

## **SALUMET – 13th December 2021**

After healing prayers, Salumet spoke—audio link:

[http://www.salumetandfriends.org/app/download/11711418/2021\\_12\\_13+sol.mp3](http://www.salumetandfriends.org/app/download/11711418/2021_12_13+sol.mp3)

Sabine: Good evening Salumet.

Paul: Yes, a very warm welcome to you.

**Good evening.**

All: Good evening.

**Our hearts are warmed by your presence this time.**

Paul: We're very, very pleased to be gathered again.

**Your loving, healing thoughts are always welcomed, especially in these times, not only on the Earth, but in other planets. Yes—if I might suggest to you: In your healing moments that you ask for help to transmute the density of energy that surrounds you and every other planet at this moment.**

*Agreed*

**The more you ask, the more help we can give.**

Paul: We will definitely do that. Does it make it harder for you to come through, when the Earth is like that?

**When the density is as it is, so heavy at the moment, yes, it is a case of being a little more difficult, but it would never stop us making contact with you; we would always find a way.**

*General thanks*

Di: We must all remember to ask for help for ourselves as well as for others; we often think to give help for others, but forget to ask for ourselves, don't we?

**Yes, if you do not feel the difference yourselves, then of course, it is not that it is useful, but just more difficult. So firstly, my dear friends, you need to realise that you ARE LIGHT BEINGS. Yes, you are, as I have told you in the past, you are the givers of healing and light and we must at this time, work with it and not allow it to overshadow you. The only hopeful message I can give you this evening, is for you to deal with the density and also to up your amount of healing for not only earth beings, but for all planets and kinds of beings.**

*Agreed*

Paul: Yes, we forgot in our healing prayers this evening, but we normally do include the other planets and Universes.

Sara: I send it every day to other Universes, peace and love and love and light to our cosmic brothers.

Yes, it is a lesson that we are all willing to learn: Tolerance, this condition which exists at the moment on your planet, and you know well that it is affecting everyone, but it is also affecting those other planets with whom you have no contact. So, it is imperative that you keep your feeling of Love and Goodness, and most of all hope that *good*, will overtake what is unnecessary in your lives. Do you understand what I am saying to you?

*Agreed*

**Do any of you wish to question what I am saying? (Pause) No questions?**

Paul: I think for me, part of it is, because I understand, I don't think I have a particular fear of 'Death' anymore, thanks to our knowledge about what happens when you die; even though obviously I don't seek it out at all, I want to do as much as I can (**yes**) while I am alive, but not having the fear of dying, means that all of these things, challenges and everything on the earth, we can't fear them, even if people die, and that's sad, each individual case, but we have to, at the end of the day, it's *not so sad*, because they're so well looked after and cared for, when we die—there is no death—so it's not really sad at all, just for the ones that are still here and don't fully understand that death is not the end. So, in understanding that, it makes all of our journeys...and anyway, everything is for such a reason of growth—we are *all growing* through all of this, so there's purpose to everything—GOOD PURPOSE, (**yes**) so, I think that helps to...

**...to be able to encourage other people that death is not the end, that is the purpose of why we come to you as human beings, because you are able, in their own language, to describe to them the beauty of Spirit and let me assure you, my dear friends, that Spirit are working for the best at all times and very much ask that you continue with your healing thoughts, for every decent, good thought that you send out, you can be aware that it spreads as a loving pool and grows and grows. Keep these things in mind, because, because of the situation at the moment, and it is only short-lived in terms of existence—try to focus on that and let others see how well you cope with it all.**

Di: There's a lot of very fearful people around at the moment Salumet, (**Yes**) so if we're not fearful ourselves, I think they find that a comfort, (**yes**) especially when we say that where we go after

this world, is such a lovely experience. I think people do find it a comfort when they're more fearful of dying than they normally are.

**Yes, definitely, you are beings of example, this we know, those of us who love you, those of us who come from Spirit to help you, to help not only the ordinary human being, but all those beings who have come for a particular task, beings who are filled with so much Love, at some times, their Light is so bright, that you as human beings, would not be equal to them. You understand? (Agreed) There is too much fear at the moment.**

Paul: The fear is disproportionate—there shouldn't be fear anyway, but there are things happening on the earth, but the worst thing is the fear and then the density that is created.

**Yes, if you could only see that only one of your thoughts can create this power of movement and spreading wider, if only you could direct your thoughts that it is getting smaller rather than bigger, that would be such a good help for all of you to focus upon.**

*Agreed*

Paul: Sometimes I try and direct it towards world leaders, **(Yes)** or towards media outlets, but perhaps to direct it more generally to the density itself...

**Yes, whichever way you decide to use or change or dilute, it is a personal way to deal with it, but just be YOU, allow your LOVE to SHINE THROUGH, because you are beings of LIGHT. And I feel the more you learn and the more you become spiritual beings rather than earthly beings, the better life will become.**

Sabine: Yes, and I've been practising that lately in the shop; in morning meditation I've been saying: *"Today I let my Spirit come forward"*. And it's just amazing how the day is so different, **(Yes)** and it's just so full of light and so easy to talk to people, so just say the words they needed to hear or to just grab the right medicine they needed to have; **(Yes)** It's...I would say it's 'magic', it's not, it's the way it should be.

**Yes, it should be the way of life, (yes) of course it should be, but it is good that you see it, and don't forget that even people who do not believe in the afterlife, they are impressed by other human beings who know nothing at all; there is just a spark of knowledge, a spark of Light, which awaits everyone.**

Sabine: Yes, was thinking of the words you said a few years ago, you were saying that we were 99.9% Spirit and 0.1% human and I found it absolutely amazing that as soon as we are born, other humans make us believe in this 0.1%, and then when you become a bit older, you spend a lot of time trying to move back to the 99.9%, because of the way we've been 'educated' and told how we should live.

