

11<sup>th</sup> May 2009

*Our last reported meeting was 20<sup>th</sup> April. There was no meeting on the bank holiday, and Eileen was in Spain for one week with the Ray Brown healing group. This healing group travels to Spain twice yearly doing wonderful work. On this occasion, Salumet came through, spoke to those present and answered questions. During the healing sessions, there was amazing psychic surgery to straighten a spine, suddenly putting an end to years of pain. Also, Paul has returned from several months travelling in Thailand, where he experienced an organic gardening and seed-collection project, and earthen building project:*

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

George: And can I just say that all present are very, very happy to hear that Salumet has spoken in Spain to the healing group...

**Thank you, my dear friend, but I am happy to be back here with you all.**

Lilian: We're happy to have you (*back*) and Eileen.

Sarah: Very happy!

**Firstly, this time, let us welcome back the one known to you known as Paul and also our dear lady friend (*Jean*) we have not seen for some time.**

Paul /Jean: Thank you!

**I feel that the gentleman has come back to us, rejuvenated spiritually.**

Paul: Yes, it was a good period for spiritual thinking (**yes**) and rejuvenation. Thank you.

**Yes, it is good for each one of you to have some spiritual time. Is the lady ok? (*Sara had left the room coughing*) I will see what we can do for her. (*Thanks expressed*) It would not be we feel inappropriate, my dear friend, if you were to place your hands on our dear guest (*Jean*) this evening.**

Lilian: Yes.

**It would help her head if you would do so.**

**I feel as we have come together once more, that I will take any questions this time.**

Sarah: Could I just say—this isn't a question, it's just of interest really: You told us that we should look to the seas and we would get some more information and knowledge (**yes**) and I was reading in the paper that they have found that a fish called a zeta fish has neurones in it that they think they may be able to use to help people with

motor neurone disease (**yes**). So that's one of the examples, I'm sure, of what you said to us...

**Yes. Just be vigilant as time goes on. There is much to come.**

Sarah: Yes.

**Mankind is looking now, for all new ... searching for helping their fellow-man and that spirit alone is very good; but thank you for bringing it to the attention of others.**

Sarah: Not at all, I found it of great interest, especially after what you'd said, so thank you for telling us.

**Yes.**

George: Yes, it occurred to me recently that there is a great 'order' in natural things looked at scientifically: The chemical elements—hydrogen, helium, lithium, beryllium and so forth. Each element increases by one, in terms of charge on particles in the nucleus. Similarly, in physics, the frequencies are very orderly in their increasing through the bands of frequencies. Eventually, scientists will get more into an understanding of spirit, and, I just wondered if they are likely to encounter a similar degree of 'orderliness' within the spirit domain and what makes it up. Does that question make sense?

**Yes, of course, my dear friend. Let me first say to you that all of creation is orderly, as you say.**

**Without it there would be chaos—I believe that is one of your words that you use (indeed), yes. Your scientists ... physicists ... all of your 'ists' in your world (*Chuckles*) are looking and searching for more knowledge. That is the nature of humankind, that is part of being human, and yes, there has to be order within spirit, as I have said. Your scientists will continue to discover more and more, but infinite knowledge will never be made known to them, because of the very fact of being human. But there is still much that they can discover about spirit and the continuance of the life force.**

George: And I suspect in passing over to spirit, they may well continue to discover more.

**Yes, that desire will most likely stay with them, in order for them to discover more; of course, that would be a natural progression for them.**

George: Thank you.

**But, whilst they are absorbed with seeking and finding, they really are losing what spirit is there to teach them about; but the time will come when they will find satisfaction to their questions, and only then will they be able to let**

**go of that seeking. I hope that has helped you, my dear friend.**

George: Very much. Yes thank you. I feel more and more these days that 'Spirituality', 'Religion' and 'Science' are all three coming together rather nicely.

**Yes, there has to be progression—there has to be. We cannot stand still and neither can your scientists stand still, because they have inquiring minds and remember that those people have, in part, been responsible for much good knowledge—yes you cannot forget that.**

George: No, that is very true. We seem to have gone through a period of having, shall I say, three separate camps (**yes**), but I think there will ultimately be a great advantage when all three come together.

**Yes, that recognition of going forward, my dear friend, is slowly, I say *slowly* beginning to take place, yes.**

George: Yes, it's good to have your confirming words on that.

**Yes, but remember that time is not the same in our world. I hope that helps you.**

George: It does indeed. Thank you very much. **Do we have any more questions this time?**

Lilian: Paul?

Paul: Yes, I did write one down, but I think I can remember it. You've talked a lot over the years about 'the power of thought' (**yes**); it's a central part of your teaching (**yes**). I have been reading about how thinking attracts other thoughts. Some people use the analogy of a magnet; your thinking attracts other similar thoughts to you. It has been described as the 'Law of Attraction', whereby what you think begins to affect your reality around you.

