

## SALUMET – 10<sup>th</sup> May 2010

Firstly, our teacher friend Jane spoke, via Emily again, giving Emily further practice to develop as a young medium, before Salumet began:

Lilian: Welcome to you Salumet. Lovely to have you with us again!

**Good evening!**

All: Good evening.

**Firstly, let us welcome our visitor this time.**

(Alan)

Lilian: Yes, I'm sure he's thrilled that you've come through again.

**I do not intend to stay too long this time, but I wanted our young instrument to take advantage of the energy within the room. It helps.**

Emily: Thank you!

**As I join with you this time, I feel your energies are a little depleted, but do not be concerned. As always, we will help to uplift and make you feel stronger, before you leave the room this time.**

*Thanks expressed*

**I have to say to you that each one of you, including our gentleman friend—you all are seekers of 'Truth', but so often we hear from you: what is Truth? What *is* Truth?—it is not an easy question to answer, because I am sure you are aware, my dear friends, that one man's truth, may not be suitable for another. I have for you something which has been said to us here in spirit, on many occasions, when the subject of truth has arisen. Some lady once said, 'I know what truth is!', and as always, spirit stepped back and allowed her to take the forefront of the meeting, in order to explain what truth was. I am still amused by her reply. She said: if you take the letters of **Truth**, does it mean: 'Take **The Road Up To Heaven?**' And we, in our world were amused that she had taken such time to figure out in her own way the meaning of Truth. I can tell you, my dear friends, perhaps truth *is* the roadway to heaven, but I say to you Truth is deep within yourselves—Truth is already known. What you have to find for yourself is the element of Truth with which you are satisfied. That is *your* truth, but, as you know, I have taught you, my dear friends, that *Truth has always been*. Truth will never be destroyed, no matter how many people deny the existence of the Truth. But as you, as human beings, become more thinking and reasoning with yourselves, you begin to understand, it is not just *words*, but**

*it is feeling, it is sensitivity of life*—it is many things. So, my dear friends, I am saying to you all: please consider this time, before we meet again what you feel your own **Truth** is in this lifetime. I am sure you will be quite amazed by what you feel and what you recognise. So let us say, this is an exercise for you all—to think carefully about what is Truth—and with those words, I will take my leave of you, and allow your evening to continue. As always, my dear friends, I leave you with much love.

George: Thank you, Salumet. I'm sure we shall all think about *truth*—and our perception of it.

**It is your perception—that is the important point—yes.**

Lilian: Accepting that other people are different—Well, we will take time, my dear friend, to discuss and consider each of your revelations and we shall see just how closely in unity you are—or not—but we shall see. Now let your evening continue.

Sarah: Thank you for coming.

*There then followed communications via Sarah and Eileen relaying personal messages for the sitters.*