term that the returning Spirit eventually gets, shall we say, 'bonded into' that soul system. Is there a period before that happens when that Spirit is moving around quite freely and is still working? I was thinking about the Victorian lady who came through to us quite recently. She seems to be still working and visiting groups. Would she eventually become a more permanent part within soul structure and would that then phase out?

Yes. Her aspect of Spirit decided to return to this Earth, in order that she could continue the work that she started. That has been the Spirit's choice. That has been influenced by the aspect of the soul to which she belongs. Many, many lifetimes can be *given* to the Spirit, before that aspect of the soul eventually joins the soul energy. Do you understand?

George: Yes, I see, yes. I felt there must be a period of greater freedom, which then blends into a period of less freedom, shall we say?

Yes, there comes a time when Spirit feels it unnecessary to return to this planet to help or to learn or to expand. And therefore, when such time happens, then that aspect of Spirit will depart and join the energy of the Soul. But what you must remember and be clear about, is that aspect of the Soul can exist for much, much of your earthly time, because, as you know, *time* has not the same meaning in our world. So always remember—I feel again that you are limited by the understanding of yourselves as a human being, as Spirit and not as the wider picture. I know it is always difficult, but that is what you must always try to achieve.

Sarah asks what is the purpose of being shown a 'recording' of your life's events when you return to Spirit realm.

If that happening was not to take place, how would they have the knowledge of what they have achieved or what they have left undone? That is the purpose—people see themselves as they truly are. You can when you are clothed in this human garb, deceive yourselves as to your true purpose, but in Spirit *all* is exposed, not only for you to see, but *everyone* is aware of the true nature of your Spirit. Is that helpful?

Sarah: Yes, thank you very much.

I have been happy to answer your questions this time. It is always pleasing that I am able to at least help to clarify for you any little detail.

George: As ever you've been most patient with our questioning and we do appreciate that. **I thank you my dear friend for your kind words again, but of course there is no need. I will take with me this time each one of you with my love, and I will try to impress upon each one of you, more understanding, more love and above all, I try to give to you each time a little more understanding. I will withdraw from you now in the anticipation of our next**

meeting.

Lilian: Yes, we look forward to that and perhaps more people with us. I'd just like to say thank you for sometimes listening to me—calling out to you just lately—thank you.

Effect of thought on water

George asks about the work of Masaru Emoto and his work on the configuration of water and how it is affected by our thoughts. (8/11/04)

George: A further question I'd like to ask is about the work of the Japanese gentleman, Masaru Emoto, and his work on the configuration of water and how it is affected by our thoughts. **(Yes.)** You mentioned the planetary etheric being altered at some stage and I was wondering if that altered etheric acts in a similar way?

Will you rephrase that question to me, please?

George: The planetary etheric, which has undergone a change, **(Yes.)** would that have an effect on earthly things? Would it for example configure in any way the rain that falls, or would it behave like a thought input into...

Yes, I understand. You understand that the etheric part of your whole being is *engaged*, if you like—perhaps that is a good word to use—that the physical and the spiritual energy is engaged together, and one cannot work without the other, therefore is influenced by each other—in the same way is the etheric energy of the planet. In the same way as thought becomes reality, so too is the effect of the etheric on the planet used as waves of energy to alter all that is around. So, therefore, my answer to your question is: Yes that change within the etheric body can have an effect on the physical planet. It can influence in many directions.

George: Yes, it just occurred to me that it might be acting in a similar way.

Yes, it is very similar.

George: Thank you, that's interesting

Yes, you always have that interaction between the two. You cannot separate them and speak of them as separate things, because all things are interlinked. Therefore, as you have the wave in your seas which affects the further part of the water, so it works from the etheric energy down through the physical. You understand?

George: Yes, thank you!

Soul, Spirit and Etheric

Science will never have total proof of aspects of spiritual things. However, there will be observation of phenomena that will be hard to deny. Salumet comments that truth has been denied for too long and this must change. (8/11/04)

George: We understand and accept what you've told us about Soul and how it is part of a larger Soul or system...

May I interrupt? I would wish to say that the Spirit belongs to the Soul. The soul is the all-encompassing being. There are different parts of Spirit, not Soul. Soul is the all-encompassing, yes.

