

2023/03/13-Salumet

As expected, after healing prayers, our teacher Salumet spoke for the first time this year. We also had a new guest this evening—audio link:

http://www.salumetandfriends.org/app/download/12176677/2023_03_13.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

As always, we are pleased to join with you once again.

Paul: Thank you.

Firstly, I wish to thank the gentleman who visits us this time. He is a little lost at this moment in time. I have to say, he is searching for something he already has—whether he agrees with this or not, this is part of his problem. He becomes so overwhelmed with all that is good from Spirit and yet, he still seems to be very puzzled. Would you agree with me, my dear friend?

Brian: Yes.

You have been seeking for quite some time, and if you would allow us, we will also try to help you, help you to understand what life is all about. You would wish that it could all be speeded up, but the lesson of patience is a very good one.

Now, my dear friends, let me speak with you all. It is such joy when we come together, because, my dear friends, you listen quietly, to the words that I use, not only my words, but the conglomeration of words—but you know all about that. I wish to say to you, that as the year begins to become older in time, so there will be many changes happening within this group. Please do keep my words for what has been said this evening. Is there anything you wish to ask, before I speak again?

Pause

You have all become very quiet!

Chuckles

Yes, there is nothing to be afraid of, so let us have this conversation.

Sara: Could I ask Salumet about last week, I had a new experience in this group and I was very happy about it, but it took all of us a little by surprise, because it was quite a powerful and intense one. I wanted to ask whether you would

be able to say, if it would have continued to be a rescue, had we not been so surprised, or whether it was enough just to release the *fear* that the Spirit had?

Yes, the energy that you had last time, was indeed quite strong and we had picked up your energy, saying that you wished to be used, but yes, you are correct, my dear friend, it was a little too much for that one time. But you must not—try not to be alone when these things happen, and I know you will be sensible.

Sara: Yes, I'm very happy to be used.

Yes, that is what it was all about, (Thank you) because your permission was given, we were rather overrun by Love and wishing to help you, but I would say to you, continue with the work, you have many around you who are here to help.

Sara: Yeah, thank you.

Are you happy with that answer?

Sara: Yes, very happy, thank you.

Paul: Any other questions anybody?

I have never known you so quiet—no questions?

Mark: I was wondering about, it occurred to me that when we experience any kind of pleasure, if we smile, if we have a *massage*, our brain releases endorphins, and that makes us feel good. Also, if we experience *pain* or *stress*, our brain releases endorphins, which is a chemical which uplifts us. I was wondering whether *spiritual* upliftment is the same, or whether the upliftment came in a *different* way, in a more *energetic* rather than a *chemical* way?

Yes, I understand what you are saying—yes, all of these powerful energies belong to the earth plane, if you can understand, so in a way they are different and yet they are not. It is not wise to try to discern whether one thing is better than another—it is better that you accept what is given to you by Spirit and you cannot have one thing without the Spirit helping you. So yes, the endorphins that you mention, are powerful tools to keep human beings happy, but you can go *beyond* this, into the *Land of Spirit*, shall we say, into the land of HOPE, without too much being questioned. Do you understand? (Um) No?

Mark: Well, my understanding was, when you talk about going to the 'Land of Hope', are we talking about...

When you are using endorphins, it belongs to the natural course of life—the human body. The human body, is just like a cloak, as you know, for the Spirit. So, I would say to you, embrace them *both* and have the understanding of what life is all about, which you *can do* at any time, there is nothing to stop you. In fact, I would say, you have all the power of Spirit behind you, when any of these things occur. I hope that will help you understand.

Mark: Thank you.

Sabine: Does that mean when you think about an event that made you really happy, you actually still *feel* like that, even though the endorphins aren't released anymore, is that what you're saying, that in the 'Spirit Land', we sort of *feel* it? **You are responsible for all your conditions health-wise and just physically. I would say to you, try to bring together the feelings of the *physical* world and the *spiritual* world—there is nothing any simpler than that. So, I say to you, do not worry too much, because when you speak of endorphins, you already have that capacity to smile and to live life to the fullest. After all, we in Spirit come to help you at all times of your lives. It may be for a short time there may be a space, but it is up to you to know and to accept. Does that make sense for you?**

Sabine: Yeah, we come again to the same thing of the Power of Thoughts—thinking it's healthy and thinking it's all very well, **(Yes)** then it *will* be, and it *is*.

Yes. I will take one more question before I speak to you.

