

## **SALUMET – 15th April 2019**

We began as usual with healing prayers and Salumet then spoke, asking us to give feedback on the exercise given on 25/03/2019, when he said:

**Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words— audio link:**

[http://www.salumetandfriends.org/app/download/10004621/2019\\_04\\_15+salu.mp3](http://www.salumetandfriends.org/app/download/10004621/2019_04_15+salu.mp3)

Lilian: Good evening Salumet, and you are very welcome.

**Good evening.**

All: Good evening Salumet.

**Once again we have listened to your thoughts for healing. Do you remember my words from last time?**

All: Yes.

**Well, I will be interested for you all to speak individually about this.**

Mark: Shall I start then? (*Agreed*) I didn't really feel I did very well with it, but it really made me realise how my concentration is so *bad*, but if I *did* get a bit deeper, I felt like it was very, almost *nourishing* and bringing you much closer to the person; I could see that my attention kind of wanders away too much—superficial thoughts take my attention away.

**But you felt the connection?**

Mark: Yes I did, (**Yes**) I felt it was very beneficial, it felt very nice.

**Yes, do not be too concerned that you may not always be focused, we are still able to use all of your energy, so...**

Claire: I sometimes feel a bit dizzy when I'm really concentrating.

**Yes, if you are too focused then that is the effect on the physical that you will have. Try not to be so intense, but just to let that feeling grow within you, gently and slowly, yes.**

Di: I remember that you said, don't try too hard, just let it come naturally and I found it a lot easier to do that instead of trying to make something happen; more *'go with the flow'*.

**Yes, I am aware of that statement and yes, it is quite a good one for a human being to follow, yes.**

Paul: When I was doing it, I was aware, after a while, you sort of get into that stage where I usually hear some ringing sort of sounds, and it seems to get more like that as I'm sending out the healing, it feels almost like an energy build-up, or something, feels like the connection is getting stronger...

**Yes, is the connection stronger with yourself or for the one that you have asked for?**

Paul: As I was trying to be a bit more aware of what was happening in myself, I was certainly aware of sometimes it would be around my head, sometimes more the chest area...

**So you felt the *expansion*, if you like, of your own energy.**

Paul: Yes, it did feel like that, yeah, like energy building up inside of me as I was. (**Yes**) Like some kind of interconnection of energy, yeah.

**Rather than just a physical thinking thought, you felt that connection with the person in need, yes?**

Paul: Yes, I think so, I can't say I felt it clearly or anything, it was a vague build-up of the energies, almost like my chakras were going brighter or something, yeah.

**Thank you.**

Sabine: The way I was doing it before you came to talk about this, I was more tapping into my inner Love to go and give it to somebody else, which felt nice, but when you spoke about tapping more into Spiritual Love, I went to experience that and felt that it was kind of a shower of light coming down and helping me to sort of lift up and stand up a little more. (**Yes**) It was an all-uplifting experience that I was doing/having. I was really wondering how far could I go with it, and I even sent a bubble of healing Love to somebody I really dislike that I had lots of problems with in the past and the shower of Love was just as beautiful as for anybody else and I felt that was really nice that I was able to be a part of it, (**Yes**) not putting myself in it, but just the thought of really sending true Love to that person.

**So you felt there was a true Spiritual Connection.**

Sabine: Yes.

**Yes, thank you.**

Graham: I felt as though I was connecting with the people I was asking for without any judgment and found it increasingly easy to just, (**Yes**) to ask for all types of people and the things that happen in the world, just feel a deeper level of connection of Love with them—no judgment, it just seemed natural and *quicker* to get there.

**Yes, there should never be any judgement made to someone who is receiving your Love and your healing. (Yes) Yes. Thank you.**

Serena: I just felt I more or less forgot what I was supposed to be doing, but I try and send out the light anyway, but mainly I focus on just trying to be more centred and breathing and sending Love out in a more general way, to *transmute*, if that makes sense, rather than to specific people.

**Yes, it is wonderful when you can connect to *all of life*, of course, rather than to be isolated with just one or two people; so yes—good.**

Sara: Like Serena, I've been doing this for quite a number of years really, sending light and Love, but I did notice when Graham and I, the first time we practiced it, I did feel an increase definitely, and I think just the *energy* really.