George: What I was going on to was there seem to be a number of other terms which are derived from our science and our thinking, which all sound rather similar. And from our further study of kinesiology, there is the expression 'attractor energy field' which is described as being part of a larger attractor energy field, which is also part of a much larger attractor energy field extending across the universe. **(Yes.)** And there is David Bohm's 'implicate order' underpinning the physical order of things and there's Carl Jung's term 'collective consciousness'. These all seem to be somewhat similar and I get the impression that our science is striving from various sides, but perhaps not quite getting there. Would you care to comment on that?

Yes. Your science at this time of your evolution is indeed making progress. When first I came to you, I told you that much influence was being placed not only upon your world leaders, but also your scientists. Science is beginning to realize that what has been said for much of your earthly time is indeed correct, but having logical minds, they insist that they must have proof as you full well know. But they are beginning to understand that what they cannot see *does* exist and those in our world are at this time giving much influence to them, so their understanding is greater. And we are not far away from *some* of your scientists within this planet who are willing to stand forward and to say that life does exist on another energy level. And they will—I will not say 'be happy to say that', because it will put forward new ideas that have for so long been denied. But yes, many of your scientists know about 'soul-connection energies' that have not been discussed before and many other things, which come from our world. They will stand tall and tell the truth as it is. But many names are given to these energies and I would like just to say to you this: that it matters not what words are used, what names are given, but if you stand still and imagine reverberation of sound that goes further and further out into your atmosphere, then you begin to get the idea of what it is about. Think of the echo. How long does the echo continue? Yes—think about it. Has that helped you?

George: Indeed, thank you for clarifying what was becoming a confusing area. And we must get out of the habit of wanting to devise physical proof for spiritual things.

You never will have all proof, but there will be events and happenings which they will find hard to deny.

George: And when all the pieces of spiritual information all fit together beautifully, like a huge jigsaw puzzle, then that in itself is a proof I believe.

Yes. Truth cannot be denied—it *has* been denied for too long and many have denied what they know to be true, but the time will come when spirituality of man cannot be denied. It is growing within your world, although you *feel*, as I have said to you when I came, that so much talk of good and evil exists in your world, but there are so many voices now that come out and speak of the truth and that is what we are inspiring to do from our world.

George: Yes, that is a joy to see and hear.

Yes, again have I not told you that truth would be given through many mediums and it is beginning to happen. Now my dear friends I will leave you this time and allow another to speak and I hope that you will find it to be of interest to you.

Lilian: Thank you.

Note: This change in the etheric is referred to in the teaching of 10 March 1997, an extract of which is in Appendix III of *A Smudge in Time*.

One through Sarah followed, giving further information that so many were helping from Spirit, to encourage those on Earth to move a little closer to truth. World leaders were also being influenced more at this time to bring them nearer to truth than they are at present. It was explained that they could not interfere, but help was certainly being given in every way possible. A 'Pool of Love' had been created around the world, which would help to pacify the anger of some. This was not interfering but was merely a tool to help it was explained. There were of course many still angry and sending out many negative thoughts, but as much was done as possible to reduce the effects of the rebounded thoughts—again not to interfere, but as a help where possible.

Spiritual family

Lillian asks about 'spiritual families' as being people we know, our own family, and those on the other side that we are not aware of. Salumet confirms that our spiritual family are those who are with us in all our lifetimes and are part of our Soul. (29/11/04)

Lilian: You mentioned our spiritual family. So, is that people we have known in this lifetime, other than our family we know, and those on the other side we are unaware of and are they part of own soul?

All of those questions are correct, yes. There are those who you have known in this life, who have now become part of your spiritual family, but that is not to say that that is always the case. You know quite well, that the love bond is the most important thing, but yes, your spiritual family are those who are with you all of your lifetimes, who are part of your own soul; indeed, *that* is your spiritual family.

George: I was not here last time unfortunately, but I'd imagine there to be some within our spiritual family whom we've never met physically?