**Your thought my dear friend, creates your reality, it is so powerful, yes.**

Paul: Yes, and you've always stressed the importance of monitoring your thoughts (**yes**), keeping a check on them and changing them where necessary. One other idea that I read about connected to this is using your feelings to help monitor your thinking. So if you are feeling negative /unhappy, then that should tell you that you are not thinking the right way. So whenever you're feeling unhappy or negative, you should always go straight to your thinking and try to change it to being positive.

**Yes, do you not feel my dear friend that negativity of your thought creates the feelings?**

Paul: Yes.

**Yes, it is a two-way mirror, where one affects the others. All negativity of thought should be dispersed as soon as possible, because of the power that lies behind them. So it is one or the other.**

Paul: And if we then try to start focussing on the more positive thoughts ... and one idea is that we try and think about things that we want, because in focussing on what we want—not focussing selfishly on things that are material necessarily, but if we can connect with what we really want to be doing in life, then that would put you in touch with your guides, wouldn't it?

**Of course, one thought my dear friend, can place you before your guides and helpers. The power of the thought is all-essential in creating your reality.**

Paul: Yes, so I think sometimes we feel that we are being selfish if we focus on things that we feel we WANT in life, but...

**If your desire is spiritually-based, if it is to help you to attain greater spirituality, growth, understanding, love ... then that cannot be selfish. Yes, so of course, I have always told you that the power of your thought is the most powerful force that you possess.**

Paul: Yes, and it seems to be a useful tool to think about, so when you're feeling bad or unhappy, that's the time to change your thinking.

**You can only feel bad, my dear friend, if the negative thought is already in existence. So, I would suggest the negative thought comes first, then the negative feelings. You understand? (Yes.) But, if you are not aware of the negative thought, then of course your feelings will then help you to understand and to change that thought pattern.**

Paul: Right (**yes**). And are these feelings sometimes coming from our guides who are nudging us with our feelings, to change our thinking?

**Of course! They would be there to help, to uplift you in any way that they can. You, my dear friends, are never alone. There is always someone who is there to help to pick you up, to help you to recognise all this negativity in everyday living. And of course, the more you are in tune with those guides and helpers, the better and the easier your life can be. You understand? (Yes.)**

Sara: I think it's possible to feel happy in any situation, if your mind is very, very positive **(yes)**. But, I still feel, speaking for myself, to find the work that perhaps maybe you agreed to do or were destined to do, then I'm sure the happiness is greater still. Would I be right in saying that? **Of course, if you are happy in your everyday world, you will attract those people to you that will bring greater happiness; like does attract like, in the same way that negative forces will always attract that negativity.**

Sarah: So those people who are a bit depressed, and I am thinking of one particular person—a *young person*—how could...

**Because, spiritually, my dear friends, it is a selfish emotion that creates these feelings of darkness and doubt.**

Sarah: Ah right! Yes, I think you have told us that before.

**You understand?**

Sarah: Yes, so if that young man could start thinking about somebody else, it would probably lift him out of it.

**Yes, of course.**

Sarah: And what about stress—maybe not a selfish stress—you may just be stressed and worried about somebody else or whatever **(yes)**, ... is that also a bit negative?

**Of course, you all have freewill. You all know and understand that stress can be relieved. And you know my words that the best way to relieve any stress is to go within, to join with those who stand close to you—listen to that inner voice which is always ready to help you.**

Sarah: If there are people who are stressed who don't believe in spirit **(yes)**, can they help themselves at all, or do they just need to change their thinking?

**They sometimes need help and of course, as I have said earlier, no one is ever completely alone. So there sometimes happens that they receive a feeling of determination to help themselves, and that comes from spirit. You understand?**

Sarah: Yes, so probably if we asked for help and healing for them...

**Yes, it will be received, of course and help (made) available to them.**

Sarah: Yes, thank you very much.

**Yes, but each one of you, my dear friends, are responsible for your lives, for those thoughts that you send forth and of course, people such**

**as yourselves are good for sitting quietly and listening to the help available to you. Others are not so fortunate and may struggle just that little bit more. It is therefore good, my dear friends, that you sit quietly and send those good thoughts out to them and to our world that we may come closer to them. It is a great responsibility for those of you who have knowledge, because unless you utilise that knowledge, you will not go forward.**

Sarah: Yes, thank you for all the reminders that you keep giving us.

**Yes, I begin to sound sometimes, (like) what you call an echo.**

Sarah: Well we like your echo.

*Laughs*

Lilian: We need it!

Sara: Salumet, could I ask you a question?

**Yes.**

Sara: A friend of ours, called Gary Samdaliri asked if you could give him some advice regarding getting back to good health, because he's been suffering from ME for a few years. I think he wonders if it's past-life-related. I don't know whether you would be able to give him any advice?

**Please repeat his name.**

Sara: It's Gary Samdaliri. He likes to channel.

