

SALUMET – 10th June 2019

We began as usual with healing prayers, before Salumet joined us—audio link:

http://www.salumetandfriends.org/app/download/10116970/2019_06_10+Salumet1.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, it is good to join with you all once again.

Paul: Wonderful to have you back.

Thank you. I would like to begin this time by telling you all that there will be strides made in discovering what lies beneath your oceans. I have mentioned in the past that much can be taken from the seas—all areas of water will be included; and as humans that interest will grow slowly, but also steadily, and mankind should be able to benefit from this knowledge.

Paul: And this is paving the way to a new form of energy, is it?

Yes, but there will be other offshoots from this.

Paul: And the beginnings of this will take place this year, do you think?

I would say rather your next coming year before it is made public, but there are those in your world who are already aware of what can be achieved. So, my dear friends, keep this knowledge in mind. (Agreed) Also, from the beginning of your new month to come, there will be fresh sighting of terrestrials, because it has been fairly quiet for you I feel in the past few years.

Paul: Yes, I was thinking, in the past there were lots of sightings, **(Yes)** but nobody had the sophisticated phones we have now, to capture the images. **(Yes)**

Claire: Can I ask if it has anything to do with the new crop circle that's just has been discovered.

Yes all of the sightings that have been before, will return in greater numbers.

Mark: So, will be quite a few in Wiltshire?

In Wiltshire? Let me see.

Sarah: Is this confined to the UK Salumet, or is it going to be a worldwide thing?

I will say to you, it will begin as it has done previously, but yes, that knowledge is worldwide and will continue to be worldwide, because all of humankind should know and understand what is happening.

Sarah: Thank you.

Can we have the question from the gentleman once more?

Mark: I was wondering if there will be some sightings in Wiltshire, because there often have been in the past.

Yes, there are definitely areas where it is much more prevalent, and yes, you have named one of these.

Mark: So, Silbury Hill—they sometimes see them around there.

Yes all of the things that have been discussed, you will be moving a little more forward in the knowledge of their existence.

Paul: Mm, that's always exciting for us I think to hear that, and so next month we should get some more sightings.

Yes, the beginning of your next month. (July) Yes, so be vigilant my dear friends, be aware of the words I have spoken, and I know you do not need the proof, because you are beings of Spirit, but there are so many who do need to have proof.

Mark: And it does uplift us, well it uplifts me anyway, to hear these things as well. **(Yes.)**

Paul: Do you think we are making much headway with the governments being able to openly acknowledge them?

That may take a little longer, yes, there is still a majority of rulers who wish to deny any sightings whatsoever; and in fact, in some countries people are scolded for the knowledge they give. So, my dear friends, be pleased that you belong in a free society. (Agreed) Yes, do you have any questions this time?

Natalie: I have a question: In the past, Salumet, you said UFO's and aliens will come forward more, **(Yes)** and make themselves known to us. **(Yes)** So, next month is that more significant, as in that's going to be the start of it?

It is the beginning of letting you know of their existence, yes it is. When I gave you that information, much had already occurred in your world, but now the time has been reached, when mankind really must open up, not only to other beings, but of course to their own Spiritual energies.

Natalie: Exciting—thank you.

Paul: We can spread the word on Facebook to keep an eye out in July—from early July.

Yes, yes, we will try to encourage people to be honest and of course, as you know full well, there are always those who wish to be disruptive, who wish to make some fun of what is quite a serious topic. So you must begin to find out those people who are not genuine.

Agreed

Sarah: And also, I think some people behave like that because they're ignorant, they just don't know...**(They are afraid.)** ...they're not willing to

take in the information, so they need some help to be more open-minded.

Yes, but they cannot keep it down for too long, because Truth will always come out and those who are believers will help to go forward and help these people, whether it is fear, or whether it is just to be disruptive, we hope that they can be influenced for good.

Paul: Thank you for that information, it does feel that we are really getting somewhere.

Yes, of course, as I have always said to you, the word is 'patience'. It is natural for you humans, I know to be a little excitable, but really, you must go slowly.

Graham: I was going to ask, because you have said in the past that through meditation we can access the knowledge that is deep within us, (Yes) and when we return to Spirit world, that accessibility gets an awful lot easier, (Yes) because, yeah, it's just easier. My question was: do people meditate in Spirit world the same way as here or is it not necessary?

It is not necessary, they already have returned to all of the gifts that they have. There is no need to think about anything, it is natural. (It just comes...) It just comes to them, yes.

Graham: Yes, that's interesting, yes.

Whether you believe it or not, and there are so many still who do not believe, whether they believe or not, it *will* happen. In the same way as those people you help with your healing and with your rescues, they just need a little guidance.

Graham: Yes thank you, I don't think that question has ever been addressed about meditation in Spirit world—yes thank you for that.

Yes, that is not to say they are not continually learning, but basically all of those gifts are with them as soon as they come *Home to Spirit*.

Graham: I suppose in Spirit world people go to places of quiet contemplation.

