

51. Mind

Contents

Materialisation	1
The subconscious belongs to the spiritual mind.....	7
As spirituality and awareness grow, physical living can present greater challenges	7
Inner guidance	8
Mind projection	9
Mind projection and energy	13
Focussing on mind projection is an extremely good way to develop.....	17
The scales experiment	20
The mechanics of mind projection	21
There are many worlds which exist with the use of thought and the spiritual mind only	22
Catching thoughts on photographs and changing the results of random number generators.....	24
What is the difference between mind projection and astral projection?	26
For mind projection and other phenomena, you must engage in regular purposeful practise	27
Communication using mind rather than words	29
Are there physical feelings during mind projection.....	31
We are reminded that all things are possible	31
Materialisation, apports and ectoplasm.....	32
Cosmic ordering	34
The third eye	36
Effect of technology on the Earth.....	38
Expansion of MIND	41
The relationship between the spiritual mind and the physical brain	42
Exercises to help develop mind projection.....	44

Materialisation

Salumet starts by discussing the role of ectoplasm and how the spirit part of some people can create large quantities of it. Ectoplasm is matter greatly refined. It is not made of atoms and is not chemically known in the physical world as it belongs to spirit world.

Materialisation is an expression of thought. (4/9/95)

Before Salumet came through this time, we were discussing a postcard showing the photo of a face materialised in the presence of Sai Baba. Salumet refers to this during our communications:

May I say a little about what you call materialisation?

Les: It would be lovely if you would, because there are many conflicting views about it.

Yes, let me say firstly, you know that materialisations are formed by what you term 'ectoplasm,' yes that is the word you use. But what is this ectoplasm? Let me say to you, it is matter refined, it is matter refined to a much greater degree than you would know it to be, but it is the matter to which *you* return, when you come to our world, but on a much finer level, can you see this?

Les: Yes, it must be acutely refined for our bodies here to be receptacles for the massive ectoplasm that is used.

It is available within you all, but of course some people are capable of producing it in mass, you understand this? This is why you have people who can be used specifically for this purpose.

Les: Yes, it's not generally available to everybody, is that so? Not in the quantities required?

Not in the quantities required. It has to do with the spirit part of the human, who produces it, but it is only matter refined. There is much spoken about it and I have to say many wrong words are used to describe it.

Les: I'm sure that is so, which is your comments now are very, very interesting to us.

Also, what I really do wish to discuss with you, is not what the content of this is, but how it is produced.

Les: Yes please, it's another form of energy, is it?

All life is energy, I think we have spoken many times. It is just energy refined to a degree that can be produced in the way shown. Let me say this to you my friend, I listen to you speak of the one upon your Earth known as Sai Baba, Yes? (Yes) How is it possible for him to have the materialisations so often? I hear these thoughts so many times. Let me explain a little to you all; I return again to my favoured word, 'THOUGHT'. Thought—you understand that don't you, the power of the Thought? (Yes) When you are in the presence of one capable of producing this energy, what is happening is this: He uses the energy from the masses, people who are unaware of their own capabilities, people who seek help, people who seek knowledge. *These people* utilise that energy and they can use it, to use the thought forms, which would be expected, of a materialisation.

Les: Yes, so what we would call a materialisation then, is not in fact a physical thing,—that's the only word I can use—but an expression of thought?

It is the gathering of the thought energy, used by those persons capable of producing it, in the form as you see it, you understand?

Les: So would that form be solid to a physical touch?

Once the energy touches your physical Earth, it interacts with that more solid matter, which makes it solid to touch.

Les: I see, thank you.

Remember this always, there is never one energy, one energy, one energy—all combine together, to produce many things. It is the way of our communication with you. In the

way that I use this instrument, is to be using not only the physical form, but the energies which I can utilise from her. Is this helpful to you?

Les: It certainly is.

Do you have questions for me?

Les: Yes, so many people say, as was said tonight here, that the materialisation was in fact that of the man known as Jesus. But from what you say—

Because in their mind, the power of their thought—that is what they expected to see. So, the energy, the power of the thought was utilised to produce the materialisation seen.

Les: But the materialisation would be only that person's thought?

Not one person, it would be a group energy.

Les: A group energy, but it could therefore not be the man who it is claimed to be materialising?

It may not be—let us clarify something whilst we speak upon this. When you have group thought, you can produce materialisation, *provided* you have the right person there to produce it for you. He will utilise the thoughts of many. But when you have materialisation from a single entity, I speak of a medium who is within a room, where thoughts are subdued, in groups such as these, then the entities produced are of a different calibre.

Les: I see.

It is produced in the same way, but not by group thought. Can you see the difference?

Les: Yes and the group thought would be triggered in what way? Because presumably if it's a group thought, each member of that group would have to be aware of the need for a particular aspect of the thought.

As—let me try and simplify it for you: If you have many things put upon your graph paper, what do you have but an average. So too the thought energy can be gathered together to produce, do you see?

Les: But they would have to be concentrating would they, on the possibility of materialisation? That's what I was meaning.

Yes, yes, I'm sorry, yes of course their thoughts are gauged towards what they would expect to see.

Les: So, the leading the exponent, who is the one capable of producing the materialisation, would previously have had to somehow direct the group thought towards that same target?

He would use their thought energy. He would not necessarily have previously something in mind. It is a difficult thing for you to understand, but he is using energy, he is interacting group energy, with that ectoplasm that he too produces, to create materialisation in the form you see.

Les: And the ectoplasm would come from that one person capable of producing the materialisation? Or would it be drawn from others? Because it's visible when it's drawn from the body, isn't it?

Of course, he would produce the mass, he would be the yeast in the bread—that is perhaps a simple way of putting it. Although you have all the ingredients, you need something to interact with it and that is where his capabilities, his knowledge, his energy comes into play.

Les: So he is what we would call the catalyst **(Yes.)** for all these products, **(Of course.)** of which we are unaware?

He will be drawing the ectoplasm and the thought energies from each and every one, because you see, you all have it to a certain degree. (Yes.) You have to you see, because you are after all spirit first and foremost.

Les: So it must be within us, I quite follow.

It is within you.

Les: So we all possess it, to a greater or lesser degree and just to clarify what you've said, the amount of ectoplasm possible for any of us to produce, is dependent upon our spiritual development?

Of course it can be developed, yes of course, it is all—I have said this to you many times, there is nothing you cannot do, if you apply yourselves to it.

Les: I'm going to ask you a leading question now, which you may have anticipated. Are teaching conditions within this group sufficient to produce materialisation here?

I have waited months for that question. Let me tell you my dear friend, we have much to do and there is much to be done, so I will say to you, be just a little more patient, but there are the possibilities here.

Les: Thank you, that's all I'm asking at this stage. It's nice to know there are the possibilities, because that does give us an impetus to concentrate more upon our own spiritual development.

We wish to take it slowly, one step one step one step. But within this room, without the knowledge, each one of you do not have—and I don't say this lightly, you are unaware at this time, of what you are capable of producing. So do not doubt yourselves, any of you. There is much within you to give as a group and individually. You all will find your lives taking different directions as life continues, but remember always you will be used as a joint effort.

Les: You may be aware since you know our thoughts, that I frequently have wished that as a group, it would be possible for us to produce some phenomena that would make an absolute impact upon people outside this room, to teaching extent that they could not doubt the validity of what we are trying to prove to them.

This my friend, we know and understand. It takes some time, to gather together people of the qualities you now have within this house. It has taken many of your years to come to this point in time. Before I came, when first I came, I told you I had waited a long, long time.

Les: You did indeed.

We need to have the conditions, we need to have the people, we need the dedication. That is not to say that those that have gone before were not *right*, but it was not the correct *combination*, you understand?

Les: Yes, and what prompted that question from me tonight, was something you said last time, that we are here together now this life, to further the knowledge which we have and are continuing to gain from you. That is why my thoughts revolve around the possibility of there being something which as I said, would give an unforgettable impact to those outside this room.

It is what each one of you would wish for, it is what *all* of you humans desire is it not?

(Agreed)

Les: Yes it is—not for personal gratification, but to prove what we are trying to prove.

George: To help to make the world a better place.

It would not be given on those conditions, but once we know there is dedication to the work, we will provide. Rest assured my friend, what is to come, will be proof to all who come within the confines of this room. But be patient, remember, the word to remember is *'Infinity.'* So your earthly lives, although they seem long sometimes to you all, they are but a *'tinkling of water'*. So please, please be patient and trust that we *will* bring to you many things, much phenomenon for you, that you cannot doubt.

Les: Thank you. Well you've had enough patience to wait for us to be gathered together again.

I have to say to you, it has brought me much pleasure to be with you, it has amused me, it has brought me comfort to realise the intensity within you all for this work, although I know you do not remember your past lives, but let me say, I will endeavour to help you to recall, not only the lifetime I have told you about, (*The Monks*) but others.

Les: That would be very, very interesting to us all. (*Agreed*) I must say we haven't dared to ask the question.

I—you want me to tell you more, let me say this to you: When you leave this room tonight, before you meet again, some of you will have recalled details. Small they may be, but they will grow, they will grow and perhaps you could discuss before our meetings and see what you can remember. I will happily fill in any doubts or queries that you have. But firstly let us see what can be brought to the forefront of your minds.

Les: It would be wonderful if we could remember yet another life.

Let us concentrate on this one first! (*Laughter*)

Les: Yes, that's why we didn't dare ask earlier.

Don't be too eager. After all this life is the important one.

Les: Oh this one and the future is important.

I say do not look to the future, look to what you have to do now.

Les: Yes

I can tell you, you will be amused. I promise you will be amused. Right, have you more questions for me?

George: Could I just ask a little question about your term, 'refined matter?' (**Yes**) We have some degree of understanding of chemical atoms. (**Yes**) Would I be right in thinking the refined matter is also atoms, but of a finer frequency?

Let me say to you my friend, your word 'atom' is quite an apt one, for the knowledge that you possess, but it is in a much higher degree, than your atoms, your sub-atoms and the knowledge that you have on this Earth at this particular time. The energy I speak of as refined matter, is not known to you chemically. It has been studied as you know, when materialisation has taken place, that it is able to be touched, to be felt, to be classed as energy, but it is not, let me say, an energy known to you, at this particular time. It is refined to a much higher degree, it has to be, you see? How can it be known to you, when it belongs in *our* world?

Les: Quite, I imagine it would be on a par, to the energy used to propel what we call UFO's? **No, it is entirely different.**

Les: Is it?

Yes, we speak—let me say this to you about energy: You will never fully understand the extent, the range of energies that there are, because you see, some belong to your Earth planet, others belong to the cosmos. And although there may be interaction between some, you will never fully know them all, until you become *spirit*.

Les: And I can imagine that we wouldn't be allowed to have that knowledge anyway, because we have a remarkable ability to make a mess of any information we do get.

It would be most destructive to your physical being. You could not possibly touch these energy fields, you would be destroyed as human beings as you know it.

Les: Is that so?

Yes, yes, we speak here on complicated matters. You will never fully understand the topic of energy. There is much that is yet to be discovered and will be. Let me tell you, it will be found too beneath your oceans, some knew energies, but that is to come, that is in time to come.

Les: And shall we—I don't know if you'll be able or prepared to ask this next question, but shall we as human beings be permitted to discover antidotes, if I could put it that way, to the force of gravity, so we can overcome gravity?

That will not happen, that will not happen.

Les: Because again we could prostitute it for warlike purposes. So we wouldn't be allowed to discover it—

There may come the time, when the information is available, but it will never be put to practical use, it will not happen, let me tell you, it will not happen.

Les: Well I personally am pleased to hear it, because I can imagine the disastrous results which would occur. Any other questions for Salumet?

Mark: Could I just check my understanding. What I understood was that it would be possible for someone to recall the picture of Christ, but this isn't actually the picture here, this is actually a group composite of what people think he should look like?

I can tell you that is what it is yes. It was materialisation in the sense that you understand it, but you need to understand that these thought energy patterns, can be utilised and that is what you have there my friend.

Mark: Thank you.

But do not doubt it was materialisation, in a form.

Les: And I believe that materialised persons such as that are able under the right conditions, to speak to us, are they not?

Materialisations of people from our side of life, can communicate. The interaction of your earthly matter, with refined matter, makes this possible, as I have said. So the form can be felt, they can speak, they can be seen—yes of course.

Les: Yes and I think that is the clearest most concise explanation of materialisation, I have ever heard or read and I do thank you for it, well we all do.

I wanted you to understand just a little more. Too often it is said, 'Oh it is ectoplasm—' It could mean anything to you. I want you here within this group, to understand fully what is right. And this I hope, simply, is what I am trying to do.