**Yes (Pause) I do not find a past life connection with this one. I feel my dear friend that at some point in *this* life, there has been some trauma, I feel at an early age, which is now resulting in this condition**

Sara: Yes, I wondered that too, actually.

**Yes, we will send out thoughts to him to help him. It is debilitating for many people in your world, but again I will stress—and it is part of what we have been speaking about—it is about '*right thinking*'.**

Sarah: Right Thinking?

**Yes. I hope that will help.**

Sara: Thank you, I will pass it on to him.

**He must ask for help.**

Sara: Yes, I think he has gifts actually, for spiritual work, which he would probably like to develop more.

**Yes, he needs to have more contact with those guides and helpers, who will then help to strengthen the physical body, in order that the work can take place.**

Sara: Thank you for that.

**But he has a responsibility to do so—to adjust the thinking to that physical body.**

Sara: Yes, thank you. I'm sure that will help him a lot.

Sarah: My daughter, Emily also had ME. She's been a few times here (**yes**). She had physical help, but that actually has changed her thinking (**yes**). I don't know which came first; whether her thinking started to change or once she had had the physical help, *then* her thinking changed?

**Her thinking had to change before there was any change within the physical being. Until that spark of inclination to be well is there, then the body will not recover, but of course, that is why you have physicians on your Earth, to help those in need, but initially, that spark comes from within.**

Sarah: I also feel with her that maybe she needed that help for that spark to come (**yes**),

Because she's certainly grown enormously since.

**And she will continue to do so, provided her thinking remains the same.**

Sarah: Good, thank you, that's nice to know.

Sara: Salumet, could I just ask about the lady I sing with, who dances—Kate. I feel such a strong connection to her. Have we been together before? Kate Kulahan.

**Any strong bond of spirit is a sign of recognition. I cannot at this time tell you what, but it normally indicates recognition, yes.**

Sara: Thank you.

**And now, I feel for this time, my dear friends, that we will close this evening and ask our dear lady who has just spoken, to take us on a little journey to close our meeting this time, if she is happy to do so.**

Sara: Yes, I am happy to do that.

**As always, dear friends, I leave you and know that until we come together once more, I encompass you in great love and light.**

*Thanks from all*

*Sara's Meditative journey:*

*Audio link:*

[http://www.salumetandfriends.org/resources/2009\\_05\\_11+SARA++7+mins.mp3](http://www.salumetandfriends.org/resources/2009_05_11+SARA++7+mins.mp3)

*I want you to imagine that you are walking down a country lane. It's the middle of the day ... about 11 or 12 O'clock. All around you it's beautifully green and lush. Spring and signs of summer are emerging. It's very peaceful and you are alone, except of course you are not alone. There are those around you in spirit. And as you walk down the lane, you come upon a little clearing that*

*takes you into a wood. It's a very enchanted wood and as soon as you walk into the leafy glade ahead, you see big, big clumps of bluebells of the most beautiful shade. You decide to sit on a tuft of grass that is just near the bluebells. You sit down and make yourself comfortable. You breathe in the beautiful smells of the green grass, the ferns, and the bracken; the fresh spring smell of the wood. You sit down and you breathe deeply and as you look around you, you suddenly become aware of some lights dancing. You stare ahead and you become aware of elementals and fairies. Then you see these beautiful colours: pastel pinks, lilacs in their wings and pale primrose yellow and the lights are shimmering as they dance and twirl around you. You think you have never seen anything so beautiful in your life. You stare transfixed as these fairies dance around you. You don't want to break the spell, and as you sit, you can hear the birds twittering in the trees. It is so peaceful and as you become aware of the beauty around you, it makes you aware of the tremendous beauty that is within your soul; the delicate beauty that is within you, the ability to be sensitive to all of nature and all of life. And you see that those colours around you, those beautiful tints in the fairies, in their gossamer wings; you see that the same beauty is within you. It inspires you. After a while, you decide to close your eyes and go within yourself. You sit and listen for any guidance from your guides. Do they have anything to tell you? Is there anything that you might want to know? Is there anything that you might want to do? So you sit and listen for a message. And when you feel that you have received your message, you slowly get up and leave the enchanted wood and walk back down the lane and you are home again.*

*George's Notes:*

*Seek and ye shall find ... but...*

*Whilst much admirable work carried out by scientists has yielded wonderful information, there is the implication that it is all intellectual, the output of physical brainwork. The other approach is of course, to go within and allow the spirit to connect. The entirely physical approach is often lengthy and makes hard work of it (but is considered acceptable). Some scientific discoveries have nevertheless been made from within. As an example, it is said that the structure for the 'benzene ring' was intuited by the chemist Kekulé while daydreaming on the top of a bus!*

Power of thought:

*Salumet's favourite subject and rightly so. The above teaching makes very clear how thought controls our livelihood through its spirit connection. Paul's question was prompted by a book he has been reading: 'The Law of Attraction', Esther & Jerry Hicks, Hay House.*