Yes, I would say as human beings you will not remember the spiritual family until you come to us, you understand? (Yes.) But the recognition will be instant when you join us. (Yes.) Does that make it clearer? (affirmations)

Physical, Spirit, Soul

The reason why Salumet describes this planet as a young planet is because the Spirit or aspects of the Spirit are still learning. Our planet is nearly five billion years old so is hardly young, but that is clearly not the point. This is a learning planet and in the earlier stages too. Old Souls have no need for learning but are simply here to help others. That has been their choice. Confusion about definitions creeps in which Salumet says he will address in the next session. (11/4/05)

Sarah: Can I just go back to one thing that you said at the beginning? You said that we were a very young planet and we were young Spirits—you have also said that certain people, such as some handicapped people, are older souls. Could you just clarify that please?

Because you are a planet of learning, that part of Spirit which returns here, we tend to call 'young', because the Spirit or the aspect of Spirit is still learning—that is all. But there are some who come to your world, such as you have mentioned, who are already old souls and that is why they return to this life with many problems, because they are able to cope with them and that is what they have chosen. Many of these old souls have no need to return to learn, but it is their own choice.

Sarah: Because there are always going to be some humans who are going to be born handicapped and they need a soul—that's why they choose perhaps to come back?

It is the choice of the Spirit not the choice of the human being; the choice originates from Spirit. The Spirit sees the opportunity, sees the physiological aspects of both parents and takes that opportunity.

Sarah: So, if there were no old souls wanting to come back, are you trying to say that there would be no handicapped people?

I am indeed saying that, but in your world that is most unlikely, because you *are* a planet of learning.

Graham: I was reading a book talking about past lives and it said that we have 500 lifetimes. I have no idea if that is true or not. Is there anything you can say about that?

I will not be tied to a number, because each individual Spirit has its own destiny, if you like, so I would stay away from numbers, because each one of you is individual, each one of you comes to learn different things, each one of you has existed in all time and is evolving at different rates.

Graham: Yes, that feels much more comfortable, yes, I can align to that.

Yes, and remember also my dear friend, you know that it is not one Spirit, but a Spirit with many aspects to it which involves a rather larger picture of it.

George: Would it be true to say that mostly this young planet receives younger souls. But the older souls, would they come from beyond the domain of young souls?

We are becoming a little confused I feel by using the terms 'young' and 'old'. Let us return to the different aspects of Spirit. *Soul* is the whole, *Spirit* is the lesser with the many aspects of soul. Do you understand, because I feel that you are becoming a little confused. One aspect of Spirit returns to Earth to learn, because they have chosen that. That is what they need to do—to evolve and to join forces with the other aspects of Spirit. Soul is a much different thing. We are speaking of Soul beyond many, many lives. Do you remember when we spoke of this before?

George: Yes, we spoke of Spirit not returning to *one* Soul...

I think perhaps next time I will return to the subject in order to clarify your many feelings and misconceptions about it. (*thanks expressed*) I know that we have discussed it before, but I feel now it may be the appropriate time to return to it. Therefore, next time we meet, we will speak of Soul, Spirit and the aspects and what you term 'young' and 'old' Souls. Therefore, if you have no more questions this time, I will take my leave and allow others to come. (*general thanks and farewells*)

Put simply, young souls have had less experience of other incarnations

Sara makes this statement to which Salumet agrees. (25/4/05)

Graham: A few weeks ago, we go onto a subject which I think there was a little confusion over and you said you may be able to talk to us about it, and that's concerning young and old souls. Young souls are still learning on this planet, but I think there was some confusion amongst us about this particular topic. Is there anything more you could say?

The confusion lies with you—yes, I understand. It is quite simple in as much as when we say 'old souls' that their experience of different incarnations has occurred. But ultimately, all is Spirit whether it is called 'young', 'old', whatever you wish to name it—you all come from the same energy. But in using those words it is only in the use for explanation purposes.

Sara: So, if somebody was described as a young soul that would simply mean that they had less experience of other incarnations?

Yes, that is all. But it does not mean that when they return to our world, to Spirit, to Soul, that there is any difference. You understand? (Yes.) Firstly, remember that there are many aspects that we speak of. Again, you cannot think that there is only one individual, otherwise it all becomes complicated and a little messy with your thinking. Again, a simple explanation of understanding with spiritual eyes and not those of the human eye. (thanks expressed)

Incarnations on other planets are possible but rare

This intriguing question was presented by Paul. (25/4/05)

Paul: I was just thinking—it may have been asked before actually, but leading on from that one: is the Earth the only planet that we've incarnated on or have we also had lives on other planets as well?