Graham: Could I ask a question about life reviews, because I've been reading about life reviews a little bit. I was wondering whether a life review, as something that happens soon after you've returned to Spirit world, is this a *solitary* thing, where you're on your own and you're spoken to by an advanced being, or is it something where friends or family or people that you're close to share with you—is this a *shared* experience of a *solitary* experience?

When first you come to our world, you retain the feeling of the human being that you have been upon the earth; (Yes) that is in order that you recognise loved ones and people that you have known whilst upon the earth. It is a natural happening and that is why it is done; but you do not need these overcoats of energy—you are who you are—Spirit, purely and wholly and carefully—all of it belongs to the Spirit world, and you know that you are Spirit through and through. (Yes) So, I would say to you, accept what happens on your next journey, look beyond what you have now and try to make sense of what is ahead of you. (Right) Does that help you? But you will never remain the same, once those loved ones have made contact with you.

Graham: I could imagine that, yes!

In fact, many people like to say they will have a *party*.

Smiles/chuckles

So, I would take their advice, take the Love that they bring to you, to try to help you, yes.

Graham: Yes, there's obviously a period of adjustment, there are many changes, I should imagine.

You spoke about levels earlier, that is a phrase used by many: 'We're on to level 2, level 3...' It does not quite make sense to me, because levels mean cutting themselves off from the whole, and that is not what you wish to do. (Agreed) Yes.

Graham: Yes, we are part of a huge...

You will never have full understanding of what is to come and what is to happen, but what I can tell you is, the Love and energy that you *feel*, will always stay with you, it will never come back to earth in that state of mind, you will continue to grow—at all stages you will grow, yes.

Graham: Yes, I do feel at times, very powerful, beautiful energies inside me—very excited and *extremely* happy—it feels almost *unbearably* happy sometimes. **(Yes)** I'm sure it's part of this group, but...

But that is very good for you to feel that, it means you are allowing the Spirit to *flow*

through every part of your being and you can only go forward from there.

Graham: Yes, I could imagine that, yes, it's a wonderful feeling.

It is indeed, and I can only tell you that it gets better, without trying to explain the beauty of it all.

Graham: Yes, we have much to look forward to. **But do not wish away your own human lives.**

Graham: No, of course not.

There is still joy, and happiness there and who knows, you may have returned to help many people and...

Graham: I find that you see beauty everywhere, more and more so, you see beauty, even in places that once would have been a negative place, but you feel that energy everywhere.

It is very good, is it not? (Yes) Yes, I will leave you with that feeling of happiness and joy, yes. (Thank you)

I will take one more question.

Natalie: Could you confirm, I was told the other day I should use amethyst crystal, to sleep with it under my pillow, or near me, to block negative intuition. **(Yes)**—could you confirm whether that's true or not, please?

There is much controversy amongst all of these things and these beautiful stones have their own energy. Amethyst has been used by many on the earth-plane for many, many years; if it helps you, then I say use it, but do not forget that you have your own energy that can deal with these many problems. I want you to realise how powerful each and every one of you are, not only for yourselves, but in teaching others upon this earth-plane, yes. There are many ways of resting in the night time on earth—it could be a stone, it could be music, it could be communication. We have to leave something for you to do. Yes.

Natalie: Thank you.

I hope that helps—It will not harm you in any way, but I just want you to realise how powerful you are, without anything to hold you back.

Natalie: Okay, thank you.

Okay, I think on that, I will leave you for now.

Paul: It sounds like there's some *changes* you mentioned earlier for this group—things to look forward to, or just changes?

Well, we will come to that a little later in your year—yes, there are changes coming, yes.

I ask and I pray for you all, to help those in your world, who are suffering so much at this time. I have not forgotten them and here in Spirit, we have much help, extra help at the moment. So, take our blessings with you, wherever you may settle, until we meet again.

All: Thank you/our Love goes with you.

Notes:

Life reviews:

Further information about life reviews, mentioned earlier:

1998/01/12: Ernest, a quest speaker:

Yes, that's the traumatic part of any passing, and that's why we have people such as myself, to stand by to offer help, if we're needed...

To help buffet you and surround you and help you over—probably the shock, because most people are shocked at what they haven't done. Yes, it's not what they have done, it's what they haven't done and all their missed opportunities. It's a very big shock I tell you and of course it's very traumatic for many; there are many tears, because we do have tears—It's not all happiness to begin with...

And when that's done, I expect the party begins...