Yes, there are many temples and religious places, if that's what people desire, but that remains only for a short time. But, if that is their desire then that is what it must be.

Graham: Right, okay, yes, thank you.

Sarah: I was thinking about Hitler and you saying how he was going to have a long time in his own darkness and I was wondering, could another aspect of him come back to this planet, whilst he is in that darkness?

No, the plain and truthful answer is no, he would not return whilst he remained in that negative state, firstly he...

Sarah: Not even another aspect of him?

No, not while there is an aspect that is in that state—that would not happen.

Sarah: I'm sorry I think that time lapse is quite strange this evening with the computer, so sorry to interrupt you. (*Sarah joins us via Skype*)

No, don't worry my dear friend—that is okay.

Sarah: Anyway, thank you for your answer.

I would just like to say about people like the gentleman you have mentioned, when you speak of aspects of Spirit, yes there are many aspects, but to be a whole, to be whole in Spirit, you must forgive yourself also, as well as being helped by others. This gentleman has so much to *give back* that it will take quite a long time for him to realise what harm he has done to other human beings. You understand?

Sarah: Yes, thank you.

Serena: Could I ask about the crop circles and how for people who can't get there, can they benefit from them? Because I understand there is something coded in the geometrics...

Yes, if you... this is a perfectly good way, is to meditate deeply and to see in the mind's eye the crop circle and you will find that the energies will start to blend and you should be able to be aware of them without actually physically being there. It is a case of the Spirit and the knowledge of the Spirit that allows this to happen. Is that helpful to you?

Serena: Yes, thank you.

It is good to be able to answer a few of your questions, because my dear friends, although we have been together for some earthly time, you do tend to forget sometimes what I have said and it is always good to be able to reiterate the words. Are there more questions please?

Serena: Is there anything else you could tell us about colour? We've had a couple of meditations and things on colour and is there anything else you could relay?

In what aspect to the colours? Colour is just energies that have... if we talk about block colour, one colour that is easy to visualise. Visualisation and meditation will bring you all the colours that are available, but what I will say about colours is that when you return Home to Spirit, the colours are so much more beautiful, there will be colours that you are not aware of on the Earth plane. And all of these colours have some significance with the energy of your bodies; and I am sure and I have heard you discuss what each colour does. So there really is no new information on colour, only

that if you wish to explore it further, then please do meditate when you can, and the colours will naturally be drawn to you, the colours that are needed, if you are using them for healing or whatever. You should be able to blend with *all* colours, you understand?

Di: I was just looking at all the trees when I was in the park earlier, Salumet, all the different shades of green, (Yes) thinking how amazing they look, so to think that there is more beautiful colours in Spirit than that, because it is so beautiful.

It is, and have you wondered why there is so much greenery on your planet?

Di: Because it's a healing colour.

It is a healing colour. So therefore the more you can absorb, and that is what you do, my dear friends, when you step outside and you see a beautiful tree full of greenery, then you can take it within yourselves, you can breathe in the energy. So, there is much to say about colours on the Earth and it is wise that, as I know you do, think about these things.

Sarah: There was one that came through last week Salumet, through me, who said that our bond in our group, the joining colour was yellow, is that correct?

Yes, I would say yellow was used mainly as friendship, it is a colour of friendship, yes. So that is why you would have the bond within the group.

Sarah: Ah yes, thank you.

And do you realise, and I know I have spoken of this quite some time ago that each day, my dear friends, you chose colours which resonate with your Spirit. So, if you wear lots of green colours and blue is another healing colour, you are taking in those energies automatically, without even the thought of them.

Paul: It's no coincidence I don't think, that as the planet's evolving, I think men's clothing has changed a bit in my lifetime. For a while it was all greys and blacks and dark blues, (Yes) but now, men are beginning to wear bright pinks and more colour/brighter colours.

Yes, that is true. Make yourselves more colourful, yes. It's the same if you...

Sarah: ...it's just been a phase in the UK, because if you look back into the 1700's, the men wore quite flamboyant clothes.

Paul: Oh yeah, that's true actually.

Colour has always existed on your planet, so it is not too amazing to see that women and men both choose colours that their energy pulls to them.

Yes, I hope... but you will never see brighter

colours than what you will see when you return home to Spirit; the beauty is wonderful and even the water, the waterfalls in our world are just full of colour, healing colour, yes.

Sabine: Something to look forward to.

Sara: And I expect the same goes for sound. I should imagine the sounds are very much more beautiful?

Everything is more beautiful, because the energy is spiritual energy and not physical human energy; so the eyes that see here are very dim to what they will be when you return home.

Sabine: When the weather permits, we go and meditate outside, (Yes) and there is this one bird, and I only hear it when I go deeper in mediation, and I try to keep a mental note to try to look after that bird afterwards—I never hear it any other time than that one.

No, because it is one of your helpers. (Right.) It is a bird helper, who has transmuted from a helper in Spirit; so the bird will always be with you in deep meditation. Do not try too hard to find what it is all about; accept it, and my dear friend, you will grow and grow and grow, because you are having angelic help.