The subconscious belongs to the spiritual mind

The subconscious mind is your diary of events that belongs to the soul. (16/2/98)

Les: I have a question which relates to something you told us a long time ago, about memories sometimes being of a spiritual nature. We remember what we have done when we come over to you in our sleep state, but that gets confused with the subconscious; this we do understand. But is the *subconscious* as we call it, part of the physical brain, or is it activated by the spiritual mind?

The subconscious belongs to the spiritual mind.

Les: Thank you very much, that clears that one, I couldn't see that what transpires within the subconscious, could be activated by the comparatively low-grade physical brain.

The subconscious mind is your diary of events, if I could put it so simply and that belongs to the soul.

Les: I thought it must do, thank you for clarifying that, I'm sure we're all glad to have that clarification, aren't we? (*General agreement*) Because I think it must have occurred to all of us at some time — what is the beginning of the subconscious.

Without the subconscious mind as we term it, the physical brain could not continue on its own. It would be like an instrument without a player. Do you understand?

Les: Yes, we do understand, and I think we've all been aware of that in the past, that the brain is activated by the spiritual mind. So many people get the two confused.

Yes, it is something which you humans ponder and argue over so often. But do not doubt that your subconscious mind is the book of all events.

As spirituality and awareness grow, physical living can present greater challenges

As the awareness grows, life too can become a situation of greater difficulties. But because of the growth of Spirit, all problems are dissolved more easily. We must remember that with greater challenge, comes greater opportunity. (15/5/00)

I wish to speak to you this time, my dear friends, a little about your spiritual growing and you spiritual understanding and awareness. I want you to fully understand that as you grow more fully spiritually and the awareness becomes stronger, you may find that at times physical living also becomes a little more difficult.

Lilian: Does it?

You sound surprised dear friend.

Lilian: Disappointed, probably!

Disappointed—No, please do not be disappointed, because what can be achieved without striving for it? What becomes easier in life is not what is confronted, but in the manner in which you deal with it. You understand? (*Affirmations*) Perhaps you can equate it with children in your own world you gain in knowledge, but have to, shall we say, sit more

difficult examinations. That is because of their growth in knowledge. Nothing stands still. Therefore, what I would like you to try to understand is that as the awareness grows, life too becomes a situation of difficulties in which you have to cope. But because of the growth of Spirit, all problems are dissolved more easily. Do you understand what I tell you? (*Affirmations*) Is it clear to you? (*general agreement*) So when life presents problems to you, I do not wish you to say 'why?'—I would like you to say 'Here is my opportunity.' You must make it—I do not like to say *challenge*, that is an incorrect word to use, but it is something that you must strive to work with.

George: We have the ability to rise above the problems.

Yes, and this is because of the spiritual growth. But because your growth and awareness has increased, does not mean life should become easier. So, do not be fooled into that false hope that as you grow spiritually, life becomes easier. I hope you understand—if you do not please let us discuss it now.

Lilian: I think we all understand, don't we? (*Affirmations*)

Has anyone any thoughts upon this matter which we may discuss now?

Mark: I was just thinking that as you grow spiritually it would make sense that you would be able to carry more responsibility, maybe?

Responsibility in life becomes greater, yes, because of your knowledge and understanding. Your own responsibility is greater, say, than one who has little knowledge. You understand, please?

Lilian: Yes it does make sense, doesn't it? (**Yes.**) And with the help of you people we can see the difference.

Inner guidance

This guidance arises from our ability to see a little into the future. We must learn to listen as it will always be right for us. (17/2/02)

Jan: I sometimes sense anguish or fear that I think I am being shown in certain circumstances. Like, for example, when I am walking my dogs, I will suddenly have a feeling that around the corner there will be a dog that we are not going to get with very well, and nine times I am right, even before I have physically seen the dog. Is this the energy also that you speak of that I am picking up prior to that event?

This is your own guidance. It is slightly different, but you could compare it to what we are talking about of course. All happening is energy, but what you my dear friend are experiencing is this: it is your own inner *guidance* which is telling you in advance what is about to happen. It is no different than those who can see into time, looking forward. You must always listen to that guidance, because as you have recognized, it is always right for you.

Jan: Yes, it is. I just needed confirmation that I was right in picking those things up, thank you.

Yes, but all of life is energy, remember this. You see yourselves as solid human beings but of course you are not, you are but heavy vibration which creates form.

Jan: I have also experienced the positive side of that energy, whereby if I think in a positive manner—I'll say an example again: there *will* be a parking space on the second floor in a busy car park, and there *is*. **(Yes.)** I can visualize that space and there will be that space there.

Have I not told you many, many times that your thoughts create reality? (Yes.) If the thought is true, if it is for good purpose, if there is no *fear* surrounding the thought, then it is positive energy and of course your use of it shows you how much you are growing.
(Thank you.)

Sara: Lately we have had the smell of tobacco smoke in our house and the sound of music from keyboards unexpectedly are in our house. Can you explain, it is possibly friendly visitors from Spirit? Could you confirm?

Yes, I do not normally give personal details, but I have asked for questions and I will answer this time. You have within your household children and their energy is a source for those who are attracted to them. You have no need of fear within your home circumstances, but I would say you have a youngster there who indeed has the ability to see and sense.

Sara: So, one of them would be aware of the presence?

A boy child—but do not fear, there is no harm meant to you.

Sara: We feel it is positive and often it brings us upliftment and amusement.

Yes, that is the energy brought to you, because of the energy of your children. It is their pure energy which is attracting more, more good energy.

Sara: That's good, thank you. It does depend how we are ourselves as to what we can attract.

Of course, as I have said to the lady before you, your thoughts become reality. You must always, all of you, remember this. If you find it disturbing, you have the ability to ask them to move onwards. (Thank you.)

Lilian: We have a tendency to forget about our thoughts.

That is why I am here to constantly remind you.

Mind projection

Mind projection has been used with the Bonniol communications through Paul Moss; the workings of which are beyond our knowledge and understanding. George comes across another example of the use of mind-projection by the US military. It is nothing new and has always existed. (29/11/04)

George: Prior to reading Courtney Brown's book: *Cosmic Voyage* I had no idea how American military surveillance has progressed. They have developed a 'mind projection' technique that they call 'scientific remote viewing' originally to find out how many rockets were being stored in distant silos. This took them into Spirit realm, that they call 'subspace' ... they have their own jargon. So, they have STUMBLED into Spirit realm and time-oneness, meeting various entities, including a non-physical group that they call: 'The Galactic Federation'. I understand this group go about the galaxy doing good works where needed.

Having set the scene so to speak, my first question is: Is there a Galactic Federation? Or should we know it by a different name? Or are they merely reporting on the work in Spirit Realm that we know of anyway?

I will answer your question my dear friend. Firstly, let me say this to you: the purpose of their work was to begin with not for good, as you have quoted to us, but they have discovered, much to their amazement, what many of you Earth people already know through mediumship. This is not new to those who have worked with our world for much of their human lives—that is the first point I wish to make. Let us now come to what you feel is a new concept, a new idea to you—nothing comes to you by accident.

George: This book was certainly no accident! It was quite literally put into my lap. I was sitting in the back of a car and it was in the seat-pouch in front of me! (*chuckles*)

But my dear friend we had spoken, had we not, of mind projection, when our young gentleman friend was used for that very purpose?

George: Yes indeed, and this is a type of mind projection...

Yes, it is the beginning of letting you know, as I have told you on many previous occasions, that whatever I bring to you will be verified from many other sources. (Yes!) Yes, therefore I think your amazement is now a little dulled! (*laughter*) Yes. There are many words—descriptions used by you human beings in your world. We have, as I told you previously, reached a point where you can now accept a fuller picture.

George: Yes, I feel I understand that concept.

Yes, and mind projection is nothing new; it has always existed, but it is only in your time, may I say, that all of this information is being gathered together and there are pockets of people on your planet, who are wishing to strive for evermore knowledge and that includes your scientific communities. The question about those beings who take care of the cosmos, that also is not new, but has a new title.

George: Yes indeed. Can you say a more appropriate title that we could use?

You may use whatever words you wish to help you, but to us they are spiritual beings working for the good of all planets.

George: Yes, that really says it all.

Yes, you may call them travellers, they call them galactic—that is a word used in your time.

George: Yes, and in their mind projection literature, they refer to encountering 'Midwayers' and point out they should not be confused with angels. I think they would be what we know as Spirit guides. (*In an earlier teaching, Salumet had pointed out that some confused Spirit guides with 'lower' angels.*)

Perhaps an apt question for them would be, 'midway to what?'

George: I think the implication was that they were midway between the physical Earth plains and deeper Spirit realms.

But they have a long way to travel. (*affirmations*)

George: A further question that arises from this concerns Mars. I believe you once said there is no life on the planet Mars, and I think your meaning was: no physical life on the physical planet now. Perhaps there was once, so that there are soul aspects in Spirit?

I will say to you once more, as all that is physical is recognized by you at this time, there are no Martians, but you are getting to a deeper subject when we speak of the soul

aspects, and yes, as has happened to your earthly planet, so too has evolution taken place on all of the planets, within not only your cosmos, but to the wider picture of all life. When we speak of soul aspects, we are speaking of something much deeper than your understanding.

George: Yes, the reason I asked the question was that encounters with Martians are reported in the book and it is suggested that they have infiltrated into earthly life. **Let us say this, that there are beings who inhabit many planets that you are not aware of, such as the visitor who came to you through our young gentleman, through mind projection. You understand? (Yes.) Why do you suppose that there are differences in these beings on different planets? Remember: think of your own earthly planet and the diversity of all the animals upon this planet. Those beings trying to infiltrate another planet's life force may very well succeed, but that does not make it the right way to be going. Are you beginning to realize where we are going with this? Because beings exist on other planets, does not necessarily make them *spiritual* beings; they have existence, in the same way as you beings on this Earth planet. So what I would wish you to think about my dear friends is that any infiltration—and it can happen, because there are beings so very much more advanced in their ways than you are, but it does not always make it the right action.**

Sarah: When you say they are not necessarily spiritual beings...

Because they are beings from another planet, they are not *spiritual* beings.

Sarah: But they do have Spirit, because we all have Spirit...

Of course, you are Spirit, but you are not completely Spirit, because you are donned with physical garb and so too are many of these other planetary beings. You understand? (Yes, thank you.) They may be more advanced in their spiritual virtues, but having the knowledge does not make it always for *good*, because spiritual gifts can be misused, in the same way as the gentleman has said that they (*US Military*) have used knowledge that they accidentally came across, but the purpose behind that was not ultimately for *good* to begin with. So, you must always differentiate—just because a gift is used, it is what is in the mind and what that gift is to be used for that is important.

Sarah: Yes, so can these space travellers influence, for example, leaders of countries?

Only in as much as the being would allow them to, in the same way as another human being can influence you, but that inner knowledge will always come to the fore.

George: It occurred to me that, just as the Atlantean civilisation lives on in time-oneness Spirit, so too might Martians and they might possibly get transmuted/transferred into earthly bodies. This would I believe be the only way that Martians could live on Earth? **You cannot destroy energy and anything which has existed will continue to exist—you can never destroy that energy. (Yes.) As you say, it can be used, it can be transmuted or transformed, but it cannot be destroyed. Therefore, you could say that all that has ever existed still exists, because there is a never-ending blend of energy that is left behind that is ever-changing and which is happening to all of the planets at the same time. We are getting into very deep waters here my friend and I feel that at this time your understanding might be adequate, but for the others, they are not quite ready.**

George: It is indeed complex.

When we speak of Spirit you are speaking of a completely different dimension. There are degrees of Spirit, as I have told you.

George: Yes, in fairness to the author Courtney Brown, I should point out that he is no longer with the military, but continues his own research using the basic procedure initiated by the military.

Yes, and if he is looking for truth, then he will find the truth that he desires, but let me say just this one thing, that each one of you takes your own truth. For example, if I give some details, some knowledge, each one of you will decipher that knowledge to your own capabilities. So, the understanding is quite diverse. So, remember this also, when people are going further within themselves to seek greater knowledge that they are expanding into an unknown world that they perceive. You must always take this into account. It is too simple and too easy to say 'x, y, z', to clarify in your own minds something which is not quite so simple.

George: Yes. One of the motivations of this research is to try to explain the abductions...*(unclear on tape)*

But I would disagree with you about this—non-physical beings—but my dear friends they are physical beings—they are not spiritual beings. They come from other planets, but they are not Spirit. They have physical garbs, which may be different from your own, but nevertheless they are people, of how you would term on this Earth, they are capable of dying and throwing off those garbs which they now possess. Do you understand? Do not be fooled into thinking that these visitors from other planets are spiritual beings—they are not. They have spiritual attributes the same way as you do, because all life is spiritual energy, all life returns to that spiritual essence. But why do you think that you Earth beings are the only beings in the whole of existence?

