

14<sup>th</sup> September 2009

Lilian: Good evening Salumet.

**Good evening.**

All: Good evening.

**If I took a little longer this time forgive me, but I was most interested in what you have to say.**

**Each time I come to you it never ceases to amaze me how much your love and compassion for your fellow man has grown. To you, my dear friends, it has become part of this gathering together—to give thanks, to ask for help for others, with little thought of yourselves.**

Lilian: Well I think we'd all agree it's partly thanks to you.

Sara: We've had a good teacher maybe?

*Agreeing laughs*

**I cannot do that—you have done that for yourselves. I perhaps have lightened your way perhaps, but if it does not come from deep within then it means nothing, and each one of you, my dear friends, glows brighter as time continues. I would like to welcome back our dear friend (*Rod*) who has been absent for some time.**

Rod: Thank you very much Salumet.

**At times you have been weary and asked for help on many occasions, but remember my dear friend, help comes in many guises. It is not always so obvious to those in need. But we have never been far from you, and it is good to welcome you back into this room.**

Rod: Thank you so much. I appreciate those words, and you're right—I sit on the edge of the bed and thank everybody up there for helping us, including your good self sir.

**I thank you too. Now, as I have listened to all those words, wishing comfort for others and listening of course about the other planets, I think you would agree with me my dear friends, that life now for you on this Earth planet seems quite 'insular' when so many others exist—**

*General agreement*

**—And having that knowledge that understanding can only help you with your own spiritual growth, and this is what is happening to each one of you—maybe in your own way, in different ways, in your own time, but nevertheless it is happening.**

George: Yes, in a way it's a joy to have that awareness of other intelligences.

**Yes, and you have already become aware of others who have this information (yes). Yes, it all comes together does it not?**

George: Yes, and 'insular' is a nice, interesting word (**yes**) and I fancy we could be viewed by *some* others as 'most peculiar'!

*Chuckles*

**I do not advocate *that* word.**

George: We have things to learn on this planet, but then it is a learning planet.

Sarah: It always makes me laugh when the scientists say: I wonder if there's any intelligence out there?—anything that might be comparable with us—thinking that we're the most intelligent, whereas we know that we're the least!

*Laughs*

**Yes, we will not disenchant them. They also are working at their own rate, and I have to tell you that many who are walking that pathway are making great strides, especially with the help of those in spirit. There is an age coming to you when your scientists will be much more open-minded, because they cannot always deny what is placed before them.**

Sarah: I think actually it is beginning isn't it? Certainly some of the scientists are beginning to say: well, we're not sure anymore—they may not actually be totally in agreement, but they are hovering a little bit—so that's a good start.

**They are finding their own 'proof' as they call it—yes; that is the pathway they will take. There has always been throughout your many ages, people of science who have been far ahead of others, but always have been cried down for their views. This has always been and will continue to be for some time to come. But, my dear friends, I wish to say to you this time that we feel that progress has started—slowly, slowly, but we have that first footstep on the ladder of knowledge.**

Sarah: That's good to hear.

**Yes. It may not seem much to you, but I can assure you my dear friends that it is so. Do we have any questions at this time?**

Rod: I don't know anything about this subject, but I would love to know if the people who are studying this mysterious thing we call 'dark matter', that's supposed to be keeping things organised—I do hope and pray that they are getting help from you as well, because that seems to me a big puzzle. It would be nice to know what this dark matter consists of!

## Dark matter?

Rod: I'm sorry—it's a word that we're using, yes—but I don't know what it this.

**You say it is keeping everything in order—that is not true; it is *part* of order, it does not *keep* things in order—it is part of the whole. And yes, there are many areas of existence in not only this universe, but in many of them that you will never fully understand. And it is not I feel wise at this particular time to delve quite so deeply, but I understand—**

Rod: There's probably only one gentleman here who would understand it and he's sitting by the right of you. (*George*) Oh and this gentleman (*Graham*)—for the rest of us it's over our heads. *Chuckles*

**Our dear friend of words, yes (*George*)—he is our thinker in this group—**

George: Thank you!—I'm aware of the search for a particle that confers 'mass' (**yes**) and it has been lightly named the 'God particle', which I felt was rather nice.

**Yes—are not *all* particles God particles? You are a particle—(*gesturing*) you are a particle; you are all part of what we term 'God'. But you know, to me, that word 'God' does not mean quite the same thing. But I do understand what you speak of my dear friend, and of course, throughout time and aeons of time to come, there will always be mysteries. Remember, you will never fully understand the order and life of all existence—never, never. But I do not want you to stop seeking for these things, because in that seeking, you are wider opening your minds to what is there—that is what is important, not the finding of anything else, but finding yourselves. You understand?**

George: Yes— how we see ourselves and how we fit into the equation, if I could put it like that.

**Yes, that is a good expression, yes—that is more important.**

Sara: Could I ask a question?

