

## **SALUMET - 24th October 2022**

As anticipated, Salumet spoke this evening—audio link:[http://www.salumetandfriends.org/app/download/12033653/2022\\_10\\_24+salumet.mp3](http://www.salumetandfriends.org/app/download/12033653/2022_10_24+salumet.mp3)

Sabine: Good evening Salumet and welcome. Good evening.

All: Good evening.

Each time I join with you, my dear friends, your energies are so much stronger.

Paul: That's good to know! (*Agreed*)

Not only are the energies stronger, but as individuals, you feel this powerful Love, which encompasses you all. (*Thank you*) I know sometimes little doubts creep in, but there is no need for any doubt, because your Spirit is strong and I wish to say to you all, allow that strength of Spirit to grow; allow each spiritual thought that you have, allow it to double in size and I ask, my dear friends, that you allow the Love of all that is good, to grow within you.

We feel at this time, that it is appropriate for you all, to stretch your wings a little higher, to become those individual users of Love and Energy. We know some of you are still a little afraid of going deeper within yourselves and this, my dear friends, I ask you to cultivate more readily, to be assured that what you feel is really LOVE from Spirit; therefore, there is no room for any doubts. I know you feel this strength of Love, is that not so? (*Agreed*)

I believe you were able to feel it a little more, just the last time I was with you.

Paul: Yes, that was a beautiful person came through, yeah.

I would say to you, my dear friends that it is time to break forth and allow the Love of Spirit to lift you up even higher; to know for yourselves the power within and to know that what we as Spirit bring to you, is indeed the Truth. I used those words to you many, many years ago—Truth. But the choice is still yours, whether you believe in something or not, it is still there.

Now, my dear friends, do you have any questions this time?

Sabine: I do have a question in regards of, I know that what's going on in the religions probably started from the Truth somewhere and I'm talking about the *Holy Spirit*. I'm not sure what it really is. Some people say it kind of 'falls' on them and they become enlightened and I'm trying to understand what the process is?

When you are ready, you will know what it means, because it is True Love which emanates from you. You will have no need of explanations, because YOU ARE the explanation, YOU ARE Love. And it is difficult to understand, I know, but when people speak of Spirit, they are speaking of their Higher Selves, the Higher Self that would enter into the land of Spirit, where as human beings, you would be amazed at the Love that lies within you. Do you understand so far?

Sabine: Yes, I guess so.

Di: So, the Holy Spirit, is *our* Spirit?

You are all Holy Spirits, some to greater degree than others, but you are still Holy Spirit. If you must use the word 'Holy', so be it—to us, it is that part of Spirit which belongs to the whole, but which very few people realise whilst upon the Earth.

Sabine: That makes more sense now, thank you.

It is a growth, you understand? (Yes) You will know when you have moved forward in Spirit, you will know that your understanding is good, and you will know that that is what is meant for you at that particular time of life. (Thank you.) Do not be too worried about the use of the words, it is what you feel that counts. Are you sure you understand?

Sabine: I think so. (*Good.*)

Martin: I have a question, I was looking back at the teachings from the past about illness, I was specifically wondering about mental illness, which I assume is part of it, but it seems such a sort of insidious creeping thing that can affect anyone, I wondered if you had any advice for avoiding it ourselves, also for helping others overcome the difficulties?

Yes, it is a dizzying topic, is it not, especially in your world this day? Mental health—you know full well that you have a brain, which belongs to the physical and you have a brain that belongs to Spirit. What I wish to say to you is, you must not confuse one with the other. There is such a condition as mental health—but you all know that also; but you ask how can you prevent it, or help you with it? You can help yourselves, you can help yourselves by meditating daily. You can meditate for as long or as short as you

so desire. You will never eradicate mental illness, whilst you are alive on earth, because it is a human condition that has been brought on by you as human beings. You understand that? *(Agreed)* Yes, you must go to listen to the thoughts and the feelings of people who suffer in this way. I cannot tell you that a magic wand will wave and all mental health will disappear. Whilst you survive on the earth planet, there will always be a degree of unrest or dissatisfaction. You understand? *(Yes)* I feel you do not, but let me say that all you can do is be in touch with the Great Creator every day of your waking hours and ask for help. In that way, whoever is suffering and whoever is trying to help, will feel the power of the Love—that is the way forward for mental illness.

Martin: Thank you.

Sara: I can vouch for that too, with someone I know who's had very severe mental illness, but because she believes in the Great Creator and because she does try to meditate, she's really helped herself a lot.

Yes, again it is the power in your own hand and thoughts. The human being creates many things, which are unnecessary for their lives, and I would say only this, my dear friends, anything that is said and done in the name of Love, will always be a benefit to you. There are also so many reasons why mental health captivates the human—too many to go into here, but I would say, continue to give help in your words, give help in listening, give help in taking time with people in distress.

Graham: I've noticed that some friends that suffer from mental health issues, seem to need to do an overwhelming need to do a lot of talking and I guess that's perhaps part of their healing, *(Yes)* just listening to them?

Yes, you must allow this energy to leave the body, by word or sense or feel, but you cannot have it laying stagnant.

Di: We must find the time to give to these people *(Yes)* and that's one of the hardest things for us humans to do really.

One of the hardest things, I would say, is to take care of yourselves, before you try to take care of others, because the Love and the energy which you feel within yourselves, transmutes into what they need.

Di: So again, it's back to making sure we have that time to meditate every day, heal ourselves first.