George: We readily accept that there must be many planets through the cosmos supporting life that is similar to ours.

Their only difference is in their perceptions of what they can do...*(tape too faint)* Many of these beings are curious as you are. They want to understand greater things in the same manner as you Earth beings wish to explore space that surrounds your planet. But because of their wider knowledge of travel and spiritual gifts, they are able to do what most of you beings here cannot. They are just more advanced in many ways in their abilities.

George: That helps put things into perspective. Thank you.

That is why I am always pleased for you when you suddenly begin to understand some of my simple words, because with simplicity comes assured knowledge that what is being said is correct. I hope that has helped you just a little.

George: Indeed, it has, and it all adds on nicely to our introduction to 'mind projection' **Yes. It is somewhere that we will expand to, but for you finding the book is another steppingstone to what I had already placed to your mind.**

George: Yes, I've had two important books placed before me recently!
Yes, and they will not be the last!

Sara: Sometimes when I have a quiet time I experience a ringing in the ears. I was reading a book by Doreen Virtue in which she explains that it is information being "downloaded" to use a modern term. Could you please comment on this?

Firstly, let me say that all Spirit finds the use of vibration in your world much easier to use than materialization and words, and what is sensitive within your body beside what you see in your eyes, but the ability to *hear*, which has been lost over your earthly time. I will say to you that yes; I would say that you need to listen a little more closely. It is very often those from the angelic realms who use this method of communication.

Sara: That's interesting.

You have to listen with the spiritual hearing and then it will become clearer to you what is being given to you. It will not come in an instant, but with practice you will suddenly feel that you will *know* what is being given to you. And although you do not fully understand what is happening, the spiritual being that you are, knows instinctively what the right thing is.

Sara: Thank you. I did notice that after the last time I experienced it, I knew how best to help someone who was in need and I felt changed in some subtle way after the "ringing sound".

You may also find my dear friend that the vision that you have also has very subtle changes when you are still. This is part of your personal development.

Mind projection and energy

When it comes to mind projection, distance has no significance. Mind projection is something that we can all develop as we spiritually evolve. Not all beings even on Planet Aerah are capable of communication by this method, but it is something that will be possible for all in the distant future. Simple examples of mind projection can be witnessed between our animal friends and humans. Mind projection is another example of the way in which energy can be used. (11/4/05)

I hope that the past weeks with self-development issues has been of use to each one of you.

George: Yes, I'm sure we shall keep returning our thoughts on that.

Yes, that would be of great use to you in the coming months, to remember how much you have learned and to see yourselves, not only as individuals, but as a collective group of energy—which brings me on this time to what I would like to discuss briefly with you.

Many words have been spoken on energy, and as you know, I have always told you that it is a difficult topic of conversation for you, in as much as the understanding creates difficulty in using earthly words. But, as we have touched upon mind projection, it brings

to us the equation between projection of the mind and the involvement of the energies. You know my dear friends, that energy is ever-moving—it is the whole existence of life.

Let me say this to you: energy as you know it can be used in many ways—it has been used

to see what has passed in your Earth time and it can be used to see what is to come in what you call your future time. This you know and understand well, therefore I would say

to you: what is the equation between energy and mind projection? After all, mind projection can be used here on your Earth, in your everyday world, by anyone who stands

on this earthly plane.

George: In which case would we then call that: telepathy?

You may use that word if you will. It is an apt word for the way the mind is projected on this plane of existence. Let me give you an example: have you not seen the connection between man and his animal friends when thought has to be projected for the animal to understand? A simple thing, but it is the beginning of projecting the mind. You are now aware, my dear friends, of the one who comes to you from a great distance (*Bonniol from Planet Aerah through Paul*)

George: Yes, we consider ourselves very fortunate and privileged to receive him from such a distance.

It is but another stepping-stone in your teaching. That is why we must at this point continue a little more about the knowledge of energy. I would hear you say: to project the mind, must you raise your consciousness, must you be so much more aware of what is happening within the Spirit? And my reply to you is this: That of course, mind projection as you wish to know it, and as our friend from afar has brought to you, that is the mind projection of which I wish to speak this time. How is it possible for the thoughts of another from so far, to travel through space to reach you here upon this planet? I say to you, it is simple when you know *how* it is done!

George: Yes, it doesn't seem to happen very often, so I suspect the 'knowing how' is rather complicated and difficult to grasp.

It is being aware of the Spirit self rather than the physical; you must let go of all things physical in order to use the energy, which after all, is Spirit. All energy belongs to Spirit. You agree? (Yes.)

George: Yes. The energy that is under discussion is we agree belongs to Spirit. I'm not quite sure how that relates to the energy that we see as physical, such as the heat from the sun—perhaps we really need a different word for that? Perhaps you would comment for us?

Perhaps we could say the heat from the sun is being projected forward to other planets; it is of no difference from mind to mind. It is all the same energy which is being used, although you relate to it in physical terms. Without the *spiritual* energy, your sun could not exist, and neither could your earthly planet or any other galaxies.

George: That clarifies—so it is all spiritual energy, yet some of it overlaps into the physical domain so far as detection is concerned.

Yes, that is correct.

George: Thank you that does clarify.

Yes. You have to see again the wider picture to understand what is happening. Because you are locked in a planet that is so young in its existence, you do not have the capabilities of understanding that is attached to many other planets and many other peoples. But that is not to say it is not available to you, because remember that I have told you that anything you so desire is available if you wish to partake of it. You understand?

(affirmation) **So therefore, although you are young spiritually, *all* is within you, all of existence lies before you, and it is up to each individual to go forward in whichever way they so determine for themselves. But let us return once more to this projection of the mind. How, I hear you say, can this projection come so far? Perhaps I should begin and say, when you return to Spirit, it is but a blink of the eye, is it not? (Yes.) Yes, and in the blink of an eye, so too can thoughts be transferred from one to another. It is the clarity of the thought energy which makes it successful.**

Paul: So distance is *irrelevant*...

...irrelevant—you took the word I was about to use—thank you.

George: We appreciate the distance so far as the physical world is concerned, but does that distance still *exist* in spiritual terms or...

No—this is the difficulty in the understanding.

George: If it all happens in the blink of an eye, yet the distance is there, or is it that the distance is *not* there?

The distance does *not* exist—the thought is instantaneous.

George: So the actual distance does not exist...

As the young gentleman has said, it is irrelevant. But this is the difficulty when you have *physical* ideas of distance. After all, let us assume that you wish to use your machine, your telephone as you call it. Along that energy you can hear someone as you speak, yes? (*affirmations*) If you think along those lines, perhaps it will become a little clearer—if that is possible, then spiritually it must be equally as important when using the Spirit of the mind, and remember the mind is Spirit. But what you are trying to understand is your physical brains and there lies the problem.

Graham: When you think of great distances of course, our physical brain starts thinking of speeds and velocities. **(Yes.)** Of course those terms are just not relevant, as you said.

Thought is instantaneous—it's in any corner of the Universe—an amazing thought.

Yes, of course, in the same way as your healing thoughts come to us, they are taken immediately they are given. Therefore, what I wish you to try to understand is that when you have mind projection from other planets and someone giving you information, it is instantaneous in thought. Try not to think of the great distance within your universe, because you can only become confused.

George: Yes, we can think intellectually, but we can also *feel* **(Yes.)** and of course the feeling is allied to Spirit.

Yes, of course. Always you must use your heart, you must *feel*, you must use what is given in a spiritual way, because once you begin to *analyse*, then you will lose your way; always you will lose your way.

Lilian: So, he wouldn't be aware of travel?

No. It would be an impossibility to *travel* great distances; you must realize that because being as young a planet as you are, you have only so far succeeded in a very short distance in space travel. So, it would not make sense, I do not think, to think along those lines.

George: Yes, I have been thinking about the instantaneous factor in this, because question and answer have no significant time interval between them. **(Yes.)** It *has* to be seen as instantaneous.

Yes. I am so pleased that you are as accepting as you are in your understanding, because my dear friends, for many these questions and answers would seem so far-fetched in their understanding.

George: I am so pleased that you have organized these practical examples for us and I think I would be right in saying that you *have* organised all this?

I would not take such credit but let me say that Spirit is responsible; I will accept that.

Paul: It's a little bit similar to the TIME thing in Spirit, because there as well, there's no time in Spirit, **(Yes.)** and it seems like there's no space really either.

These are so difficult topics for you to understand, and, as I have said to you so many times, it is difficult to equate Spirit with the physicality of living.

George: Would it be true to say that, because there is no time in Spirit, it just *has* to be instantaneous?

Yes. There we get what I have told you so long ago: past, present and future are all as one. If you begin to think on those lines, then those words which seemed so confusing to you at that time, now begin to form and to make sense.

George: Yes, and we're talking about Spirit in the sense of beyond the near astral planes where there is still some consideration for time?

Of course. The plane of existence of which you speak, because you are still so close to the physical plane, there has to be some sense of time in order for the Spirit to adjust. But again it is a *sense* of time, it is not time as you know it, but it is a *feeling* and a *sense* of time.

Graham: Looking to the future as we grow as a planet and become more spiritually aware, will there come a time, when we'll be able to mind project to one another and no longer need our machines and telephones and things, in order to communicate to each other, will that time ever come?

I believe we have discussed previously that there is a nation upon your planet who already studies mind projection, but of course not for spiritual reasons. Therefore, is that not an indication that it is possible?

George: Our friend who communicates from another planet, he told us that a proportion of their population are able to communicate in this way, but not all, so I imagine it goes with spiritual development?

Yes it comes with evolvment and each planet, as well as each individual, has its own evolutionary time. And remember that the planet from whence he comes is still a planet of *beings* and not Spirit—please also keep this in mind. They may be different, they may have different ways, they may have different voices and speech, but they are still of existence and not Spirit as you would think of it. Does that make sense to you?

(affirmations) **And there are many, many planets with life upon them.**

Sarah: These visitors we get from other planets, they are physical are they, or are they Spiritual or a bit of both? I was thinking of the beings who make crop circles.

All of existence is spiritual, but of course they have as you do, form; so they are physical beings. Although they look different from you, they are still of physical make-up. You understand?

Sarah: Yes, I was just thinking at the moment they're able to travel vast distances to see us, but maybe they're not travelling as we would understand it, because they're more spiritually advanced, or maybe not physical as well?

There are some beings who, within your own space-time, can travel—let us not misunderstand that, there are travellers who can space-travel.

George: This would be through dematerialization.

Yes, but still travel.

George: So there are really two types of being in the universe: There are physical beings with spiritual counterparts such as ourselves and there are beings who are entirely Spirit.

Would that be a fair categorisation, to say that there are two types of beings in the universe?

If you are speaking of *Spirit*, then they are Spirit, they would have no ‘overcoats’ of flesh. Yes, as I am speaking now, I am a being from Spirit, but I come not to you by mind projection, although if we were to become more involved in this subject, then perhaps I could explain it to you. But for your own understanding I come to you using a human instrument, whose voice and body I borrow for such a short time.

George: Yes, we are so happy with that!

Well, I am so happy to be able to join with you and to help you in your understanding and your knowledge.

George: You certainly help us.

[Focussing on mind projection is an extremely good way to develop](#)

Whilst the information from Planet Aerah is wonderful to us, it is only secondary to the more important task of developing our ability to perform mind projection. Real spiritual growth will be accomplished through this exercise. (22/5/05)

George: We have some very wonderful communications with the group on the planet Aerah. Last time they were talking about the energy that they utilise for their machines and things and it is supplied to them by the elementals, who obtain the energy from plants. They describe it as a sort of ‘milking’ process from the plants. And I couldn’t help thinking, on reflection, of the work of one Wilhelm Reich, an Austrian gentleman of about 70 years ago and he researched an energy from plants—it’s a universal energy in fact, which he called ‘orgone’. This work was not accepted by the scientific community of the day, but I wonder if I’m right in seeing a connection between his research on ‘orgone’ and the energy that is used on the planet Aerah?

Let me just say this to you, my dear friend, that all energy belongs to us all, in so much as we are part of the whole. I believe I have told you in times past, that there are many forms of energy of which you would not be aware, and will be brought into your knowledge in future times as your scientific community delves a little further and is inspired more by people from Spirit. (Yes.) But there are many forms of energy that is used throughout the cosmos. And although this is not a topic that I would wish to enter into at this present time, what I want you to focus upon is not so much the information that is being given to you about another planet, but to focus upon the mind projection that is being used—that is the important point. (Yes.) The information remains secondary to that fact. It is the mind projection that you must focus upon, because it is something that later you could cultivate for yourselves. I am not saying, to the same extent as the one that comes to you, but definitely it is possible whilst upon this planet.