**But you should not even use percentages, because you truly are 100% Spirit, it is whether you 'expose' that side, if I may use those words, (yes) whether you expose it to allow others to see the beauty and Light that emanates from you.**

**Yes, I am pleased, my dear friends, to find that each and every one of you here, have the right words to say to others if need be. And remember what is happening amongst all the fear, is that people have come together, have recognised that together much can be done.**

Paul: One thing from reading the transcripts over the years, I noticed how often it comes up that you say, you keep your words SIMPLE, and how sometimes you've said people use too many words, **(Yes)** too complicated, and it strikes me that the more simple you can make something, the clearer it is. There's a quote from Einstein that you can explain anything to a 6 year old; if you *can't* explain it to a 6 year old, you don't fully understand it yourself. **(Yes)** So, it's like if you can simplify it, it's the *essence* of the thing, you have a fuller understanding.

**There is only one word in your language which encompasses all, and that is Love. You do not need words, flowery words, to embellish what is a simple truth, all you need is Love; it is not even a word, it is a sense and a feeling.**

Sara: And I've found music helpful too, because it's a vibration **(Yes)** of harmony, joy and beauty **(yes)** So, I like to use that as well, as a way of uplifting.

**Yes, the best way for any of you to grow and expose the spiritual side of you more, is just to find what suits you, like our dear lady is saying, if music is what does it for you, uplifts you, calls on you to listen to wiser voice, voices from Spirit, then that is the way you must go.**

Paul: Follow what brings you the most joy and upliftment...

Graham: I find smiling is really powerful, **(Yes)** because you just *feel* something extend towards that person and it's amazing the affect it can have. Sometimes people give you a second look, because they couldn't believe the first look, **(yes)** and then they realise you really *are* smiling at them and they change! Everything about them seems to dissolve and melt into a loving energy as well—it's wonderful to see it!

**Well, that is why it is good to recognise these things, because what you are doing is loving that person, even though you do not really know them, but you have brightened their day and that is something to be proud of. (Agreed) Not that I am encouraging you to be proud, but you understand my words.**

Graham: Their reaction is your reward.

**Yes it is.**

**Have you any more questions?**

Martin: I was wondering if you have any advice for when we feel run down in our bodies and it's difficult to feel positive. Obviously we have awareness generally that we should be positive, but occasionally we get ill, for example, then you sometimes find it really hard to feel good, and I wondered if you have any tips on what we could do in our heads at that time, to help with our own healing to feel better?

**Perhaps you can realise that we are always waiting to help whoever is in need. I would say to you, my dear friend, in your hours of prayer, if that is what you wish to call it, in hours of connection, then ask to have the knowledge to heal yourself. You have wonderful people who have come to the earth to teach you about medicine, about Love, about so many aspects of living; I would say for you, to have a little, I believe what you call a Mantra, and ask Spirit to help you in the best way, or in the way that is best for you. (Thank you) I hope that is helpful to you. Do you understand? (Yes)**

**Well, my dear friends, this is quite a short occasion for us to meet before your festivities begin. I know there are problems with people and their fears, I say to you, concentrate on the Love that surrounds you and as the gentleman has said: *Smile!* It was given to you for a *reason* and you can help so many other people.**

**Now I thank you for joining with me this time, and I want you to know that whenever you need to, you may call upon me to try to help.**

*(Thanks)* **I also thank you for inviting along some children and I hope they give you some pleasure and some Light.**

*General thanks*

Paul: And our Love goes with you at this time of year and hopefully the next time you come, we'll have dispersed some of the dark density around. **Well, you have the opportunity to use what you have, to help.**

Paul: With the help of all the readers and listeners, **(Yes)** people will certainly help spread that word out.

**Yes, and yes you were correct to talk about simple language, it is so much easier for people to know that things are not difficult, even in the form of words that you use.**

**So, my dear friends, until we meet again next time, I surround you all with Love and smiles.**

**I leave my Love with all of you.**

Paul: And our Love and smiles ripple out with you.

*Thanks and farewells*

Notes:

*Here's Salumet's earlier words about percentages: (15<sup>th</sup> November 2010)*

**If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love, that powerful 'being' that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy...**

*Salumet's words relating to Mantras:(7<sup>th</sup> November 2016)*

**Yes, "I am WHOLE", because it is not just the body, it is the mind; so, "*I am whole in body, mind and spirit*", that is the better way to convey the message; and the more you say those words, the more you feel the *strength* in the body—the workings of the body, because it is a marvellous contraption that you have been gifted with—I know you would agree with that. So, my dear friends think upon these words and put them to some action.**

*Salumet has spoken much about what happens when you die and how there is nothing to fear—see link: <http://www.salumetandfriends.org/death-returning-home/> And finally, as Salumet said tonight: "All you need is Love", and back in 1967, John Lennon was*

*inspired to write a song using those very words:*

<https://www.youtube.com/watch?v=RAcwu3JVwdI>

*There is a nice story behind the writing of this masterpiece: All you need is Love':*

<https://www.youtube.com/watch?v=lwfzqgYaAvc>

*And finally, some holiday Home work:*

*Salumet/Spirit need us in this Healing mission— please share, share, share these direct quotes from this transcript. Thank YOU :-)*

**In your healing moments, ask for help to transmute the density of energy that surrounds you and every other planet at this moment.**

The more you ask, the more help we can give.  
...keep your feeling of Love and Goodness, and most of all hope that *good*, will overtake what is unnecessary in your lives.

If you could only see that only one of your thoughts can create this power of movement and spreading wider, if only you could direct your thoughts that it is getting smaller rather than bigger...

...for every decent, good thought that you send out, you can be aware that it spreads as a loving pool and grows and **gROWS...**