

SALUMET — 12th August 2019

This was a smaller gathering of sitters than usual, but we were delighted to have our wonderful teacher, Salumet speak again—audio link:

http://www.salumetandfriends.org/app/download/10229754/2019_08_12+Salumet.mp3

Paul: Welcome Salumet.

Good evening.

All: Good evening.

Paul: Sorry we're small in numbers tonight.

Yes, I have been trying to work with the energy this time. I am happy, my dear friends, to join with you once again.

Paul: Thank you, it's always wonderful to have you, thank you for making the effort when there are not so many of us; does it make it more difficult for you to come tonight?

Yes, a little, but nevertheless, I am with you now. I was interested to hear you discuss the matter of TIME, because this time, I wish to tell you that my visits with you will become a little longer.

Paul: Ah, that's good!

...longer in time, before I come.

All: Arhhh!/Ohhhh!

Paul: Ah, I see, longer intervals, **(Yes)** between visits, yes, you've said before that you're gradually, **(yes)** is it a bit like weaning us off a little bit?

I think that is an appropriate word, because the time is coming, after many, many years that there is not too much more that I am willing to give. (Yes) So, that is my first comment for you this evening. But, as always, I will always know what is happening with all of you—we are not separated just yet. (Thank you) I have said to you that this earthly year would be helpful for all of you to develop your spiritual gifts and I believe you will say to me that this is so; you have all developed greatly, whether you recognise it or not, these past months. Do you agree?

Paul: Yeah, it's very difficult to measure spiritual growth.

Yes, but I am here to tell you that you have grown much.

Mark: Thank you.

Di: I do feel as if I'm able to meditate more easily and as if spirit is part of my life every day now,

rather than just coming to these meetings. **(Yes)** I feel as if I'm more complete really.

It is an on-growing growth for you my dear friend, as it is for all of you.

Yes, so I hope that you understand that the reason for my not so frequent visits, is one to help you all develop in different ways, whilst at the same time trying to guide you further—at least a *little* further.

All: Thank you.

Di: It's been a privilege to be hear and listen to you.

Thank you. Yes, we have become united in a way that is not always possible with people on the Earth, but in coming to this group of people over the years, has been for us a great 'blessing', shall I say—yes, I will use that word, 'blessing'.

Paul: That seems exactly how we feel—it's such a blessing to have you, sort of help us to... Mark was saying, (*earlier*) authenticating certain things, **(Yes)** we weren't sure about before.

Yes, you have...that is why I say you have grown so much, with your words, your actions, you have shown other people not so well informed, of what the Truth of Spirit really is. You cannot know, my dear friends, how wonderful it is to see the Lights of Thought in your world grow brighter. It is indeed for us especially, those who have managed to work with you, indeed a great blessing.

Now, whilst we have good energy, do we have any questions this time?

Paul: I've got a question from Emily, who used to come to the group—Sarah's daughter. (Yes) She's reading a book called, 'The medical medium', by Antony William. He has spirit with him who is always there, working with him to diagnose people and assist with food choices in healing. Spirit says he's never walked the earth, but he's not a guide, he just says he's a word, 'Compassion', which is the tip of God, who is Love. She wonders if you know of this and if you also resonate with a word?

We all resonate with that one word, 'Love'. All of existence is Love and your Bibles and your books teach that God is Love. There is no doubt that Love is an expanse of Spirit; it is a word that we all use and sometimes we use the word too lightly. Love is something that you *feel*, it is not there to be touched or to be felt with any kind

of limitation. So yes, I would say to her, I would agree with the word of Love. Compassion, he uses, is because he is helping people and after all, we all have compassion, if only at certain times in your existence. Compassion too, is also lacking in some people, because it is a word that is misused, misused in the sense that people do not understand what true compassion means.

What was the other part of the question please?

Paul: I think she was wondering about—it says that he's never walked the earth, and he's not a guide, I wondered if she wanted to know if that person helping Antony William, perhaps they are a bit like you, who hasn't walked the Earth?

Yes, I do not know the answer to that straight away, but I will find out. There are of course many people who tread this earthly planet; (Yes) yes, whether they have walked the planet is another matter, but I will find out and let the lady know.