**Yes please—**

Sara: Recently there has been talk about 'orbs of light' which are showing in photographs taken by digital cameras (**yes**) and there are a few people who claim that they show angelic presence— these orbs of light (**yes**). Could you comment on that?

**Angelic presence has the power to re-create themselves in any form. We have spoken quite extensively on angels and such. Angels, as I have**

**explained to you, are beings who have never materialised (*as incarnate beings*) on this Earth plane. The 'others' that are *called* angels are in fact 'helpers', and people who have gone from this world. TRUE angelic beings can take any form. Therefore, within those orbs of light, of course there can be seen angelic beings. Is that helpful to you?**

Sara: Yes, in fact I have read that they have been identified as guardian angels, angels and also loved ones who've passed to spirit.

**Loved ones passed are not angelic beings, although you human beings are inclined to call them such.**

Sara: Yes, but they have identified them not *only* as angelic beings.

**Yes—but as people from this world. Yes, of course—all things are possible**

Sarah: On that score, earlier on in the spring, there was a blackbird in the garden with me and I felt a real bond with this blackbird and it had absolutely no fear of me at all. I was digging a big hole and I said come on then, hurry up if you want the worms—and it would go down in the hole, get the worms and come back. And then I didn't see it for some time, and then it came back again and this time it didn't want anything, it was just sitting there all cosy and fluffed up and I really felt that this blackbird had come back to say 'thank you' for helping to feed it, because it was obviously feeding it's young and then it went away and I didn't see it anymore and I really felt that it was somebody I knew and you did say that people come back in different guises. Would you be able to tell me actually if it was anybody I knew?

**If the bond was strong and the feeling of 'knowing' was there, then of course there was a connection. Remember that energy can be transmuted by those in our world. If that is the way to catch someone's attention, then it will be used in that way.**

Sarah: Yes, I didn't know who it was. I felt it might have been a grandparent (**No**), but I did feel—

**No, always go by that inner knowing, that inner voice which will never lie to you.**

Sarah: So it *was* then, it WAS definitely somebody?

**Yes.**

George: I believe the True Angels have various 'job descriptions,' I think that is an expression you've used in the past Salumet.

**Yes of course. We have spoken about angels, but I hope I have reaffirmed for you some of these points.**

George: Yes, thank you.

Sarah: Could I ask—this is ‘the doubter’ speaking again—Eileen said—your control said that although the Planet Glong visitor through me was using ‘Mind Projection’, I actually felt coldness—and Eileen said that if this person was purely using my mind, then it wouldn’t have affected my body. Could you just comment on that please?

**Yes, if mind projection is being used, there should be no feeling of coldness or anything else within the physical body. You only feel those sensations when someone from our world is close, or wishes to utilise your physical being. That is when. So it may be that someone was using you closely, at that same time as the mind projection was being used also.**

Sarah: Ah yes! I like to clarify everything—thank you.

*Chuckles*

**Yes, you are our doubter friend.**

Lilian: So it could have been help being given to the one using mind projection?

**It may have been one close protecting the instrument, yes.**

Sarah: Thank you.

Sara: Salumet, could I ask another question?

**Yes.**

Sara: My daughter who is only nine—I feel that she may be developing clairvoyance at the moment, because she’s seen some lights in broad daylight in a very light room and she also thought she saw a car today driving without a driver, which I have been told is possible—to see something from another dimension (**Of course**) and she does have nervousness at night sometimes, and I wonder if this is because of a developing clairvoyance?

**It is developing clairvoyance and she needs you my dear friend, to reassure her that what she experiences is not unusual—it maybe for some in this world, but as far as spirit goes it is not unusual, it is a gift that should be encouraged.**

Sara: Right I will try to do that.

**But—not to be fearful.**

Sara: No, she is very fearful at night sometimes (**Yes**). Is this because she’s ‘seeing’ and ‘hearing’? **She is ‘sensing’, yes.**

Sara: Right, I’ll have to keep her with me sometimes if it’s too much for her, because I can’t

seem to reassure her that it’s normal. She becomes very upset at the idea that there’s another presence in the room.

**Just allow things to be normal for her. It is not always necessary to use words, but to give comfort. When she feels reassured by your comfort, then—**

Sara: She’ll settle—

**But also help her to ask for her own protection, which can be in the form of a child’s prayer to her own angels of protection.**

Sara: Yes, because I think last year she did experience something, which was a little frightening and I think that’s when the nervousness began.

**Yes but keep the communication channels open—but allow *her* to be the instigator of it.**

Sara: Right. She does show remarkable psychological insight for a child of her age and I think she must be very sensitive.

**Yes, it is her sensitivity, it is part of growing—it is part of that clairvoyance that she has. Most children have the ability, but the extra-sensitive child is usually the one we try to influence; but she must feel happy in her life here.**

Sara: Yes of course—well I can certainly keep reassuring her. She’s very happy if she sees something in the daytime.