**Yes, you have mentioned, as others have within this room, the word 'energy' and that, my dear friends, is the key factor. *Energy is everything.***

Sara: And I think whenever I focus on, not just this, but anything, if I bring my whole being to focus on it, then it is always more powerful what I'm doing, **(Yes)** whether its music or even reading I think, digesting things sometimes, absorbing information. **Each of you are your own best guidance; always be aware of your Spiritual Love and feelings that are different from those of the physical; if you can differentiate between the two, you have come a long way to understanding your own Spirit. I have not heard from the Lady yet.**

Sabine: Natalie and Lilian.

**Yes, I speak of the Lady to my left.**

Lilian: Ah, me. I must confess, at times, I have problems with the hearing, so I didn't get all that was going on, and I really don't remember a lot about it, and that's being very honest.

**Yes, you are a kind human being, always have been and always will be, so although you did not fully understand, you are able to give out much energy without too much thought. So I say to you, just to continue in the way that you have for many of your Earth years. (Thank you.)**

**And, may I hear from the other lady please.**

Natalie: I wasn't here for that one—I'm not too sure, what I was meant to be doing.

**There is still time to try, because I would like you *all*, my dear friends, to continue with this; not every time of course, you must do what makes you feel comfortable, shall we say.**

*(Lilian and Natalie both said they would read/re-read the relevant transcript—25/03/2019)*

**But the important word used these evening, is not *connection*, not *Love*, but feeling the change of *Energy*. If you feel that exchanges of energies, you are on the right pathway to understanding what asking for healing means. So thank you my dear friends, for that little exercise which can only but help you to expand the senses that you already have.**

Sabine: Thank you for giving it to us.

Lilian: Talking of energies, can I just ask a question for my daughter? **(Yes.)** She's been puzzled why the shape of a pyramid has this energy within it and around it—why that shape?

**Why the shape? There are many shapes of course, which have stronger energies; you can take a complete circle, which testifies to no beginning, no end. That of course would have energy of an extra type. The triangle meets from point-to-point and the shape then creates an energy which is very fulfilling, which is very healing and which has many properties to it. It is not the only shape—that is the best that I can tell you at this time.**

Lilian: And I know we've spoken about the circles that come in the fields. *(Crop Circles)*

**Yes and you also of course on the planet have many, what you term 'lay-lines', which are just lines, but still have powerful energy.**

Lilian: Is there a reason that the lay-lines are there? **Of course, they are supporting the planet Earth, as they support many other planets. (Yes.) Yes, it is a support system of energy.**

Lilian: That's interesting.

**I hope that will satisfy your daughter, there is no need to go into technical details, but just to know that it does exist, that it can help in many, many ways.**

Lilian: Thank you—it was just a subject we got on and did go on and on—it was interesting.

**That is why it is good to speak amongst yourselves, to give each of you, your own experience, to allow the other person to *think* and to *wonder* and to *know*.**

Paul: Would it be useful, do you think it would benefit people to build pyramids in their gardens, and meditate in them?

**Of course, whatever builds the energy, whatever is healing, can only be good for you and for your planet. That is why there are so many around your world. As I say, the pyramid is not the only shape, you take the circles, you take the straight lines and you would be amazed at how much energy this earthly planet has.**

Mark: Is it partly to do with balance and focusing of the energy?

**Balance of course and what was the question?**

Mark: And focusing the energy as well.

**Yes, there are many reasons why—they are also very creative and throughout your history, much has been learned from pyramids and there is much under the waters of your planet, which will eventually be recognised as '*energy healers*' and '*energy spots*'.**

Mark: Yes, because they have water flowing under the Bosnian pyramids.

**Yes, there's always a connection—water is a very strong element.**

Mark: And the pyramid somehow harnesses that energy.

**Yes, because it is creative, it is used for creative work, or, how shall we say, they have been placed on the Earth for mankind to come to know about them. And it has taken so long before they have been truly recognised for what they are.**

Mark: They also had in the Bosnian pyramid stones and crystals, specially positioned.

**That is what I am trying to say to you, my dear friend, it is not just the pyramid, if you are to add crystals; there are crystals throughout your world being used this very day, for good. I am sure you are all aware of crystal energies, are you not?**

*Agreed*

**Yes.**

Sara: Some people have a sensitivity to crystals, don't they, the energy—a friend of mine feels the energy very strongly and she uses them a lot for healing.

**Yes, and that energy will be attracting the energy within your human body, that is why really, I would suggest to you that you choose your own crystals, because the energies combine to make it even more powerful, and your own body energy is made stronger. But like all things in your earthly world, there are many questions and many answers.**

Lilian: Yes, I've often wondered why, if I'm in the garden, (Yes) and a big stone, small stone, it really doesn't matter, but, I pick it up and you can see such colours in there all blending around and I wondered why the different colours.