Paul: If they haven't walked the planet, could we assume that they are from a more angelic realm? **There is no mention of that in her words, but it is possible that the spirit has decided to return in this way, perhaps to experience whatever—compassion and love for others. But I would have to, as I say, look to this when I return home. (Thank you) I am surprised that she uses it singularly. Normally in these cases, in cases such as myself, we are a conglomerate, it has never worked with just one person. Of course, there are people who come to earth to help others; there are many good spiritual doctors who do this work. So, I am a little surprised that there is no mention of this, but I will let you know.**

(Thank you.) **I hope that helps the lady.**

Paul: I'm sure it does, thank you. Any other questions?

Mark: I have one about pyramids, I wondered if the original pyramid entrances were from underground to maintain the pyramid shape? **Yes, I believe I am correct in saying that these openings were not at the very beginning, but came at a later stage when all things were thought about; but they had a great deal to do with the support, as you say, of the shank of the pyramid; yes indeed, they have been there for a great, great length of time—yes.**

Mark: So the entrance would have been from underground tunnels. **(Yes.)** And I wondered

about the floor as well, whether that was earth, or whether they put down a...

There was a material not known, and I don't know if we have discussed this, a material for the floor, the earth, call it what you will, that is not commonly known about—yes.

Mark: So presumably the earth would be probably better than putting down something made up as a floor?

It was mixed with this other solution which is not known to man at this present time, yes.

They are wonders of the world are they not?

Mark: They are, they are and I wondered also about, looking at the dimensions of the pyramids, some are a lot wider at the base, like the Bosnian one is very wide and comes in at more of an angle, so it doesn't go as upright as the Great Pyramid, and I wondered about that, whether they made them wider to encompass what was going on underneath?

Yes of course, they needed space to work, so the areas where they have wider openings was for a reason, very good reason, to harbour whatever they needed to use from space. So yes, you are correct, there are some areas which are much wider than others. Does that help you? No?

Mark: Well. I'm trying to build one at the moment, and I'm just trying to make it as good as I can really. I'm making mine out of wood, I don't know if that would be a reasonable material to build out of?

Yes, well I would suggest that you try other ways as well, if you can, if you are so interested, but my dear friend, all of these things are long passed, you gain knowledge from what is left upon this Earth, but you need to accept it and think that the universe and those people who came from afar, worked many ways with many uses not known to the modern man of today. So, I say to you my dear friend, do whatever you feel you need to do, allow yourself to be influenced from Spirit and you will choose the right pattern and pathway. You understand?

Mark: Yes, thank you.

Yes. Now, are there more questions?

Ben: I thought of one actually, if you don't mind. I was thinking about my Mum recently, Sally, who passed away just over 3 years ago. **(Yes.)** And, like George from the group here, she suffered with a cancer at the end of her live and was very ill, and I

understand that when you do pass to Spirit, if you've suffered from a very long illness you very often go into what has been described as a Spirit hospital, **(Yes.)** to recover, and that can take some time before that Spirit is then strong enough to maybe show a sign or make contact with us back here in this Earth; but then I was a bit confused, because we're also told that 'time' in Spirit doesn't really exist, so I was just wondering... I'm not really sure where the question is leading, but I was just wondering how that works really?

Yes, 'time' is one of the hardest things for you as Earth people to accept. Time goes forward and time goes backwards, it is integrated. Yes, if you have someone who has suffered with long illness, they do come to Spirit hospitals, where that Spirit energy is given to them for as long as they need; time does not come into this, because in Spirit, there is no time as such. So I feel your question is: how long should it take for a human being passed to Spirit, (to) come back? Let me say to you my dear friend, some Spirits do not wish to make contact for quite a long time; it's not only to do with whether they have had illness, but sometimes it is just that they do not want to do and return. But, I feel as I speak to you, your mother, I believe you said, must have made some contact with you, but has not been *felt* by you. That is true is it not? (Yeah, probably.) I feel sometimes you block, when she is around you, mainly because you are not sure, or you're not quite sure of who it is.

Ben: Yeah, I was thinking the other day actually, that I hadn't dreamed of her—I imagined I might have done, but then I did have a dream at the weekend, where she was there.

Yes, it takes time, everyone wants it to happen immediately in Earth time, but, as I say, 'time' is not the same in Spirit, so what to you may seem like forever, is but a blink of the eye.

Ben: We had agreed on a code word, so I know that's admitting doubts—there isn't any, but we always joked that we had a word she would use, or a sign...