The Spirit chooses where to live a life and I would say that the human beings upon your planet have chosen to come here, because it is a planet of learning. It is a planet where much can be gained, but on the whole you do not jump from planet to planet, but in saying that, if the soul desires, then it can be so.

Paul: There might be other planets that could benefit...

If there is benefit to the Spirit, to the soul, then of course that...

Sara: It is possible, (Yes.) but maybe not common.

It is not the 'normal' as you would say.

Sarah: So those on other planets perhaps don't need to learn so much. Could that be true?

No, that it not true. They have different reasons for choosing the planets which they inhabit. They are of different form and makeup and that is why they would choose the

particular planet that they have chosen. Each planet in all of existence is there for a reason, the reason being for the Spirit to grow in the best way that it knows how. But as you have found out my dear friends, communication through mind projection is possible throughout all of existence. That is what is important, not which planet, which form or how much you know; that is all irrelevant to the Spirit, what is important is the growth of the soul. I hope that makes sense to you.

Soul Connections

It is a community choice when individual Spirits join together. There may be hundreds or even thousands of years between each union. Soul connections, once made, can never be broken because there is a love bond. Salumet explains the complexity of these webs.
(27/6/05)

George: I was going to ask a question about Soul family which seems to connect. I *feel* that this group as we are, we a little unusual in the way that we have come together in this life and we have also come together in previous lives, and I believe also others tend to reincarnate and meet up again through some varying degrees. Could you say a little more about that, about the way that people return and do come together again?

When we speak of Soul connection, we are speaking of something much larger than you could understand whilst on the Earth. You, my dear friend, are but one thread in a web of threads, but without your one web, the rest would collapse. Picture the web full of individual threads and you will begin to understand the complexity of the Soul.

Remember that you are but one aspect of the Soul, therefore you are but one small part of one small thread; then we begin to enter into deep matters. You understand fully that when you leave this world and return home, that you return to that fuller aspect of Spirit and Soul, but it takes many times for each individual Spirit to connect and to learn what it is he needs to know. Therefore, shall we say it is a *community choice*, when individuals decide that they will return to the same lifetime. These choices are not taken easily, and they can take place hundreds and thousands of years apart, but let me say, once connection is made, whether it be in this lifetime or another lifetime, those connections are never broken. If there is a love connection, that connection will never be broken.

George: And the actual choice, that extends *beyond* this group?

Yes, yes. The choice is much greater—it is not only *your* choice, but the choice of a much greater energy.

George: I have a funny picture of Soul at the moment: A huge cloth of many, many threads. **Yes, it *has* to be many, many threads. It is difficult to put into words how complex the situation is. We could *try*, but I feel the minds would become confused. It is better that we remain and keep the explanation simple.**

George: It is good to have an idea even if it is a hazy idea.

Yes, but you see, you are one who needs always to probe further, what you are given (*knowing chuckles*) and I do not say that to you to discredit you, because it is a worthy thing that you do.

George: But I'm happy with your answer, very happy, even if my mind is open ended at both ends!

They are your words. (more chuckles) Does that help you?

George: That does indeed, yes. I think it helps us all. (*affirmations*)

Are there more questions this time?

Pia: I was thinking about when you said, 'when they meet, the connection can never be broken'. So, does it stay as a feeling or in what way does it not break?

It remains as an *energy*—feelings belong to the physical body. You are all *energy*, you are all *light* and you will return to the same *energy* when you depart this world. You have to, my dear friend, visualize that you are beings of energy, if you are to grasp what I am trying to teach you. It is a difficult concept sometimes, but slowly your thinking becomes adapted to the words as I am sure my dear friends will confirm for you, that slowly, slowly they now understand themselves to be beings of light and energy and not just a mass of physical bones and flesh. Does that help you?

Pia: Umm.

Ummmm? (*laughter*)

Pia: But can this energy be felt in any way? **(Never.)** Never...

Never, energy cannot be destroyed in that way.