George: Certainly, it is a very interesting and wonderful thing that is happening. **(Yes.)** We do appreciate that.

Yes. There are many things that will be brought to you, but always focus on that inner spiritual knowledge and all that comes to you must remain on that spiritual level. (Yes.)

And although the information is exciting and is available to you, it is still only information. (Yes.) It will not help with your spiritual growth, but in focusing on mind projection, then you will most certainly grow. Do you understand?

George: Oh yes, yes and thank you for your advice on that. Yes, I'm sure we all appreciate that.

You are so limited, my dear friends, by those human brains. If only I could expand them for you, I would gladly do so.

Sarah: We're willing to let you do it! (*chuckles*)

I do wish I could, but of course that would be against all of our laws.

George: Yes, we do appreciate that there *are* laws—there are cosmic laws.

Yes—there has to be.

Lilian: Paul?

Paul: I was just going to speculate that I think mind projection—it's quite different to thought projection. Is it more like 'remote viewing', more like your whole consciousness is projected?

Mind projection belongs to the Spirit. Thought can be projected from the human being, from the conscious part of the thinking, but mind projection has to be done through the Spirit, if it is to work successfully; always remember that difference.

Paul: But thoughts are tied to the physical a bit?

Yes, when you are in human form, of course the thought is connected to the consciousness of the body, and to the spiritual mind. But mind projection—remember, the brain belongs to the physical, the mind is spiritual; always keep this in *mind*.

Paul: I'm trying to think whether it is more like an out-of-body experience—mind projection...

You could compare it in similarity, but it is not quite that, no. The mind is not something you can see or feel—it is what is part of your whole being; it is that greater part of your Spirit—the mind, the *mind* that will continue to *grow* and to *exist* all through levels of Spirit. It belongs to *Soul*. Is that helpful to you?

Paul: Yes, yeah...

I feel you are struggling with that answer.

Paul: I don't think I understand the...

This is why it is so difficult and this is why it has to be explained and used in simple terms for your understanding. In showing you that mind projection is working, we bring it to you with information of interest, but you have not focussed upon how the mind projection is working. You need to be more aware of the spiritual nature, before you can project the mind. You do not *have* to go into the silence to send out a thought. This you realise, because that every time we meet, you give thoughts for those who are in need (*affirmations*) and although you are beginning to quieten down, it is not necessary, to send a thought for help. But mind projection entails rather more. I hope that is helpful. (*affirmations*)

Sarah: I've been rather amused, because I saw a something in the paper that somebody had been given a large sum of money to investigate 'the mind'. So maybe I should send this person a transcript... (*laughs*)

But again, my dear friends, you see the confusion which lies within your planet, because most human beings are accepting of the fact that the mind belongs to the human, when in fact you know full well that this is not so. That is where the confusion lies—the difference between the human brain and the spiritual mind. (affirmations)

George: Could I mention my old friend Cyril Martin, (*Graham's father*) who, 50 years ago, drove 400 miles to the town of Brighton. A clairvoyant was there, seated on a dais and surrounded by a crowd of people. He was at the back of the crowd and the clairvoyant's assistant went around the crowd, placing a hand on a shoulder here and there and the clairvoyant would say a few pointed words relating to that person. And my friend thought: *ha! She's got a few people planted in the crowd that she knows about!* And then the hand alighted on *his* shoulder and she said: *'Mr Martin, you haven't signed your driving licence!'* He fished in his pocket for his driving licence and saw that he had indeed not signed it! Well, I met him recently and he was still puzzled about this. I suggested that there may have been a Spirit with him who was concerned about his driving licence and the clairvoyant lady would have picked up on this concern. Would you care to say anything about that?

I would not say that they were *concerned*, but it was the opportunity to show him that his *sceptical* thinking was not perhaps correct. (affirmations)

George: Yes, it was first and foremost a demonstration...

Always from our world we try to bring—again, it is the helpers who work with the clairvoyants and the mediums; they work together to bring the best 'evidence' for that individual. It may seem trivial, it may seem remarkable—it matters not, provided it sows the seed within that person.

George: Yes, so the Spirit would be with the clairvoyant lady—the Spirits concerned with the communication?

It would depend who was bringing the information, but of course the medium and the person who was placing the hand upon the shoulder, would have a spiritual connection, of course; it would have to be that way. I hope he is a little less sceptical now, but probably not. (some chuckles)

Graham: He's been thinking about it, ever since I've been alive. (*more chuckles*)

George: Yes, I feel his mind is opening.

Yes. For some it takes all of their life's existence, for others it is much quicker. Of course that depends upon the human being and their own responsibility for what they accept .

George: I'm sure he'll be interested in this transcript.

Sara: Yes, he's certainly had some experiences—he's had other experiences too in his life, (**Yes.**) that he has been unable to explain, such as—well, he called it a 'ghost car'...

George: Yes, he's had disappearing cars and rotating flowers...

Sara: And a lost engagement ring that was found on a huge common after months. I mean, a very unlikely happening. (**Yes.**) So, I think that was sent, I would imagine also...

As I say, it takes some people a *long* time to find acceptance of these things, where as another being would have one or two happenings and say: *why is this happening?* It is down to each individual.

Sara: And possibly other experience in other lives perhaps?

It could have an influence of course, yes. You are complex beings, you human beings. (Yes.) **Yes, but mostly, you are so negative until you open your minds, and all begins to fall into place.**

Sarah: And sometimes it only happens when there's a shock or something happens that leads to something else...

Yes, so often that is the trigger point. (affirmations)

The scales experiment

Graham asks about an experiment using mind projection to influence a set of laboratory scales. (18/7/05)

Graham: Yes—at the moment I am doing a little experiment at home where I have a balance. I've got a see-saw set up and I'm trying to mind-project one of the sides to go down. **(Yes.)** I haven't succeeded yet but I thought it would be a good idea if I were to bring the scales to this place, where we could gather round as a group and have a go. Would that be a relevant thing for us to do?

There would be no problem with that and in fact the combined energy would make it even easier for you, but do not expect it to work first time.

Graham: No, I realize it is going to take time, but it's an exciting thing to do. **(Yes.)** Thank you.

George: I wonder what would be the best approach to that: to work on the idea that one pan on the balance is getting lighter—floating. Would that be the best approach to try to *impress* on the device in that way?

The best way to work is to *feel* the energy, to *feel* the heaviness of the earthly object and to transform and transmute that energy to one of a lighter degree. You understand? (Yes.)

Lilian: Is that what happens to apports?

Yes. It is the change of energy which creates these things.

George: So, in a sense we are visualizing a transmutation?

In a sense, but you are also focussed with the spiritual mind. There is a focus which must be used. You understand? (Yes.) But of course, when you attempt this first time, you must remember that many minds together can also create havoc, therefore it will take some discipline. But you may be surprised—I feel it would be something worthwhile for you to attempt.

Graham: Is it best to do it with your eyes closed to focus? I have been trying with my eyes open.

Yes. What happens then is that with earthly eyes you see only the solid object, so I would suggest to you my dear friends that perhaps—and again I do not wish to make *rules*, because that is not our way, but I *feel* that to have the eyes closed would simplify it for you. But of course, whatever is most comfortable for each individual is of course the best way. (thanks, expressed)

The following week, Graham asks for more information on how best to proceed. (25/7/05)

Graham: About mind projection and influencing the scales, I'm trying to visualize it in my mind but realise how difficult it is to do. Some people are probably better at this. So, before I try to influence the scales in the experiment, is to practise the visualisation of objects in my mind during meditation. If I continue to practise this, I will actually get better at visualising things in my mind, which means that later on I will be able to focus better than I can at the moment.

Yes, of course you need to develop the spiritual aspect of your being if you are to focus with the thinking brain of humankind, then you will always find it to be more difficult. You have to be in a state of raised consciousness, (Yes.) which means leaving behind the physical thinking and just *being*.

Graham: With a totally quiet mind.

With a quiet mind if possible. (Yes.) But as you well know, this takes practise, as does all things. You would not expect to do anything in your world without practice and also it applies to many of the spiritual attributes that they also must be practised often. You understand? (*affirmations*) But yes, please continue in the way that you are and you will reap the results if you stay true to it.

Graham: Yes, so that's something to look forward to. Thank you.

I would gently remind all of you, that many things are possible if you have that deep spiritual desire. It is entirely up to each individual, how they develop in their way; it is part of their own freewill and their own responsibility, in whatever way they choose to develop.

(general thanks expressed)

The mechanics of mind projection

George starts with a rather complex question on the process of mind projection. Realistically on planet Earth, we are currently almost total beginners! (25/7/05)

George: Yes. I think you invited us to think on mind projection—on that subject, and it does occur to me that on thinking about the spiritual world and the physical world, a key difference perhaps, if I could put it that way, is that the physical world has rotation within it running through and through—from the smallest particle, to the atoms, to the planets, to the suns, to the galaxies—all rotate. This may be part of what gives rise to the physical properties of mass, gravity, space, time and various energy fields. Now, that is the *physical* world, and the spiritual world has none of these properties, yet connects to the physical. Where mind projection is concerned, I think the astral planes are important, and one can mind-project from planet to planet via the astral planes, which are like staging posts between the planets and what I might refer to as 'Spirit proper' or 'formless Spirit'. So, mind projection utilizes Spirit, with the good offices of those in the astral planes. So, mind projection is from physical beings to physical beings, but involves Spirit and those in the astral planes, and so *there is* no effect of space or time, so that the communications are

instantaneous. And I would ask: is that a fair picture of how things are, involving mind projection?

Yes, I understand your question and let me say I admire the complexity of your words. (chuckles) If I may simplify it for you further. Whether you speak of the physical or the spiritual, you are speaking of 'energy'. (Yes.) Physical energy is much denser—that is so, whilst spiritual energy is much more refined, and yes, the mind projection from the human is part of the spiritual connection which is needed. But in your mind, the way you have described your words, you are thinking along the correct lines, but I would prefer to say that refined energy *conjoins* with denser energy at certain points, which therefore makes it appropriate for mind projection to work between *beings*, and not—I do not say, *human beings*—there are many forms of beings who are not of Spirit. But the connection is simplicity itself: it is the joining of refined spiritual energy, joining with that denser energy, which comes from the human beings own thinking. If you try to make these things more complex by your human thinking, you will come unstuck, because there is no simple answer for you. But your explanation I much admire.

George: Thank you! I'm searching for a reason for one world having a set of physical properties, while the other world has not, (Yes.) and perhaps this is unnecessary thinking... **Yes, it is extraneous thinking. It is just denser energy—the same energy of all life, but much more refined energy, combined with denser energy is utilized for the purpose of mind projection. It is as simple as that.**

George: So, the denser energy automatically has the physical properties?

Yes—yes. Does it not seem simpler now?

George: It certainly does seem simpler, yes, thank you!

I hope that helps you. We are speaking of a difficult topic here, when we are speaking again of energy. Always this has been a difficulty, when we come to explanations.

George: Yes, and going on from there, from mind projection between *beings*, would that mean it also happens between beings who are *not* on physical planets?

There are many forms of life my dear friends, some of which we have spoken of, and as you have become aware in recent times from our visitor, shall we say, who is projecting his mind, because, from where he comes, it is so much easier for them to do, because they have developed that sense of projection. I am afraid mankind as he is at this moment in time, is but a child in this activity.

George: Yes, I'm sure we all accept that!

But that is not to say they cannot be taught and that is what we are trying to attempt with you all, my dear friends.

[There are many worlds which exist with the use of thought and the spiritual mind only](#)

The inhabitants of these planets have attained such a degree of knowledge that to just 'be' is all they need! Salumet discusses mind projection on Planet Aerah and what is possible. What we attain whilst living a life on Earth is not lost when we return home. (3/10/05)

George: In our exchanges with Planet Aerah, we were debating about the way in which our many and complicated rules, laws and regulations are really taking over, or have taken over to a large degree, *from personal thinking*. We differ from Planet Aerah in that our lives here on Earth are much more complicated in terms of rules and regulations as opposed to free personal thinking, **(Yes.)** so if the thinking comes to the fore, I imagine this is a very good process.

Of course. I have told you previously that this planet is such a young planet as far as spiritual growth goes. There are many worlds that you know not of, which exist and exist with the use of the thought and the spiritual mind, and yet are not Spirit, but they have attained a *degree* of knowledge that just to 'be' is all that they need to be. Do you understand? (Yes.) And, yes, your connection with that mind projector, which after all was meant for your own spiritual growth, is a planet, which is much different from your own.