Yes, lots people do this; hold onto that word or sign and it will happen—just give her a little more 'time'.

Ben: OK—if you could have a quiet word as well?
Chuckles

I'm not really involved with that, but I understand how you feel.

Ben: Thank you, that's very helpful.

Yes—she will come, she will come.

Serena: I thought she had been back at least once here?

Ben: I think Eileen's had some clairvoyance, hasn't she? I was think of something more 'dramatic'.

Yes, that is not the same as wishing for it. Most people want to *feel* or *touch*, or *see* even, but it is just *time*. I can tell you, she is still in the Spirit hospital, nearing the end of what we call her treatment, which is beautiful, beautiful energy.

Ben: That's nice to know, thank you.

Yes, so be a little more patient and your experience will come.

Ben: OK, thank you—thanks very much.

Yes. I feel for this time, I have spoken enough.

Thank you for being so patient for me to speak.

Paul: Thank you for coming, I know we all, we hope that you will continue to come, even though we fully understand the reasons for less frequent visits.

Yes, I will of course still be coming, it will just be a longer period of 'time'—that is all it is, it is a spreading out of 'time' as we have just said does not exist and yet it is a word we constantly use.

Giggles

Paul: But you've given so many words over the years, so many teachings, we've got so much to continue to work with.

Yes, you will never fully understand, it is, I almost regret using the word 'impossible', but it is more and more difficult to give you information that you could fully understand, and of course, when first I came to you, I said, you know I only wanted to give the Truth, the Truth of Spirit.

Di: I think we have so much more than most people in this world, don't we?

Agreed

Yes, so for now my dear friends, I leave you cloaked in my Love—that most important word. But, you know, there does come a time when any word is unnecessary, when you exist in 'non-time', then that is the greatest gift of all.

THANKS

As Eileen returned, she received the name Mary-Ann, who was an old friend of Mark's, who'd been of great help to Ann, (Mark's mum), as a Mctimoney Ciropractor. Mark had recently corresponded with Mary-Ann's husband. Eileen was seeing a leg and ankle and the message seemed to be that Mary-Ann does lots of good work for people, but may need some healing herself at this time.

Eileen was then seeing a small dog. Both Di and Ben new of dogs which had returned to spirit recently and the message seemed to be one of reassurance that the dog was now fine. We have been told in the past that people sometimes grieve too much for loved ones and this can be true for our pets too. (See notes)

Next, Eileen had clairvoyance regarding Serena's sister, who seemed to be carrying the weight of the world on her shoulders and that she needed upliftment/healing thoughts at this time.

Then Eileen turned to Ben, with a message from an uncle in spirit, a tall, upright gentleman, in smart clothes/uniform, who wanted to tell Ben that he was worrying too much and that worrying doesn't help. Eileen also said that this gentleman was a helper in life, for the taller of Ben's sons.

Notes:

Salumet visiting less often:

Salumet has stated previously that visits are becoming less frequent and this was first indicated back in 2008:

In this year of your time, my dear friends, you have been aware that I have not been with you quite so much (yes), but I told you this in the last year of your Earthly lives. This will also happen in this coming year, because as you may be well aware, it is imperative now that each one of you grows spiritually—expands those gifts that you possess, and I am sure, my dear friends, you will agree with me when I say that each one of you is slowly making some progress in this way.

George: It's nice to hear your words on that Salumet—thank you.

Yes—sometimes I have been aware of just a little disappointment that I am not with you so often.

Lilian: That's true!

But you know, all children are weaned, and basically that is what is happening to you all.

That the time is coming that you must stand firm on your own two feet, without the knowledge that I will always be with you to help. So that is the purpose of my withdrawing so often now.

26/04/2016

I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?

18/02/2008

Grief: Whether it is for humans or pets,

Les: Thanks...we do hope that in time this whole planet will learn to not mourn, but be joyful when death occurs.

I would like to say only this to you: If only you could feel the vibrations of grief, that exudes from your world, when occasions such as we speak of occur, you would be shocked by them. The whole energy pattern which surrounds your planet, is affected by such grief. It affects not only the vibrations of your Earth, but those who wait for those who come to us. It is difficult to surround the planet with love, when so much grief abounds. (General agreement). That is why I ask you dear friends, in your individual thoughts hopes and desires, that you replace grief with love, with loving thoughts for all those who are in need.