It is the biggest piece of advice that I can give to you, my dear friends, but you know this, because we have

been together for so long, and always I seem to repeat the same things, but I am happy to do that, because you will be going into the world to spread the word of Love from Spirit. To help and Love is a great blessing.

Paul: It's a wonderful thought—so, the more we heal ourselves, the more others are healed around us?

Yes, you only have to look at your everyday lives—a gentle smile, a touch, a few minutes to speak to someone who is unhappy—all these things are simple, but so powerful; and this is what I now, my dear friends, I would like you to cultivate in your daily lives. **Make yourselves pure and others will follow.**

Paul: Is this how we, as you said earlier, 'reach higher'?

Yes, you will grow from these activities. It will become more natural to you and you will be able to teach others by your actions.

Paul: I have one more question?

I will take one more.

Paul: Two of us were talking earlier about 2 people who say they've got a 'negative entity' attached to them. I don't think we've asked a question about this before. I was trying to think, is this like a person who needs a rescue, and hasn't moved on, so they've kind of grabbed hold of someone and they need to move on, or is the entity actually coming to the earth?

It is not always an 'entity', it sometimes can be the way that the human being is that they do not find Love and joy in life and the darkness surrounds them. You must be careful not to place every piece of 'trusting' to be right—sometimes it is the human being that has created the darkness and it need not necessarily be an entity. But again, talking to that person would be a wonderful upliftment for them, but like all things in life, it is wonderful to show people how good things are in their lives.

Paul: Yes, and presumably would that be the way, because if there were a darkness around them, or an entity, the antidote is always Love and Light? Yes, it is not as simple as that, as I put into words, but you have to firstly check that it is not a physical illness, because the two remain very close; you must be sure it is not a physical illness that needs help on the earth, you understand?

Paul: Yes, that's another explanation, and if it was something...

You would be guided if it was a spiritual darkness— help is there within you to give. If it is a physical illness, then there is enough knowledge on your earth at this time to help others and they should recover quite nicely. Does that help?

Paul: Yes, thank you.

Now, my dear friends, it has been good to be with you. There is so much we have spoken of and so very little more that I probably can bring to you, because you cannot understand the more complex of life. So I say to you, thank you for your time and I hope that when I come to you next time, you will have practised some of the things that we have spoken of. (Agreed) But, as far as we are concerned from here in Spirit, you are approaching the next step of life.

*General thanks for all that is given.*

Now, my dear friends, until we meet once again, I leave you with my Love and Joy.

*Thanks and Love*

*Graham then took us on a meditative journey of Love—audio link:*

[http://www.salumetandfriends.org/app/download/12033656/2022\\_10\\_24+Graham+med.mp3](http://www.salumetandfriends.org/app/download/12033656/2022_10_24+Graham+med.mp3)

*This is an exercise to help expand your love—it follows on to what Salumet was saying.*

*I want you to take a distant view of the Earth; so you are up above the Earth and you are looking down at this beautiful blue planet; there it is, in its perfection, in front of you. And that is the key word, PERFECTION, because everything that manifests on our planet at the moment is part of a greater plan, and that plan, is perfect.*

*As you to focus your Love towards the planet, you will become more attuned to all the people on the planet at the moment, all the different things that are going on, the emotions, the hurts, the angers, the forgiveness, the reconciliations, the moving forward—all these things are perfect, because it is part of our growth.*

*So now try to think about focussing your Love, it may help to hold the planet in your hands; so mentally, extend your hands forward and hold the planet in a loving gesture between your hands.*

*Your planet is a ball of Love, manifesting in all strange ways, that is not for us to understand. Sometimes what people do is obvious, other times what people do is not so, it's more hidden, but ultimately we are all on a spiritual journey of Love.*

*As you hold the planet in your loving caress, bring the planet toward your heart, extend your Love into the planet, feel your heart reaching out, feel that bridge of Love between you and this beautiful planet.*

*The energy may feel like warmth, it may feel like a colour, a feeling; this is your planet, you are part of it and it is part of you. As you do this exercise, you feel the vibration of the planet start to rise. Inevitably we are drawn towards God's Light, inevitably our planet is rising in its vibration, as we all seek that light. We will spend a minute now to feel that energy, that loving energy towards our planet and everybody that's in it. (Pause)*

*And now having completed that exercise, once again, stand back and look at our planet. You've held it to your heart, it's a powerful experience. Perhaps a little exercise every time you feel things are a little dark here or there. This is a planet of Love, it is perfect, everything manifesting is perfect, it is all part of God's plan—we can't judge anything, but we extend our Love.*

Notes:

*A common theme of recent meetings has been to encourage us to go deeper into ourselves and into Love: 2022/10/10:*

*...human beings are more concerned with how they work, how they meditate, instead of just BEING LOVE. You ARE LOVE! When you are in that state, you are PURE LOVE, you are joining with those of us in Spirit 2022/09/12: A deep meditation, leaving us bathing in great peace—audio link:*

[http://www.salumetandfriends.org/app/download/11993531/2022\\_09\\_12.mp3+Med+journey+one+via+Eileen.mp3](http://www.salumetandfriends.org/app/download/11993531/2022_09_12.mp3+Med+journey+one+via+Eileen.mp3)

*And Salumet adds this time (2022/10/24): Allow that strength of Spirit to grow; allow each spiritual thought that you have, allow it to double in size and I ask, my dear friends, that you allow the Love of all that is good, to grow within you. We feel at this time, that it is appropriate for you all, to stretch your wings a little higher, to become those individual users of Love and Energy...*