George: The comparisons help us in a way to see *ourselves* more clearly I feel.

Yes, that is a good point. It is something that you should study well. You should learn from the information that is being given to you, but at the same time, it is not only information which we seek to give to you, but we wish to *teach* you of the experience that you are ultimately capable of, and which I am pleased to see you are trying to now put into some kind of action.

George: Yes, we are trying, and I am sure we all realize the great *value* that this can have.

Yes, you must always keep that focus in mind. It is for your benefit also, not only just to be given the information which comes, because after all, you may digest a book, but never really understand it. But what we wish you to do is to accept the information, but to also take that projection which is being shown to you and put it into daily practise.

George: I get the impression that, as the spirituality increases on a planet, the *matter-density* of the planet decreases, **(yes)** and the water on Aerah sounds to be more like the water in our Earthly Astral Planes...

Yes, you are quite correct in that assumption. After all, if you grow spiritually you are leaving behind that heaviness, that *density* as you call it, and you become much lighter beings. Therefore, if so, much lightness exists, so too does that have an effect on the planet within which you live. In the same way as you as human beings give out thoughts of love to many on your planet—when those thoughts are received and help is given by all involved, there are areas within your planet, which also become much lighter, much purer. So, can you imagine the lightness of a planet whose spirituality is far above your own?

George: Yes indeed. This is quite a realization and I'm sure our scientists, and particularly chemists, have felt that *matter* is all much the same throughout our universe! But its density *does* seem to be *very different*...

Yes, it has to have some effect, in the same way as your thoughts project and give help to others—it is the same, it is the lightness which touches the density of the matter *where you are*, and makes it lighter, because of the love element. It is the love element, which alters matter and structure and people. Always remember this my dear friends and you will not go wrong in your thinking.

Graham: With the development of mind projection, which we are trying to achieve, if that is achieved to some extent and a certain level of attainment is reached in a lifetime, is that level of attainment then continued into the next lifetime?

You already have that attainment within you; it cannot be lost when you return home.

(Yes.) **You are on this planet rediscovering what you already *have*. It is just that because of *where* you are and the situations that you are in that everything becomes much more dense, and that your mind has become dulled over the many centuries of living upon this planet. But as Spirit you already *have* that ability, you already *have* that knowledge—you are here to rediscover what you already know.**

Graham: Yes, you have told us that before! (*chuckles*) **(Yes.)** It is interesting that Bonniol (*from Planet Aerah*) said that the Spirit children, even when they are unborn, are able to mind project to those around them, which I thought was extraordinary. They have obviously progressed so far and they have come back to their planet with this extraordinary ability ready to continue where it left off.

Yes, they are already lighter beings and that is what you are working towards on this planet, although you will never achieve the same amount of ability as they have upon that planet, because that is not part of the evolution of this Earth.

Graham: So our two planets won't necessarily converge; we are just following different evolutionary paths. **(Yes.)** I understand, yes.

You cannot be the same, but you *can* have connection through the mind projection.

Graham: One thing I was particularly interested in was their method of transport, where they use the energy from the elementals to help them provide energy for their vehicles for transport, and things like that. Is this something that will become part of our evolution in the future?

We are looking a long way into your future, before any attempt at that kind of travel is possible. I would have to say your evolution is in the first stages, in the same way that you as Spirit within these physical bodies are quite naïve in your knowledge. But it is only a shell, the knowledge lies within, it is up to each individual to hold that responsibility for how much of that Spirit is allowed to become free whilst upon this planet. And I do not ask any pardon for repeating that you are entirely responsible, with our help, of course.

Graham: Yes. Thank you for those answers.

There are many planets, which you could not associate with, because they are, as you know and understand full well, all of existence. Yes, too much for your understanding; you will never fully know until you return home, how much of existence there is within all of creation. You are but one iota within all of Creation.

Lilian: Something to look forward to, to be able to understand...

And even when you return home, you also have responsibility in discovering what there is to know. It will not come to you in an instant, but it is there for all to see.

[Catching thoughts on photographs and changing the results of random number generators](#)

Salumet gives a few general words on the progress that is expected to be made soon.
(23/1/06)

One of the things that I would wish to discuss with you in the weeks to come, is following on from what you have been trying to achieve: *mind projection*. This, as you may have gathered by now, is not something new, but is new to all of you.

George: Yes—new and very interesting.

Yes, and it will become even more so as time continues. I will say this to you: that already, and for many years past, the mind has been projected to many areas within your world—even so, the mind and the thought has been captured upon film. Of this, you may not know, but I assure you that these things have taken place, and it is the step forward from mind projection. There is evidence upon what you call your *photographs*.

George: Yes, I don't know about this!

No, but you will. It is something I will discuss with you, as I say, at a later stage. I feel sure, and especially you my dear friends, that to capture thought to film can only be most interesting for you.

George: Yes, indeed.

Also, in this year there will be much more spoken about communication from *our* world. It is ever-increasing to people who seek all that they do not understand, and this coming year will see many more people who become interested in what is termed 'paranormal', but that we know as '*perfectly normal*'. Also there will be in these coming next few years, more information about the whole cosmos in general. Your scientific fields and your astrologers (*astronomers?*) are beginning to see a wider 'film' of all that exists and these facts will become known, as too will be known the formation of other planets, which can only again be of interest to you all. So you see my dear friends how much we have to discuss in this coming year, and of course I will discuss with you things that have been promised from me in the past, and if the time and conditions are suitable, then these topics will be raised.

George: It's wonderful to have this feeling for spirit and spirituality running through the entire universe and I'm sure this has not yet occurred to many, many scientists who have been very interested in the physical universe, but to add and have a feeling for the spiritual dimension has to be seen as a great joy and a step forward for mankind.

Yes, yes. Truth cannot be kept in the dark—this I have told you many times and still upon this planet for every believer in Truth, you will have one who is sceptical, but that is the way of your earthly lives at this particular time. But what is satisfying for us who come to you from spirit, is that now you human beings are beginning to think for yourselves and are not going into life with what you term '*blind faith*'. This indeed is a big step for mankind. As you know, each one of you are individuals in your own right, but the common ground for each one of you is the knowledge of Truth and Love which surrounds us all in this world. Truth and Love cannot be denied. Have you any questions on what I have just told you?

Paul: Going back to the thought-photography, you said that that's already been *discovered*, has it?

It has been achieved and the time is now ripe for that knowledge to be made known—yes.

Paul: That is a fantastic thing because it really ... um ...

It should again reinforce my words how powerful your thoughts are.

George: Yes, I was just wondering if this relates in any way to the 'random number generators'...

That has been *part* of it I have to tell you. Many things have taken place and I know that we have discussed briefly the case of the numbers, but much has been happening in our world, which has to be transferred to you human beings in order for it to become your reality. But there has been much work 'behind the scenes'—I believe that would be your expression. Yes.

What is the difference between mind projection and astral projection?

These concepts can get confused, thus prompting George to ask for clarification. Mind projection requires a transmitter and a receiver, whereas astral travel is solitary. However, mind projection is mind-energy. Salumet explains this complex subject. (26/2/07)

George: Could you clarify for us the difference between 'mind projection' and 'astral projection'? We're aware of some differences. I think the mind projection involves mind or brain connection, and I think astral projection can occur during sleep state (**yes**). Could you clarify that area for us, please?

Yes. Astral projection is a solitary endeavour. Mind projection requires another mind. That is the utmost point to make (yes). There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.

George: Yes. So, could one say that astral projection is like the first part or the outset of mind projection?

Yes. I would suggest to you that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy (yes) and it becomes much more refined as you move forward in our world.

George: Yes, and I take your point about it being more spiritual and that connects with it being shared (**yes**); not only perhaps being shared by the two people principally involved but also shared by the 'support' groups, if I could use that word.

Yes. There will always be those in spirit aware of any thoughts. There are those who are *called* thought-keepers but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you *are* spirit. You must always remind yourselves 'you are *not* human, you *are* spirit clothed in human garb' and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him. You understand?

Sarah: Are people who contact deceased—people in spirit communicate with them to pass on messages to us—is that a form of mind projection?

It is used of course. It is more a blending of—we will use the term ‘mind’, but it is more a blending of energy; it is slightly different. When you use mind projection, you are sending to another. When mediums here make contact with *our* world, the energies are used differently.

Sara: Salumet, can I just ask: If I’m sitting at the piano and I suddenly receive some inspiration, and I can suddenly play a new piece, that I’ve never played before straight away, is that mind projection? Is somebody projecting that to my mind?

That is a form of mind projection, yes, because you are not *aware* of any connection or you have not as you say in your world, ‘tuned in’, then you are open to mind projection.

Sara: Because I’ve been really amazed sometimes by that but as far as I have been aware, I’ve just been feeling very relaxed.

Yes, and you have opened up to receive from our world.

Sara: Presumably if I ask for more in meditation, that would be given, and I sit more...

That is possible—I will not say it is necessarily true that you will receive more. It will depend of course on whoever is trying to inspire you.

Sara: Right—then the other question I wondered is: I feel there are different people with me sometimes because my playing is very different (**yes**). I noticed this weekend, I played twice; the second time it was a very different experience.

Yes, there are a group who come to you.

Sara: Ah, thank you. That does answer the question.

Yes, there are a group of five.

Sara: Five! Um! That’s very interesting, thank you.

Now, are you happy with your answer, my dear friend?

George: Wonderful, yes. I’m sure that’s clarified things beautifully for all of us. Yes, that’s wonderful.

George’s Note:

So *astral projection* is a solitary no-limits tour, while *mind projection* also is unlimited, but it is a meeting of minds which allows dialogue or inspiration, and it is with involvement of guides.

[For mind projection and other phenomena, you must engage in regular purposeful practise](#)

Occasional attempts will not be enough. Daily would be better, but still with patience. With practise, all things are possible. Several examples are illustrated in this teaching. (16/6/08)

Rod: I haven’t got a question, but just a word of thanks really. Two or three weeks ago you mentioned about when somebody got ‘gloom and doom’, to push it to one side and look at the brightness alongside. And from thereon, for that couple of weeks I was forever telling people just to do this. I must get more practice—I think I’ve been a little bit dormant this

week—but that was a wonderful, wonderful piece of information for myself and people around me, because we do have a few ‘gloomy/doomy’ people and we seem to get gloomy as well, so thank you very much for that.

It is human nature to not always be full of sunshine, but the more you practise being positive, showing love, receiving love and helping others, the easier it will become. But it takes a little focus sometimes, because we in our world understand that life for you at times can be difficult, not only your own lives, but those of friends and family that surround you. It is too easy for mankind to allow those worries and concerns to feel as if they carry a heavy burden, but each one of you *is* spirit, *is* love, *is* light and that is what you should be trying to cultivate each moment of your lives here upon this earth.

George: Focussing on the sunshine of our lives, we have such wonderful memories of the Bonniol visits and we feel so privileged to have had those visits over such a period. I have the feeling about that that we really need to upgrade ourselves, improve our spiritual expertise, should I say although that’s not quite the right word, before Bonniol will visit us again; but I feel that we need to develop our group activity more in terms of the aspects of mind projection and group energy perhaps. I just have that feeling that we have to work on ourselves a bit before we can expect our visitor to come to us again. Have you any thoughts on that yourself?

You wish me to comment? If you would remember the initial reason for that visit was to show you mind connection (yes), that was our topic at the time and that is why you have been brought such information. Of course it is necessary for each one of you, not only in groups such as this, but in people who have everyday lives and perhaps who do not even have the knowledge which you have got, that every person seeks further to expand that spiritual being whilst here upon the earth plane. And of course the purpose of that knowledge, of that change, is to grow and grow and grow. It would be an enhancement of communication with those from other worlds if you could try to perfect your spiritual gifts which you all possess. After all, you cannot allow spirit to be dormant; you cannot say: ‘We know enough’ because you know so little. You understand my meaning?

George: Yes. This is getting towards my feelings about the matter.

Yes.

George: I was just a little bit puzzled with—there was a loose end in the attempted materialization. It showed signs of happening but it didn’t quite come off and I wondered if our friend had the desire to carry that through. But I just had the feeling that we need to work on ourselves a bit more.

Yes. There is more than one energy needed for what you term ‘materialization’ and of course each person within this room is a conduit for that energy, so therefore, you have to be together first and foremost in your *desire* to use these energies properly. You understand? (Yes) But firstly, as I have often said to you, you have to look inwards to yourself first. You have the ability ... *all* of you, for all of these happenings, but you must truly believe and want these things.