01/09/1997

As always, we thank you my dear friends, for all the love and help that you ask for others. I would like just to say to also remember those who are left behind on your Earth plane. They truly are the ones who suffer. Those who come to our world quickly recognise what a beautiful and wonderful situation they have found

themselves in—they have returned to knowledge and to all of those who love them so. But they are also drawn back to this Earth plane, to those who are suffering at their loss—no matter how many times you tell them that their loved ones are safe and well, still so many mourn and mourn for much too long. So therefore it is imperative that you, my dear friends, remember to ask for them also in your prayers. If only you could hear the cries of those left behind, you would understand how much and how much more that they are the ones to suffer; and yet it is a mourning which is unnecessary, because I can reassure you, each one of you, that when you return home, there is so much light, so much love, so much happiness.

23/02/2015

Spirit Hospitals:

The power of thought is all-invading. When you leave these bodies, if you leave with disease and a sick mind, shall we say, then of course you take it with you for some time. You must of course, know of our 'spirit hospitals,' where people go to recuperate. They do not possess a physical body, so of course it is a sickness of spirit that is being treated. I do not always think that you understand these things fully. I sometimes see thoughts of people who think: '*All right, you have a counter-part of your physical being and so within our hospitals it is still that physical being.*' That is not so. It is the **SPiRiT** that is being helped.

31/10/1994

But you have to have that power of thought, it has to be used. It will not trigger-off by itself. I have spoken briefly upon the spirit body. I have told you briefly, that some of the illnesses upon your Earth plane are illnesses within the spirit body. It is a mistaken idea amongst many of you upon this earthly plane. You have to realise that when we speak of spirit, the energies are intermingled. You are not separate units in that respect. Can you see? (Yes) That is why we have our hospitals in our side of life. After all, you could say, 'Why do we need them?' You know the physical body has been disposed of, so why are you not immediately well and happy? Because the spirit suffers when your physical body is in pain—you cannot separate the two. I know this is something spoken upon much, upon your Earth plane and so many wrong words are used. If the spirit is in pain, then you have physical illness. There has to be the balance with all of you—your thoughts, your mind and the body.

06/11/1995

Yes, I have also spoken recently about Angels of Thought. They are beings who are in control of all workers of Thoughts. But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take control if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body. Do you understand? (Yes) I will go slowly, because it is a new aspect of our teaching. If you do not understand what I say, please stop (*me*) now, and we will discuss it.

Lilian: Does everyone understand? (*Pause*)

You seem a little confused.

Sarah: There is just one thing Salumet. You said the Spirit carries on thinking although it is not aware that it has died. Surely it does know that the human has died. Is that what you meant? **No. When the physical garb is left behind, if there has been a traumatic passing, if there has been great illness, then they are not aware of their passing. The etheric body is, how shall I say, is affected by the physical passing also. The etheric body is in a state of existence closest to the physical. So the etheric body is the one which will need spiritual healing in our places of healing. Do you understand? (Yes) But within the etheric body, there lies many others—many stages of existence. Do you understand? In the**

same way as the Spirit is separate from the physical, so also is the Spirit separated from the etheric body. You have many bodies within the Spirit body.

14/05/2001

Time: It has been said previously that this is a difficult topic for us to comprehend while physical. 4th July 94

Time is a complicated matter. But I will say, there are those of you who can see what is ahead, not because it is the future, but because it is there, it is past, it is the present, it is the future. It is *one whole*, a never-ending cycle of events.

28th November 94

You are on a never-ending cycle. If there is no beginning and no end, then you see, *all* must join together.

Graham: It's very difficult for us to understand Spirit world time, (SWT) because there must have been a time before where you are at that point and what's about to happen—it's impossible for us to think about time being the past, the present and the future, as one.

Yes, that is one of the things that confuse human beings especially, because your brains are not capable of the information. So, there is no point in struggling with these thoughts, just accept that you are made of the same pure energy, which is part of Creation. (yes) And then things will seem to be clearer.

Graham: Yes, we can accept that I think, yes.

Paul: I think you've used the words '*Cycle of Time*' that past, present and future are all one; so, it's all happening at once (**Yes**) and we're--I don't know if it's worth thinking about—we're just on one part of that cycle at the moment.

You are part of linear time, so therefore you could not fully understand past, present and future in its true state.

26/06/2017