Sabine: Oh thank you, yeah. Like the other day as well, Paul was up a very tall tree and getting to a place where it was getting a bit uncomfortable, I could feel it, but then suddenly, all the birds around started to gather around him, above his head and turned around in circle, (Yes) all the way until he stepped down a couple of steps and where he felt secure and they all dashed away, just like... (Yes) It was amazing, really amazing.

Yes, and it is very apt that you are beginning to recognise all of these happenings, because you are Spirit my dear friends, and I can see you evolving, the more that we talk, the more that we meet in this group, because I know you are passing on spiritual knowledge, which can only grow in others. But you are all well protected if you so desire, but you have to have the desire to experience these many things.

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, that’s really good.

Good. Now my dear friends, I feel we’ve spoken and connected once again, I would just like to end by saying, there is much upheaval again in your world, but once again I say to you, it is *transient*, do not let it make you live in fear, accept what is happening around your world and do the best that you can to help others.

Sabine: Yes, the world needs a big change, (Yes) and it’s on the way.

You only need, and that is a word, this word can be used for mind projection that is *LOVE* and *PEACE*; project those two words every day of your waking hours and you would see quite some difference.

Sabine: Will do.

Now my dear friends, I take my leave, I’m grateful for your presence and your Love, which is felt by many in Spirit, all the help and goodness you bring. So, until we meet next time, I will say goodbye.

All: Good bye Salumet, our Love goes with you.

Notes:

Salumet on UFO’s and Crop Circles: So, from early July 2019, there will be lots more UFO sightings for our governments and media puppets to deny.

The truth about UFO’s our cosmic friends/brothers and crop circles has been discussed much over the years—see link: <http://www.salumetandfriends.org/app/download/5030776/Salumet+on+Extraterrestrials++crop+circles.pdf>

See also: <http://www.salumetandfriends.org/bonniol-extraterrestrials/>

New discoveries from beneath the oceans: So, in 2020, we can look forward to this knowledge being made public.

Salumet mentioned this new form of energy back in 2005: 15/08/2005: ...the depletion of oil supplies in your world will of course be replaced by other energy. And if you remember quite some time ago in your time, I told you that they would look to the seas of your world for energy. That is something to come...

For the latest crop circle updates, see:

<http://www.cropcircleconnector.com/2019/June2019.html>

Colours in Spirit World: See last week’s transcript for more information about colour:

http://www.salumetandfriends.org/app/download/10124412/2019_06_03.pdf

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...

Hitler still in darkness: for further information see link: 13/10/1997:

<http://www.salumetandfriends.org/app/download/5029706/13th%2BOctober%2B1997.pdf>
(Also see 09/05/2005, 06/03/2006)

Upheaval in world: *Salumet has emphasised many times the importance of remaining positive during difficult times: (19/05/2008):* **Again, we hear your healing thoughts, we hear you talk of the many disasters in your world. I would like to remind you my dear friends, not always to dwell upon those happenings in your world that create so much disturbance. I would wish you daily to remind yourselves of the beauty and the love which surrounds you all. Even in your darkest moments, seek out the beauty and the light of earthly life. Each one of you, my dear friends, is blessed in this way. That is not to say your lives at times can seem harsh and cruel, but it is your individual responsibility to maintain that aura of light, that love which is round and about you at all times. Seek always the beauty of life.**

George: Yes you are quite right, of course. The love and the beauty are always there, come what may.

But because you are human, you sometimes allow those unhappy times to over-cloud the joy and the beauty. I am not saying it is easy, but nothing that is gained for good is so easy. So, just remember my words my dear friends, remember my words daily in order that you may help yourselves. Again, it is a gentle reminder of what you are seeking towards: searching, finding—it is an ever, never-ending trail. Even when you come home to us, this journey is ever onwards to seek the brightness in your lives. Not always is this recognized but I tell you my dear friends that the continuance of life is ever-seeking, ever-looking for love. That is what is important to you, or should be, and that is why I ask you now to think about it and to put those thoughts into action...

George: Yes, and I think, now we see the return to spirit as, shall I say unexceptional, but it is just the trauma involving so many sometimes that ... we see the strife of it and, as you say, because we are human, we feel for those people. (*referring to Burma cyclone + Chine earthquake*)

You extend your love to all of these people and of course that is as it should be but what you should not do is dwell upon it, but send out your love for these people and we

will then do our work in helping them. If you cannot change a situation, you must look it fully as it is, as it is happening and then you must continue onwards. Have the recognition, but do not hold on...

Rod: I think we have got such an efficient media system that any time you put the television on, it is there and they are very, very efficient at putting all the doom and gloom... **Yes. It is impossible in your world today not to know what is happening in all parts of your world, and that is not a bad thing, but I am saying only that you must offer your love, your help, your support and then focus on all that is good in your world. It would seem too often that your media, as you call it, dwell too often on what you call disasters and do not focus enough on what is good in your world. (Also see 11/05/2015)**