Rod: I need to strengthen my system up because I’d been up the top of the garden in my place and I’d been working hard and I thought: ‘I could do with a cup of tea’, and I could see Daphne in the kitchen down there washing up and I think ‘Daphne, tea – tea – tea!’. I look at her and I make the ‘T’ sign with my fingers and she doesn’t even look at me and I feel a

complete failure. I think—I don't think I can be giving a lot of strength to this group if I can't get my wife to get me a cup of tea!

(Laughs)

I appreciate your humour my dear friend but I will use only one word to you: 'practise'.

Sarah: In fact there was one who came through last week who said it was a message from you—I don't know if that's right or not but anyway that was to practise mind projection *(during our meeting)* last week.

It is no good my dear friends to do any 'exercise', as you call it, occasionally; there has to be continuity, there has to be that regularity of purpose. You cannot expect these things just to happen.

Sarah: I think that was a little memory jog for us.

Yes. After all, many, many groups sit together as you do for many, many, many years and find very little happens. It is not because they are less spiritual, but they do not focus on the right aspects of themselves. They allow everyday worries to come with them to their groups. They allow everyday living to become that important part of themselves, when in fact it should be the *spirit* that is to the fore; the use of the gifts of spirit, the clear seeing, the clear hearing, the materializations—all of these things happen when the spirit is to the fore. You understand? *(Affirmed)*

Rod: Continuous practise.

Yes.

George: We are a little bit sporadic at the moment and, actually, I projected a coloured triangle, a red triangle this week. Paul picked up a triangle, but I'm afraid my red colour wasn't a very pure red and he picked up a green triangle! That about sums up our efforts sometimes—we're partly there in projecting to each other sometimes.

But if you have part success that is what should spur you on to continue, and I might suggest to you my dear friends that you keep it simple: instead of a red triangle, try either the colour *or* the triangle, until you are more proficient at this thing. Keep it simple.

George: Yes. Thank you for that advice.

Communication using mind rather than words

There are too many spoken words in the world. How much better it would be to 'feel' communication. We are reminded also that despite the human tendency for negativity, this can be overcome by being positive, all loving and supportive to those around us. With time, this gets much easier. Finally, there is no place for fear in our lives whatsoever. (26/1/09)

Good evening.

George: And how nice it is to hear your voice again.

Thank you. You, my dear friends, place much store in the sound of human voice: if only you could find within yourselves the knowledge that you *have* and to learn to *feel* more rather than rely upon the human word. This is something to be developed by you all, but of course, my dear friends I am full of joy that once more we come together, and of course

to welcome back those dearest ones who have been absent for a little time. (*Sara and Graham*)

Graham + Sara: Thank you.

No matter how far any of you wander or travel, you are now my dear friends firmly attached to the love of spirit. As I join you, I hope that you feel refreshed since last we met, although I do know and understand, that so many in your world live beneath the umbrella of fear. I would say to you that of course you feel that these fears are founded—and of course I respect those feelings because they are human. But I feel you know my dear friends what I am about to say is do not allow these fears to completely envelop you. Be positive in all that you do no matter what your circumstances may be. Those of us in our world stand close to uplift you in times of trouble and sorrow. Recognize these aspects of spirit and no matter what life brings, you will always feel that you are supported. Now, that is enough of my speechmaking to you. I would like my dear friends at this time to just surround each one of you in that deep spiritual love which you are all entitled to—and of course you *are* pure love when you allow it to be. I do not intend to speak too long this time, but because there are many, just for this time I will take a question or two, but I feel this, that it would be good for each one of you to travel upon a journey which I will ask our lady friend who has been absent for some time to conduct if she will.

Sara: Yes, of course.

And in so doing I am sure each one of you will leave this room uplifted. We have much to discuss in the coming weeks, and I will endeavour to bring to you some more thought-provoking subjects, but for now I am just happy my dear friends to join with you.

George: Yes, I am sure we all feel the happiness and it is so good to hear those words. Thank you.

Paul: Funnily enough, I have been thinking about the human voice today and how it's a remarkable thing, but it is just sort of a wind-pipe at the end of the day; it's the feelings, the thoughts behind it that are the important thing.

Yes, and some in your world would say: 'too much *wind* from some people'...

(*Laughter*)

...and I would in part agree with that, because so many superfluous words are used in your world. It is something for you all to think about. Try to convey your thoughts with your mind rather than words—not an easy task to begin with, but a most fulfilling one when achieved.

Paul: Sometimes when you feel you know people very, very well, you sometimes hardly need to say much to them.

Yes, because you feel comfortable with their energy, and a knowingness grows where words indeed are not necessary. You so often find within your world this can happen between two people who have been joined together in their lives, that they know almost what the other is thinking. But they do not recognize it as spirit; they feel it has something to do with *time*. Not so! It is available to you all. You understand?

Paul: Yes.

Are there physical feelings during mind projection

Sarah asks this question after communication from a visitor from planet Glong. (14/9/09)

Sarah: Could I ask—this is ‘the doubter’ speaking again—Eileen said—your control said that although the Planet Glong visitor through me was using ‘Mind Projection’, I actually felt coldness—and Eileen said that if this person was purely using my mind, then it wouldn’t have affected my body. Could you just comment on that please?

Yes, if mind projection is being used, there should be no feeling of coldness or anything else within the physical body. You only feel those sensations when someone from our world is close, or wishes to utilise your physical being. That is when. So it may be that someone was using you closely, at that same time as the mind projection was being used also.

Sarah: Ah yes! I like to clarify everything—thank you.

(Chuckles)

Yes, you are our doubter friend.

Lilian: So it could have been help being given to the one using mind projection?

It may have been one close protecting the instrument, yes.

Sarah: Thank you.

We are reminded that all things are possible

Sarah mentions an author who has deeply involved herself with the angelic beings who take her on journeys. Salumet also reminds us that angels are not always winged or beautiful, but manifest in a way that is appropriate at that time. There is caution too about devoting too much time to this line of work, as life must be led as well! (7/2/11)

Sarah: I’ve been reading a book by Lorna Byrne, and she’s still alive. Ever since birth, she’s been able to see angels and she sees peoples’ spirits—their guardian angels. Is this a ‘one-off’ or are there other people who can see just as much as she can? She has tremendous contact she says—all the time there are spirits there—she calls them angels who are there and talk to her. She said there was one time—and it has happened before—where they put her body to one side and take her soul/spirit to other places and then she has returned back to her body. She is taken on these journeys—

Yes—these things are possible for all of you. It is only that she has become more refined in allowing her own soul energy to release from the physical body. Of course, many people are capable of seeing angels; but remember, my dear friends, angels come in many guises (yes). Do not assume they are all winged and beautiful creatures. We have discussed this on many occasions.

Sarah: We have—it’s just that she said she saw peoples’ guardian angels as well. Is that quite right?

People can see others’ angels—yes. It is not unusual.

Sarah: She said, right from a small child **(yes)** she's always been able to see!
Yes, she came to this life with that vision still intact, as many people do who can see spirit. For most of you, it takes hard work to re-align yourselves with your true spirits—but yes, many, many people can see angels.

Sarah: I knew angels could be seen, but it was just that it was *her whole life*—it seems, daily, it is taken with angels being with her, talking with her and telling her things.

Yes, she needs to guard against living too much with them, rather than living her life here—there is a subtle balance. After all, you all come to the Earth plane to learn and there is a fine balance between allowing that unity with your spiritual self and your physical self. You have to live your lives here. So, I would say, perhaps she is allowing herself to be too involved in allowing her spirit to be free.

Sarah: Ah yes—it seems like she's being guided—

She is not properly grounded, I would feel.

Sarah: Ah, right!

Although, I have no doubt she would dispute that remark.

Sarah: Anyway, thank you for that, Salumet.

Materialisation, apports and ectoplasm

Materialisation is not used so much today, as it is a difficult way to communicate, but to many, remains the ultimate means of expression, due to all the senses being satisfied. Much work is needed from spirit world and many groups do not have sufficient stability in regular numbers. Materialisation is when a human being appears in view. Apports are objects and usually need less ectoplasm to create, than during a materialisation. (1/7/13)

George: Could I mention that great teacher, the Indian gentleman White Eagle, has actually materialised through a materialisation medium in Australia—David Thompson. And it must be wonderful for many people to actually know that that Indian gentleman once had Earth life and has now materialised, so that his form has been accurately seen **(Yes)**. Have you any further comment on that?

Yes, that great Indian is one aspect of the spirit from our world, and yes, materialisations are still looked upon by people in your world as an ultimate expression of spirit. Yes, I am aware of the one you call White Eagle. His mission to Earth and his teachings are still revered by many in your world, but I can tell you White Eagle is one aspect of a greater spirit—yes.

George: Yes, so it would be that one particular lifetime **(yes)** that would have materialised?
Yes, much good work has been done by him with that particular medium that was used, and of course, as I say, materialisation is not so much used today as it was in past times. But it is something to behold for you human beings (yes).

Sarah: But why is materialisation not so common now? Is it to do with us?

It is not the easiest way to communicate, but it is the ultimate way, because all of your senses are satisfied—you see, you hear, you feel. There can be no doubt and not all mediums can be used. It takes much work from our side and from your side to achieve

this; plus there is too much, I feel today—too many comings and goings of people within a group. There needs to be years of dedication to have the true satisfaction of materialisation. All visitors need to be true before this will happen—so there are many reasons why it has declined.

Sarah: We have been hoping for a materialisation from Bonniol, but I don't think we've been doing all—

That is different—apports are different—

Sarah: Ah right—

—not really classified under materialisation. We see materialisation as the reappearance of a person.

Sarah: I see, yes.

But there are many apports. Of course, it *is* materialisation, but you have to distinguish between the two.

George: Yes, I think we've been talking about materialisation using a medium's ectoplasm. **Yes, it has to be a particular medium who produces this for the materialisation of a person.**

Sarah: Are apports easier than materialisations?

It is almost the same, but—this sounds like a contradiction, but it is not—the same methods are used, but on a much smaller scale, and more people are able to produce small amounts of ectoplasm as opposed to the amount needed to materialise a whole being. You understand?

Sarah: Yes, thank you!

Lilian: What exactly is ectoplasm? Is it an energy of some kind?

It is an energy—it is life! It is what you are!

Lilian: I see—that's interesting

George's Notes:

WHITE EAGLE materialization: *What follows is an extract from Victor J Zammit's 'Friday Afterlife Report' giving the news that White Eagle has materialized via David Thompson:*

SENSATIONAL MATERIALIZATION LAST WEEKEND:

A MAGNIFICENT SPIRITUAL EVENT: THE GREAT MASTER WHITE EAGLE MATERIALIZES THROUGH DAVID THOMPSON:

Last Saturday 22nd January we, the sitters who participated in one of David Thompson's materialization sessions, were extremely privileged to have that great spiritual master [White Eagle](#) materialize and give us all a most wonderful, most profound message - not only for us, but for the whole world.

His message was the same as the message of Silver Birch (who came through David on several previous occasions) - the same as the message of William and all of the Circle of the Silver Cord spirit team- that 'there is no death, only transition'.

This was the very first time, as far as I know, that White Eagle materialized anywhere. Millions of people are familiar with the wonderful books of White Eagle, a great spiritual master who used to come through the English deep trance medium Grace Cook until her transition in 1979. Like many people, we the sitters in David Thompson's materialization

sessions had read [the books of his teaching](#) and Wendy and I had even been many times to the [White Eagle Lodge retreats in Maleny](#) Queensland. They were all most wonderful experiences, most spiritual. <http://www.victorzammit.com>

Thank you Victor for that good news!

[Lorna Byrne](#). *Irish mystic: Angels are non-denominational—they are here for everyone.*

Website instruction: 'Put your disbelief to one side and take a look!' Books: *Angels in my Hair / Stairways to Heaven.*

Cosmic ordering

Available to all if it is asked in love and not as a selfish desire. An example might be to wish for the love of friends and family, which is not a selfish desire, because it's for mutual love. Unfortunately, people are not always aware of this, and may be disappointed when their desire does not come to fruition. (1/7/13)

George: A reader has sent a question about *Cosmic Ordering*—the idea of being able to concentrate on some desire, whether it be love or money or some other thing, and expecting the universe to provide or expecting spirit to provide (**yes**). He sees this as a rather strange idea, but then he also sees the construction of spirit as a little odd! (**Yes.**) But he's wondering if you can say a few words about the principle of Cosmic Ordering?

Yes, I will of course answer your question; but people who are not fully accepting of spirit, will never fully accept the answers given—firstly let me say *that* to you. Cosmic Ordering, as it is called in your world, has been available to all of mankind, whether on this planet or any other. Cosmic Ordering, as you call it, is available to all, if it is asked for in love and for good, you can be given. But also let me tell you: be careful, as you say, for what you ask, because it is not always done for the goodness of others; if it is a selfish act, then it is not likely to happen. Do you understand?