**It is the wonder of existence... you should blend with all of these energies, at some time, if you possibly can—yes.**

Lilian: So if you held it long enough, you would begin to feel...

**You will begin to feel part of that energy, in the same way, the energy of whatever you are holding, transfers itself into your physical body—that is why *healings* exist.**

Lilian: That's interesting.

Sabine: Like the other day, I had a little stone that had been picked at some point and been kept in a drawer some place and suddenly I had it in my hand and all I wanted to do was to drop it on the ground, which I did and I could feel this little bit of stone thanking me for giving it back to the Earth, (Yes)

and be connected again with the elements, versus being stuck in a box in a drawer. (Yes) It was amazing to feel that connection with that little stone.

**Yes, you firstly felt a very strong connection, but I would like you, my dear friends, to think a little more on your world, your energy points, whether it be your pyramids, whether it be crystals, whether it be lines, whether it just be the touch of another human being, you are all made of *Energy*, it is very powerful.**

Graham: Just going back to lay-lines, presumably when our planet first formed, there were no lay-lines, but, they must have grown since then. I just wondered what...

**Well, when you say, 'no lay-lines', there was energy, (Yes) so, they of course developed at that early stage, into stronger energy and called 'lay-lines'. To me, the names mean very little, all things are Energy.**

Graham: Was life itself upon this planet responsible for creating those lay-lines, or did they pre...

**No, they have always been.**

Graham: Do they ever move or are they fixed?

**They can of course move, because of the situation where they are; they are energy underneath what you call *physical Earth*.**

**So there is slight movement, but I would say nothing overly powerful—gentle movement, yes.**

Lilian: So would the elementals be attracted to these lay-lines?

**They of course would be, as we all are. When we speak of energy, you have to begin to think of it as a whole, not as separate issues. Focus on all energy together and then you will feel the power of that energy. You understand?**

Lilian: Yes, thank you.

Paul: Do they run fairly straight or are they more like rivers that bend, lay-lines?

**Like all energy, it can be transmuted, so in that case, of course they could change or alter, but the energy does not change. Do you understand? No?**

Paul: I was thinking, so they don't have to be straight lines, (No) they can be curved.

**No, like the bend of a river, it is always continuous. I feel the puzzlement in the room, but I will let you stop and think about this, I...**

Claire: I kind of see them like a big spider's web—we're just one planet in the whole lay-line system, is that wrong?

**The whole of you Earth has lay-lines, yes of course, how you perceive that to be, how it affects you is quite an individual thing. It does not matter, it**

really does not matter; they exist because all things are energy; if you wish to call them lay-lines, if you wish to call it a pyramid, so be it, it matters not, it is the recognition that the energy is *there*, that is what is important.

Paul: Going back briefly to building a pyramid in a garden situation, (Yes) would it matter much what material is used to build it, or is it more about the shape?

**The shape for pyramids, yes and of course you are standing it onto ground, the Earth of the planet, which is an extra boost of energy. (Right...) So I would say if you wish to do this in a garden, to choose the right place, the place that gives you the feeling of the energy that is there, and then to build the pyramid on top.**

Paul: Right, would putting a bit on concrete down on the base, interfere with that Earth energy?

**Not really, not really. If you imagine every single thing on this planet that exists is energy, all you are doing is combining those energies. If it is wrong, it will not last; as I say, all things are transmutable when it comes to energy.**

Paul: Thank you.

Sarah: Going back to crystals Salumet, is there so much energy in those crystals, because they've been so compressed under the Earth's weight that's made these crystals?

**Yes of course, of course that is a reason; that is why it is best for you to choose your own crystal, because the energy within the crystal and the energy within you as a human being would be different; but yes, and sometimes crystals are more powerful where they come from, the Earth—yes it does make a slight difference, but nothing that I would tell you about.**

Sarah: Right, okay, thank you.

Mark: I would imagine something energetically important happens when a meteorite comes down and hits the Earth?

**Yes, you have to remember my dear friend, you are one small planet; I will repeat myself, you are one small planet in many universes. There will always be energy, because that is what you are—you are energy. The comets, or the stars, or whatever you wish to call them, it is all energy; there may be different *degrees*, but that is all.**

Mark: And that's the basis of astrology as well, isn't it?

**Yes, yes.**

Graham: You once mentioned something called 'Cosmic Energy', (Yes.) which our cosmic brothers use for transport around.