Transmigration

Members of the group had been reading the amazing Lobsang Rampa books. The question of Transmigration was raised where, by mutual consent, one human can donate his body to another. This transfer enabled the receiver to complete an important mission. The donor obviously dies. (11/4/11)

Paul: Yes, I was reading a book about this Llama from Tibet whose body was getting so weak, and he knew of a way—he called it 'transmigration' (**yes**), where he agreed with another man who was a bit younger, I think, who actually wanted to depart his life before his body was ready to go, and they arranged it—I think, on the astral plane, if you like—their higher selves considered it. He came to a point where he felt he had more of a mission left in life, but his body, for various reasons, wasn't going to last much longer, so before his body died—before the lease ran out—(*amusement*)—he, with the help of two other llamas, who, I think were astrally projecting—helping in the background—it seems that this one died, the cord was severed, and he returned to the spirit world, and this llama then took over the body, for the rest of that natural life. Part of me felt that if you can do that, surely you could have healed your own body to survive a bit longer. I don't know, I felt the book was true, but part of me wondered—and it would be nice to have it confirmed or not confirmed.

Yes, I understand what you are saying. There are people in your world—people such as llamas as you call them, who are so in-tune with spirit and their own physical bodies that—they are so in-tune that they know when the time is right for them to depart the

physical body—to leave behind that shell of Earth. This is not unusual. Many people, as all of you here could do, if you would but allow yourselves to *let go* of the physical body. It is nothing unusual—it is only that the spirit is so strong that it can allow this to happen. But the instance you speak of—of changing a body to remain longer on the Earth—would have to be arranged in spirit and not in this world. But it is possible that these two people had made agreement that time to do so. It is possible, but not usual.

Paul: No, it seemed unusual, but—

Yes—but it is possible.

Paul: I felt the rest of the book seemed to be truthful for me, so—

Yes, it is unusual inasmuch as it is *not* usual. Do you understand?

Paul: Yes.

It is not something that happens often, but I will say only that it is possible, but the communication and the idea of doing such a thing—the contract would have been made in spirit, not on Earth.

Paul: I'm pleased about that, because I looked on the internet and lots of people said: 'it's not true, it can't be true, that's impossible', but I felt nothing is impossible, and I'm pleased and feel now yes that book was written by a good llama.

Yes, you see—their attunement to spirit—their attunement with their own bodies, is so great that to dispose of their body holds no terrors for them. In the same way, as most people upon this Earth are afraid of passing to spirit, so they cling to diseased bodies, they cling to life, thinking that that is what they need to do; when in fact, sometimes, if healing is not available, they should allow their spirit to soar—they should allow that spirit to be free. But mankind, again unfortunately, has lost many of these abilities, and it is left to a few people in your world who are capable of doing such things. You understand?

(Affirmed)

Yes, so, my answer to you, my dear friends, it *is* possible, but not common.

Paul: We're lucky to have the Tibetan race!

Yes, they are much in tune, but of course there always will be the disbelievers, because it is not something they fully understand. As in anything, where you have no knowledge, there is doubt—but they must be forgiven of any doubts, because it comes from lack of spiritual knowledge.

Lilian: That's interesting, because, as Paul was telling his story, I thought no, that can't happen, but you say, 'yes', and I believe that **(yes)**. That's changed my mind in a second.

(Amusement from all)

Yes, it is something that, as I have said, will not occur just like that—that is not the way it would operate, but it would have been a contract between two spirits (yes). That's what it is.

George: Could I add that even a mouse can have amazing abilities, and I had a little mouse in my greenhouse, and he was very fond of sweet peas seeds. *(Chuckles)* He ignored many flower pots, but he knew which one had the sweet pea seeds and he dug them up.

Is that because you did not wish him to touch it? Was it *his* ability or your ability of mind to try to steer him from it?

George: I was surprised that he knew which pot had the sweet pea seeds and ignored all the pots with other seeds.

Yes—do not give him all the credit!

(Much mirth!)

I would say that you had a great deal to do with it (ah!).

Paul: George's own *sort of* fears of that happening—**(yes)** created a sort of energy flow.

(More laughter)

Yes, that's right—which the creature would have picked up on.