George: Yes, I can understand that—the selfishness (**yes**) is a very big factor.

But have I not told you my dear friends, if you do not ask you do not receive. But what you call Cosmic Ordering is usually I would say for self-indulgence, which in turn creates harm in your Earthly lives. So that is all I will say about it and I do not think the person who has asked for an answer will be totally satisfied. But do not worry, once the interest is there, there is always the opportunity for the seed to grow.

George: Well we are aware of a number of people who are reading your words and the output of this group, and —

Sara: I remember once before I asked about this and I remember Salumet, I think you said: it's best really just to wish for the love of friends and family.

Yes, because that is not a selfish act.

Sara: It's not for selfishness—it's for the mutual love —

And to help others, yes.

Sara: Yes, and I did actually put that message out to some people recently (**yes**), because I thought that's what you thought.

Yes, I would say every individual within this world, even the youngest of children, know instinctively what is right and what is wrong and the people who question Cosmic Ordering, or are involved in it, have to stop and think for themselves, why am I doing this? But I know in your world it is something which has become, how would you say, popular? (Yes.) Yes, but I would say for the right reasons, then it will be given, so it is not entirely a *wrong thing to do*. I hope that will help, yes.

George: Yes—thank you for that answer, I think that covers all aspects. Wonderful! Another reader, from Australia, reads a number of sources, including one that rather impressed her. But then this person starts what she calls ‘spells’ which are being offered at a price, for obtaining things; but she is now questioning this source, and I think that connects to what you were saying a few moments ago (**yes**), that the voice within—

Yes, you must always listen to that voice within.

George: And my feeling is that the idea of marketing for a price, for obtaining things, is a wrong version of ‘cosmic ordering’.

Yes, it is a form of materialistic yearnings, and that is not what we would wish to encourage. And as I say, my dear friends: you, all of you have that innate knowledge and know what is right and what is wrong.

Sara: Following on from this subject, I tend to, in general, not particularly want to *push* for things, but I like it when people and work come to *me*—although I know we have to go out and get certain things ourselves—I’m a bit uncomfortable about asking for too much; I think the expression ‘*going with the flow*’—

If it feels right for you, there is no harm. If you are making life comfortable—after all, if you are seeking work that is to provide love and security for your family (yes), that would be looked upon as a kind and generous act—not anything materialistic that affects only you. So there is no *harm* in asking us in spirit to help you.

Sara: Yes, just trying to find work that I feel is comfortable for me—the right sort of work, that’s as far as I wish for normally, and good relations with people that I know. But, for example, someone suggested to me that I audition for a competition, and I thought as it’s been suggested to me I’ll try it. But then I thought if I did achieve anything, I would only really want to do it to influence some people more with these thoughts about life (**yes**). So that’s my motive, rather than being in the limelight for its own sake. So that’s an example of how I think.

You have already, my dear friend, answered your own question. There is no harm in seeking and asking. What is important is the *motive*, yes, bear that in mind at all times.

Sara: Yes, I’m a bit uncomfortable—even when I was expecting a baby, I was afraid to think: I want a boy or a girl—a healthy baby is a gift (**yes**)—I don’t want to wish for a boy or a girl! **Again I have to just remind you all that you are *human*. You do have failings, each and every one of you, but I can see no harm with anyone within this room who would seek greed or maliciousness in any way; so do not be afraid, because we basically from spirit, wish you all to have a happy life with as few problems as possible. Of course, there are your learning times, and that is important. But generally, we want you to learn and to be happy.**

Sara: To learn comfortably!

To learn, yes as long as you continue to be aware and to learn and to love. What more could we ask of you? It is not an easy life, to be upon this planet let me tell you. So I say to all of you my dear friends before I leave you, that it makes us feel so good that you have grown so much, and I cannot say that to you often enough.

Lilian: Yes, I think we all know we have, but it's nice to hear you say.

I know, that is why I do it.

(Thanks/chuckles)

I know you need reassurance, because you are, I feel, the kindest and modest of people, and that is one of the reasons that I had to choose you.

(Appreciative comments)

So now, my dear friends, for this time, I will take my leave and I will be with you soon.

(General thanks)

George: We do appreciate your answers to questions and your teaching. We are very privileged. Thank you.

The third eye

A visitor comes to discuss the opening of the third eye. The visitor then goes onto discussing names and that sometimes people want to change them because the name no longer serves their new life. (31/8/15)

Lilian: Good evening—welcome.

Hello.

Lilian: Hello. Have you come to talk to us or—

I'm just a messenger.

Lilian: I see.

I've come to talk about coincidences, and tonight was no coincidence. The lady thought that she'd picked the music/speaker, but in fact it has been planned from last time.

Remember when you were speaking last time, when there were so many? And you were speaking about many different things, weren't you? Well I'm here to tell you that many people listen to meetings such as this—you're never just on your own.

Lilian: No, we tend to forget that.

Do you?

Lilian: Sometimes—we're often told there are people listening—they even come through like you have.

It's a strange thing to say isn't it?—'come through'. I always think: what am I coming through? It seems odd, doesn't it?

Paul: —because you're there anyway—you don't need to come through.

Yes, in an instant. But I suppose it's just a way of expressing.

Paul: —because we're not quite aware enough yet, to know who's around us (**no**). So, we have to have these chats like this through mediums (**yes**), to find out who's around.

Well anyway, I'm being told to tell you that you needed this evening—all of you, for a little upliftment (yes). And so the music disk was not really for music, but for upliftment—that's why it happened. But it was all planned, speaking last week.

Lilian: Yes—we forget that *(yes)*.

Paul: I kind of thought: if that's what we were going to do, it must be the right thing to do. *Yes, we always try and provide what's right for you at the time.*

Paul: Yes, you look after us very well, I think.

Yes, it's a two-way thing, isn't it? You—all of you help us to work and we try to help you in any way. Quite simple really, isn't it?

Paul: Yes, we're all trying to help I think. You're trying to help and we're trying to do our best.

Yes, but anyway, I haven't really told you what the connection was. The connection you were speaking about last week was what you call 'the third eye' in the centre of the brow. And did you notice that was brought up in the meditation? (Yes) So that was the connection from last time—so just something to think about.

Paul: Yes, we also had an exercise, maybe a month or two ago, about eyes—the 'Egyptian eye' I think—how you can visualise that eye, then you see another eye, and then another eye. That seemed to be another way to—

Yes, if I might just say: really, I think it's best to find your own way. But you should know that it comes with practise—practise.

Paul: This opening up the third eye?

Yes—and the lady over there said this evening about pressure. That's when the third eye is opening.

Dawn: Right.

George: That's interesting.

Yes, but people have different experiences. Sometimes it is just there, and people don't know why they have the sense—it is just there—and for others, it takes much work

George: Yes, we are aware of all the help that you bring to us in various ways—the speech during these evenings and the synchronicities during our lives *(yes)*, and I know I get help with my writing and—

Someone's just saying: you're getting much better—at listening—much, much better. That's wonderful isn't it?

George: That's good to hear—thank you.

Paul: We'll give him an extra biscuit tonight!

Ur, he thinks you're a dog!

(Laughs)

George: So, we're most grateful for the various ways in which you help us from spirit.

We are so glad that we find people such as yourselves who are willing to open up and present the truth whether people believe it or not. It is not always easy when people regard you as not quite sane.

(Acknowledged and well understood!)

This happens on many occasions I know.

George: We are well aware that some people are just not ready for the truth yet.

Yes, but most of you are quite wise in your choice of words with other people, and for this we can only be grateful to you. Yes, but anyway, I have delivered what I came to say, and I thank you all so very much for allowing me to speak with this one.

Paul: Thank you for the message.

George: We're grateful for your words.

Yes. Now I will just leave and perhaps another time...

Lilian: Yes do—can you give us a name?

My name is Rosalind. I do not mind giving my name. I know so many say it doesn't matter, but I still feel some identity, so therefore I do not mind giving my name. So I am known as Rosalind.

Paul: Thank you Rosalind—yes we still work with names of course.

Yes, it would be most confusing wouldn't it, if you did not have a name to be recognized by?

Paul: Yeah, we're not quite ready for that yet.

I like names—I like the different names that people give (mm).

Lilian: Do they have a meaning? I mean I can pick out a rose in yours.

Well, I'm not too sure about that—what the meanings are. I know we pick our names when we're coming to Earth—or we try to influence the name—perhaps that is a better way to put it. And some people don't like the name when they come here, and they change them. What is the point of that?

Paul: Yes, it does seem a bit odd. Because presumably they chose the name in the first place—or maybe they didn't quite manage to influence—

It's the influence that goes wrong I think. You do choose your name, but circumstances also change, and also you have to contend with the parents who are going to raise you; they may not be influenced enough to accept.

Paul: And also, I think a lot of film stars, celebrities and musicians like to change their name, possibly a little bit for marketing purposes.

Yes well, as long as it does not harm anyone, that's alright, I think.

Paul: Yeah, I guess it's not hurting anyone—yeah true.

No, as long as you never hurt another, then it's really not important. I just like names. Anyway, I really must go—I'm being beckoned.

(General farewells)

Effect of technology on the Earth

Sabine starts by raising the point that many illnesses and discomforts have been attributed to technology. However, these technologies were given to mankind in the first place for purposes of helping with aspects of living such as communication. Our minds can overcome all, as they are so powerful and belong to spirit. Our greatest project now is the expansion of the mind. This above all things is essential if we are to help the world. Every individual on this planet Earth must work towards 'good', 'love' and 'balance'. That includes spreading knowledge of these things. (9/4/18)

Sabine: I had a question in regards of all the technology, with the Wi-Fi and all the 3G and 4G and all these things going on. I do understand that the human body can adapt to new things going on, **(Yes)** but it does seem that these things are moving a little bit 'too fast' and there's so many people suffering from all the waves that are all around them. It's a bit tricky, there are so many studies saying how bad it is for the body, and there are so many people saying that they can't sleep anymore and they have headaches and their body cannot move anymore, because of all that, and yet again all the phone companies and the governments are still building up more and building more even stronger and faster everywhere, so I don't really know how all that can be managed with everybody.

You have to remember, that all of these things have originally come from Spirit to be used for good, but as in many cases, mankind interferes too much and does not use what is giving in the correct way. What I would say, it is only part of the problem, because you have to remember you have a Spirit and a mind, who are in charge of who and what you are. So, do not blame all of the, what shall we call them?

Jan: Technology?

Technology, that's the word—all of this technology is also very useful, but I understand what you mean by being too negative, affecting people. But the most powerful thing that you as human beings have is, and I repeat this once more, YOUR MINDS, your minds can surpass anything that comes your way. I have said this many times, many, many times, it is the most powerful thing that you can have, because it is, and belongs to Spirit.

Jan: It's learning that lifestyle balance again, isn't it?

Yes, balance is a very good word.

Sara: Nature is a good antidote for technology, isn't it?

Yes, and for mankind to realise that he does not have the right to interfere so much in what he has been given.

Jan: There is some human trait of wanting to run before he can walk, and trying to rush things and that's when our free will comes into play.

Yes and you also have a very great deal of curiosity, also, yes.

Jan: There is a big movement throughout the world though to suppress these technologies and just to do it at your own pace, what feels comfortable, and you know, you don't have to be like sheep and follow the trend.

No, you have to use your own mind for what is right and wrong, and I suppose a prime example at this present time on your Earth, is the recognition of the damage that all of your plastics are doing.

Agreed

But, because of the recognition, it is being challenged and something is being done, it is a case of the mind overtaking the practicalities of the use of plastics.

Sarah: All these animals that have given up their lives, so that we will understand that; **(Yes)** there was a whale that was beached and its stomach was just full of plastic.

Yet again, we come to the balance of *life*, do we not?

Jan: You did say, didn't you that our future energies will come from the sea?

There is much to come from the sea.

Jan: So of course, we need to look after—this is the first step in looking it after it...

Sabine: I did read about using seaweed in order to do bags, instead of plastic it would be seaweed bags.

Jan: There're lots of different theories that we can use, I mean, we should use hemp and things like that again, which we've stopped doing.

Sarah: And bamboo. (*Agreed*)

And hemp of course, at the moment, I do not know if you know, is being used for medical purposes.

Agreed

Many things from the sea are now being recognised.

Sarah: And of course, they've got the equipment now to go much deeper into the sea, which they couldn't do before, **(Yes)** so I think they're learning things from the very deep.

And this will always happen; if you allow yourselves to listen to Spirit, do not be so quick to condemn or to have voices of opinion which belong to others. Stop for a moment and just think for yourselves.