**Yes, because they have realised that the energy which is all around us can be used; it can be used for travel, it can be used to maintain the energy of each other, which is another subject; but I think for now, you have enough to think about.**

Graham: Yes, thank you for all that information.

**And I will take my leave of you now and...**

Sabine: Before you go, sorry, your instrument had asked a question for something for you to respond to if you could. The other day, she was wondering when she went to a funeral at a crematorium nearby and she felt that the energy over there was completely off, she didn't feel good in there, even though before she went there and felt good in there on previous occasions and she was wondering if you could comment on that?

**I see, yes, I know the problem there was that before that particular occasion, there had been people attending a funeral who had very negative vibes, very negative, and that negativity was enough for the lady to feel and to feel that the whole of the room was in some kind of negativity. But, it would have lifted afterwards, it would not have lasted, because you would have had angelic beings move in to clear the situation. These places are places of sorrow and sadness for many and it does change atmosphere, but what she felt that day, please tell her it is *fleeting*. (Right) I hope that helps. (Yes, thank you for her.) But as I say, I will take my leave, I wish you all a very good holiday, you call them and hopefully we shall meet again very soon. My Love goes with each and every one of you.**

All: Thanks and our Love goes with you.

Notes:

Healing Prayers: Salumet gave us the exercise during his previous visit—see: 25/03/2019

Pyramids: Salumet has spoken much on pyramids and slowly but surely, the truth about them is becoming more widely accepted. Russia has been building pyramids for many years and as George's notes mentioned in 2006: *re Russian pyramid work*: Internet: If you do a Google search on Prof V Krasnoholovets, it will produce an 8-page document entitled: 'The Great Pyramid as an Aether Wind Trapping Site'. A search on: Russian Pyramids produces other useful information.

**Pyramid effects that have been observed:**

1. Water does not freeze.
2. Razor blades are sharpened, (compared to ultrasound polishing).
3. The vertical column extending above and detected by radar was 2 Km.

4. *Salinity of water decreased.*
5. *Altered resistance of carbon materials.*
6. *Effects on animals and disease incidence.*
7. *Human aura is brightened*
8. *Foods stay fresh longer.*
9. *Domestic pets thrive well in situ.*
10. *Patient's burn areas heal faster.*
11. *Meditation enhanced.*
12. *Plants grow faster in early phase.*
13. *Structural changes in materials.*
14. *Can cause nausea in too much pyramid environment. Compare crop circles!*
15. *Seeds ... crop yields increased. Compare crop circle wheat!*
16. *Immune systems are enhanced.*
17. *Pathogenic strengths of viruses and bacteria reduced.*
18. *Radioactivity decreased.*
19. *Crystalline materials kept in pyramid, then transferred to surround jails, reduce crime.*

Many around the world, besides Russia, are building and researching pyramids and it is only a matter of time before they become part of our lives. Paul and Sabine will be building a pyramid in their garden soon—we will keep you posted!

An excellent book on pyramids is:

<https://www.amazon.co.uk/Pyramids-Around-World-Semir-Osmanagich-ebook/dp/B0080Z36HG>

Salumet has given much information about pyramids over the years:

15/08/1994, 28/11/1994, 05/05/2003, Russian pyramids-26/06/2006, Pyramid energy-17/07/2006, Egyptian pyramids-07/08/2006, Bosnian pyramids-02/04/2012-02/07/2012-06/08/2012, 30/09/2013, 10/02/2014, 31/07/2017

Salumet on Energy: This topic has been discussed at length and the following transcripts may be of interest:

Understanding energy: 28/10/1996, 11/11/1996

Awareness of our own energy pattern: 09/12/1996

Energy/vibrations/life: 20/01/1997

The living energy = God 10/02/1997

Earth energy: 07/04/1997

Energy and disease: 07/07/1997

Vibrational energy: 29/09/1997

Sexual perversion and spiritual energy: 01/02/1999

Male/Female energy: 16/08/1999

Energy = Movement – static energy = illness:  
20/09/1999

Spiritual energy: 01/05/2000

Love energy: 26/03/2001

Transmutation of energy: 22/10/2001, 04/03/2002

Heart energy: 09/09/2002

Thought feeds energy: 27/09/2004

Soul/energy field: 08/11/2004

Energy density: 25/07/2005

Energy grids: 14/11/2005

We are energy: 05/09/2006

Thought energy in water: 12/03/2007

Energy blending: 20/04/2009

Energy has free will: 03/10/2011

Salumet on Crystals: See: 10/10/1994

# Happy Easter!