Sarah: Mind you, I think they have got a very good sense of smell **(of course)**, because a friend had a mouse in the house and she had some packets of sauces, and one of them was a cheese sauce and it had eaten the cheese sauce and left the other ones. It could smell it through those packets.

Do they not also have freewill?

Sarah: Yes.

Yes, because it is a creature, it does not make any difference. They are part of creation—part of creation.

George's Notes:

The mouse: *I must confess a mouse had dug up sweet peas two years earlier, so it was probably on my mind. That mouse even harvested the stalks to build a nest! That one was trapped and transported to a rural hedgerow, 2-miles away—to start a new life!!! The latest one left of his own FREE WILL.*

THE RAMPA STORY: *T. Lobsang Rampa, Souvenir Press 1960, Corgi editions 1962-1975, pp. 224. Read by many in the West as 'entertaining fiction'. We would not classify as such, since the book contains many spiritual truths as well as awful but accurate warring misadventures of the early 20th century. Its author, Dr Lobsang Rampa claims 'truth' and Salumet affirms the real possibility of 'transmigration'. Some phrases picked out: "I write the truth in order that Western people may know that the Soul of man is greater than these sputniks, or fizzling rockets. Eventually Man will go to other planets by astral travel as I have done!" "If scientists would investigate astral travel and auras, instead of meddling with fizzling rockets ... they would have the complete key to space travel." "...three huge mastiffs ... their snarling fangs slavering ... I sent friendly thoughts to them ... suddenly they were upon me, tails wagging, licking and slobbering over me and nearly killing me with friendship, for I was very weak."*

RECOMMENDED READING

Further notes on LOBSANG RAMPA:

There have been interesting exchanges following our mention of this author last time. His books were very understandably controversial at time of publication, especially in the matter of 'transmigration'—more acceptable in Tibetan philosophy than in the Western World.

These facts may assist in understanding / evaluating:

-Cyril Hoskin was born 8th April 1910 in Devon, and began life assisting his father who was a plumber. He is said to have fallen from a tree in 1949, and that is the date given for the transmigration that would have been agreed in spirit.

-The books published under the name 'Lobsang Rampa', were all published in the period 1956-1980—all post transmigration; 'The Rampa Story' first edition being published 1960.

-'Astral travel' with viewing of faraway places has been known and practised by Tibetan Lamas from early times. US military / espionage have known and practised 'remote viewing' (same thing) from 1974 (term first coined in 1974, becoming popular in 1990s). Therefore, the ability is scientifically proven, but in his 1960 book, LR quotes Tibetan-Lama-knowledge and not US science.

-Materialist critics have claimed that the books have been written by a West Country plumber with a vivid imagination, but perhaps they contain rather too much spiritual truth for that to be so? And his secretary Sheelagh Rouse (Buttercup), gave up much to give 25-years' service, finally publishing her own book about it all.

The etheric body

Salumet discusses the link between our physical body and our etheric body. We leave our physical body at night to go to the astral planes for rejuvenation. This helps with our physical living. (28/9/15)

Chris: May I ask about the *etheric* body (**yes**) that we each have, as far as I understand? (**Yes**)—and how that might link with our *physical* body, and the etheric body experiences we might have in our sleep state?

In what way do you wish to know the connection? You cannot have one without the other if you intend to live upon this Earth. The etheric body is a powerful image of the Earthly body which, if you are speaking of leaving the physical body at night (yes)—that is what you are asking I believe? (Yes, thank you) Yes, all of you leave your body at night to be rejuvenated and to help the physical to still exist on Earth. Is that what you wish to know?

Chris: Yes, I was very curious, because I've been reading an interesting book written by a medium who was on the Earth in the 1930s and 40s—Gladys Osborne Leonard, and she experienced the moving within the etheric body, in her *conscious* state you might say (**yes**), to meet up with her husband who passed into spirit—

You can be free from the physical. It takes practice for most people, but it is achievable.

Chris: Is it to be recommended do you think Salumet, or not particularly?

I would suggest caution, once the etheric body is free from the physical. I do not feel that you would come to much harm, but you can go further than you should. I hope that is helpful.

Chris: Very helpful—thank you very much.