Lilian: It's really all a learning curve, I guess.

Yes, small steps lead to larger steps, yes.

Graham: You have said about balance on our planet is so important. **(Yes)** One of the big concerns of humanity at the moment is our ever increasing population and that because there are now over 8 billion souls on this planet, inevitably that is going to put extra pressure on our little planet. I am wondering whether that will continue into the future and whether we'll carry on expanding or whether there will be a recognition of some balance that's needed with that as well.

Yes, balance will always win. People have to realise that these events, these happenings will occur, and it will only take time for mankind to understand what he has to do about it. For example, when you had the outcry about contraception in countries where there was none and now you find that their population has dropped, whilst others have increased. But it is really up to mankind to listen intently to Spirit—to be guided.

Ben: There is something called 'Agenda 21', I think, which I've heard about, which is a part of the new world order, to do with controlling the world's population. I think there're some quite big figures in there like Bill Gates, who've said that the human race is too big for the planet; we're sort of living like parasites, aren't we, on the resources, **(Yes)** and there's a movement to almost reduce the population.

I would say that in all of your living upon this planet Earth that there is always *problems* and the balance comes when mankind realises what needs to be done to rectify whatever problem it is. This is a learning curve for mankind; not for the plastics, not for the expansion of the human race, but an expansion of *MIND*. And in saying those words, I feel that '*expansion*' is one of the greatest, shall we call it a '*project*', for mankind to take up. Expansion of the MIND ... think of those words just for a moment.

Brief pause

Jan: When we do that on a more collective basis, such as the plastics, where different countries on the planet have come together to solve the issue, there's really nothing that we can't achieve, when it's collectively—the power of the mind, **(Yes)** where we're all working in one direction.

If you think, to simplify it, if you can think of this group of people sitting together, like-minded to help others with their healing; how *POWERFUL* is that if it is multiplied. Can you imagine my dear friends, the power that it emits?

Agreed

It is wonderful to see.

Jan: And that's where we come full circle really, when Sabine mentioned about the internet and that was the *good* that it was created for—you can see it, because that creates that expansive knowledge, **(Yes)** that would not have reached in the way it has, to people.

Yes, there is always good and bad, yes. You have to have the good and the bad, to have the balance; I have said this to you many times before also.

Jan: Yeah, well, we know that—**(Yes)** that's now the Universe's Law, isn't it? **(Yes)** Balance is almost the first amendment...apart from Love...

And once you have that realisation that you have to WORK for balance, that it is not placed in your hands—that every individual on this planet Earth has to work towards *Good and Love* and of course *Balance*.

Jan: Yeah, the responsibility again, lies within all of us.

Yes, individual responsibility, yes.

So I say to you all, my dear friends that is my lesson for this time, to think about the balance of the *MIND*; mind expansion and to continue to Love and create Love in all areas of your lives.

General thanks

Serena: Relating to what Sabine was talking about, Wi-Fi, smart meters and that kind of thing, how are we using the power of the mind to deflect it? Is it to strengthen our aura, or to just be positive thoughts, or...

It will naturally strengthen your aura if you begin to expand the mind, because the mind is in control of all things. So, whichever way you want to use your mind, that is down to each individual. You can use it with mind expansion for *Good* and you can also use it for other things that are not so good. But when it comes to deciding what you must do, you have to use the expansion of mind to create more love and more education of people. Does that make sense to you?

Serena: Yes, it does, but how to you know when your mind's getting expanded?

You may not always know. It is something that will happen—you will recognise the feeling of having done the right thing.

Expansion of MIND

A final summary. (8/4/18)

So, I say to you all, my dear friends that is my lesson for this time, to think about the balance of the *MIND*; mind expansion and to continue to Love and create Love in all areas of your lives.

*Clearly our daily meditations are a vital part of this: You know that your mind is working towards Spirit, to become *stronger*, to become more *loving*; and that is the purpose, to*

leave behind the troubles of the world in meditation; then you truly see what life is truly about.

There will always be problems in the world, such as plastics and over-population, but when the recognition comes, we can turn our Minds to it and then anything is possible especially when all work together. Expanding our minds strengthens our auras and helps us to stay healthy.

[The relationship between the spiritual mind and the physical brain](#)

Serena asks an important question that has been touched on many times before, but as usual, Salumet gives yet more information. (18/2/19)

Serena: Could you say a little bit more about mind, in relation to the brain?

Mind, yes—only as human beings, even when you have strong beliefs of something; people become confused about the mind, but the mind is the indestructible part of the body; the mind is the part that lives on, because Mind is Spirit.

Serena: I was going to say, some people may call that Spirit.

It *is* Spirit. The brain will die, as will the rest of the body, when the time comes, but the Mind will live with all the memories that have gone previously. The Mind is the part of the Soul, which continues on for all eternity. But because people cannot quite understand it, they dismiss it as hallucinations, they dismiss it as a figment of the imagination; but let me tell you, my dear friends, the Mind is the most powerful thing, as you have heard me say before, that you will ever possess. The Mind, as it moves through Spirit, and it does, it continues, it becomes to be greater, purer and more loved than anything you would ever know. Has that helped you just a little? (Mm) What is it you would wish to know?

Serena: Who me? (Yes) Really, it's in relation to anybody that might be reading the transcript and not know.

Yes. Thank you for the question. It is a very powerful 'gift' that you each have and possess, yes.

Paul: Is it the *same* as Spirit really, our Mind?

It is—it is pure Spirit, it is pure Spirit. It becomes more and more refined, as you move through the levels of Spirit, yes.

Paul: And you can probably... it's like the thoughts are like the emanations of the Mind? **They can be. When the Mind is accompanied by the brain of the physical body, it can at times become confused, but that is a deeper subject that has never been discussed with you before; and we shall see as we move forward, whether I can bring some understanding of it to you all.**

Di: When I'm trying to meditate Salumet, I really struggle to just use my Mind, because my brain keeps trying to interrupt. I don't know if it's supposed to work a little bit with the Mind, or if it's supposed to be completely not there, like you've got no feeling of your body, when you're meditating?

Yes, the Mind will always try to influence the brain—does not always succeed, but you cannot destroy the Mind, because it *is* Spirit and you cannot destroy Spirit; but you can destroy the brain and the body, as I have said.

Sabine: You have said, one of the things we can say to ourselves is: I AM WHOLE, IN MY BODY, MIND AND SPIRIT. **(Yes)** So, we're separating the Mind and the Spirit, but you've said they are the same?

They are not the same in that respect. Yes, they are a unit, they are united together whilst you have a *body*, but once the Mind is free, and the body has gone, then the Mind then begins to function as pure Spirit. You understand?

Sabine: Not completely.

Not completely, no—it is not an easy subject to accept.

Serena: Is it along the lines of, when you're born you forget your past lives—something happens to divide the 2?

Yes, for most people, they forget past lives, only in order that they will fully complete the life in front of them. But the Mind activates the body, the Mind activates the brain—without the Mind, there would be no brain or body.

Di: So, is it alright if I feel as if my ... I can't really explain it, when I'm meditating and I feel as if I'm going within, and then it's as if my brain is trying to evaluate the meditation.

As it may well be. Yes, it is because you are not really and truly completely relaxed and it causes, a bit like a radio, if you 'fiddle', I think the word is, 'fiddle'? (Yes...) It becomes confused.

Di: Yes, it's a really good way of putting it actually.

Sarah: Could I just ask a question Salumet, on the Mind? **(Yes)** I'm not hearing everything, so it may have been answered, but when you come back, is your mind like a sort of open channel to Spirit, or do you bring part of that mind back with you, when you return to Earth?

Yes, because it is pure Spirit, it would be *part* of the Mind, because the Mind holds all memories. So, the answer to that question is that the proper part of the Soul—let's call it 'Soul', when it is in Spirit, part of that would be activated for you to return to the world.

Do you understand? (Agreed + thanks)

Notes:

Mind versus Brain: *Further insights from Salumet- 17/04/2006:* **Yes, you will never fully understand the workings of the mind, because after all, the mind is spirit. Therefore, there must be limitations in your understanding.**

Sarah: So only when we return to spirit will we fully understand it?

Fully understand, but of course as we continue forward in our knowledge, your understanding will become a little greater, of course it will. But to fully understand the mind, you must belong in spirit. And even then, I would have to say, it would take some considerable time, for the understanding, because you see, it is a natural part of your spirit to use the mind, without fully understanding the mechanics of it.

George: Yes, at least we are becoming more and more aware, that 'mind' is so much exterior to the physical brain.

Oh, of course, it is I would say, almost separate. There is a union of course, but the mind exists on its own merits, it does not need a physical body to function.

George: I know that in the past many have credited the physical brain with far too much.

Yes of course, but it is their lack of knowledge, which brings forth these kinds of words. They do not understand, they only see a physical being and nothing else. So of course, their thinking is dulled.

Exercises to help develop mind projection

This question arises from Sara asking about developing mediumship at home and spiritual protection. (10/6/19)

Sara: I was going to ask about mediumship, Salumet, because Graham and I have wondered whether to try at home, would we be protected?

You would need to protect yourselves, you are protected here, because it is something that is and has been said for many years, so we naturally give protection to you when in this room, but be careful when you begin to do this, that you do not open a door and leave it open; you must protect yourselves first, that is not to say that everything is not good, it is just a precaution, because in Spirit, we also have excitable people, who do their best to come forward, you understand? (Yes) So yes of course, if that is what you wish to do, then any meditation and development of—I do not like to say development of ‘mediumship’, because you are *all*, already mediums. After all, what is a medium? Only someone who can make connection with Spirit. So, you understand, you are already mediums, it just needs to be helped along the way to become more accurate, you understand? (Yes)

Graham: We wanted to try some mind projection exercises, because mind projection is where two minds link, **(Yes)** as I understand it, **(Yes)** and we had the idea about sending colours to each other.

Yes that is perfectly good.

Graham: But the problem is that I personally, I cannot see colours in my mind very easily. I have asked for help with that and try to do exercises in meditation, I have just started on that.

Right, you just have to keep going forward, it will come, but again, here comes my favourite word for you humans: ‘patience’. (Yes, I know) It will not happen overnight, unless you have come to this lifetime with you gifts ready to be used, and that happens often.

Graham: I didn’t realise that I was different from other people, because everybody I speak to, I say, ‘*can you see red in your mind?*’ And they say, ‘yes’, that’s easy. **(Yes.)** I can’t, I just see dark grey or black, I can’t see any colours in my mind. So, I realise that I have something I’ve got to work on. **(Yes)** Okay, thank you.

It just takes time. Even if you cannot see it in your mind, just take an article like, what shall we say, something bright, like an *orange*, it may be a fleeting thing, but you could concentrate on things like that, you don’t have to have a full blown vision of it in your mind to begin with.

Graham: I know that Bonniol, when he came and gave us advice about mind projection, said that part of the process is to be able to actually see in crystal clarity in your mind what you want to project.

Yes, oh yes well, of course the mind is everything, as you know, once you take command of your mind, you, well, all spiritual aspects of yourself come to the surface.

Graham: Yes, would it also be relevant to try and send words, like you could name the colours like green, would that be relevant **(Yes)** for mind projection as well?

Anything can be projected.

Graham: So that could be a lovely exercise. **(Yes)** Thank you.

Notes:

Mind Projection: Salumet has suggested previously that we try sending colours or simple shapes to each other as a way to practice Mind Projection. It is mentioned in relation to Astral Projection here: (26/02/2007): **Astral projection is a solitary endeavour. Mind projection requires another mind... There is no point in having mind projection if it is not taken up and received, but the spirit can make astral projections by itself and travel throughout all of eternity as a solitary unit.**

George: Yes, so could one say that astral projection is like the first part or the outset of mind projection?

Yes, I would suggest to you that that is a rather clever way of looking at these two things. Mind projection is on a much more spiritual level, although all of you can do it when it is created and used properly. Mind projection is what is used in our world all of the time; there is no need for words. It is a mind-energy and it becomes much more refined as you move forward in our world.

George: I take your point about it being more spiritual and that connects with it being shared (**yes**); not only perhaps being shared by the two people principally involved but also shared by the 'support' groups, if I could use that word.

Yes, there will always be those in spirit aware of any thoughts. There are those who are called thought-keepers, but I believe you know all of this. But, as I have tried to tell you in times past, you have to begin somewhere with mind projection because, remember my dear friends, you are spirit; you must always remind yourselves 'you are not human, you are spirit clothed in human garb' and if you constantly remind yourselves, mind projection should become much easier for you. It is the human element of man which holds him back—he is afraid in his own limited way of what is available to him...