**Yes it is at night—**

Sara: I’ll just have to work on the night-time.

**Yes I would urge just some patience—allow time and allow her to speak when she needs to.**

Sara: Yes. I think my son also has this ability, has shown it at times, but at the moment it’s not worrying him. But I think he also has abilities in that way, doesn’t he?

**You will find as children grow older, they will go one pathway or another. Life will either take them to the materialistic side of life, or they will continue down the path of spirit, which of course is ideal, but many children will outgrow these things.**

George: And I guess they have these little fears and they need to address those fears.

**Of course—as an adult within this room would be fearful. I cannot tell you *not* to be fearful, but when it is quiet and dark, that is time we can come more easily to you—that is when the human being becomes fearful. It is something to be worked at slowly.**

George: Yes, I imagine it’s difficult sometimes for a child to address those fears.

**Yes, that is why it is helpful if you had an adult who could see the same things and that also brings comfort to the child.**

Sara: Yes, I have seen quite a lot of things, so I'm able to share with her to some extent, but I won't always necessarily see the same things at the same time.

**No you will not, but just continue to reassure her, make her feel she is not different in any way, that it is something she should cherish.**

Sara: Yes I certainly will—thank you.

**And I will try to arrange some comfort for her at night.**

Sara: Ah, thank you so much.

Sarah: There's a lad whose mother's at the tennis club, I think he's thirteen but he's got a mental age of about seven, and he's got autism. His mother says he goes into his own world—and then he'll suddenly say something like, 'Britain is great!' And his mother will ask him why he says that and he says that it 'brings him back to life.' It made me wonder if actually he is more in spirit/closer to spirit while he's in these vacant moods. Would that be right?

**Yes, when the mind is withdrawn within oneself that is when you are closer to your spirit self, so yes that would explain the child's behaviour.**

Sarah: Right—yes. (*Sarah gave name and partial address.*)

**It matters not who the child is, think of them as spirit and what is happening, and in many conditions where people are fearful for others, they are being cared for by the spiritual aspect of themselves. So that is why you can never judge.**

Sarah: So is that why he says he's coming back to life, because he realises perhaps that he is sort of standing to one side?

**Yes, it would be an expression of the re-entry into physical life. It would be a spiritual understanding that he has—yes of course.**

Sarah: Yes, thank you for that.

**Now my dear friends, as always I have enjoyed your questions, enjoyed being here with you—**

George: We have enjoyed your answers!

*Enthusiastic agreement*

**—And the much love that you bring for each other. I feel this time and whilst we have our dear lady friend with the beautiful voice, to finish perhaps on a little journey, if she is so willing to do.**

Sara: Yes! Of course, yes.

**So my dear friends I will leave you now—**

*George then briefly confirmed arrangements to bring a guest to the meeting next time*

**I will endeavour to be here for you. I said I would and I will.**

George: Wonderful! He will much appreciate that I know.

**Yes. I leave my love with you, those who are here and those who are absent, so until we come together once again, I will take my leave of you all.**

*General thanks*

Sara's Meditative Journey then followed:

Audio link:

[http://www.salumetandfriends.org/resources/2009\\_09\\_14+sara+journey.mp3](http://www.salumetandfriends.org/resources/2009_09_14+sara+journey.mp3)

*~ We are going to go for a walk in the country. We are starting the walk on a bumpy lane. You're just going to walk along this lane for a few yards until you come to a wooden gate. You're going to open the latch of the gate and you're now in green fields. And there's tall grass growing all around you and there's very beautiful lush green grass—and you're surrounded by wide open spaces. There's a pale turquoise sky in the distance, so it's very soothing and you take in this 'greenness' and 'freshness' of the grass and you breathe in the smell. You are completely alone and you actually have time to literally come to your senses and go within. You become more aware of yourself and your pathway and as you follow the green winding path through the grass, you become aware of the current opportunities for growth that surround you at this present time and you become aware of all the ways that you can show your love to those around you and it really is as simple as that. It's the love that you put into the work that is currently your work and that work is simply those things you need to attend to at this time, in whatever form. So you have time to reflect and you have 'space', a feeling of space around you—a wonderful feeling of mental space—nobody telling you, you must do something. You are free to reflect on what would be useful for YOUR PERSONAL GROWTH. So absorb the beautiful nurturing green colour into your aura—the colour of growth. And absorb the healing blue of the sky. Carry on walking and enjoying this truly peaceful time.*

*Pause*

*As you walk you become aware of your guides and you pause to see if they have a message for*

*you—any new thoughts, new ideas?—something new to try?*

Pause

*When you feel that you've received some kind of message, you start to return back and follow the path back to the gate. You give thanks for this time of peace, regeneration and reflection. You find the grass very soothing as you walk back.*