

SALUMET – 1st November 2010

As always the evening began with healing prayers, followed by a period of chat amongst ourselves about the difficulties encountered in conveying elements of the teaching to others, especially to bereaved ones who hold on to erroneous beliefs about death. Salumet clearly picked up on our discussion

Lilian: Welcome to you, Salumet.

Good evening.

All: Good evening.

Again, as I join with you, I am aware of the love and goodness that each of you has for your fellow human beings. Always, it brings joy to us in spirit that so many of you are willing to help others, not only by your words but by your actions. For this, my dear friends, we shall always be most grateful to you. But, as you all know, it is no easy task that you undertake to teach others of that knowledge which you, yourselves have; but that does not mean that you should not continue to sow those seeds of wisdom. I believe I have told you that if only one person is helped by you whilst on this Earth plane, you have done well. That may seem a small number to you, but imagine, if each one of you has helped only one human being in this world, how many more people will come to us prepared. And so, I say to you, my dear friends continue with your good work and know that our thanks is never-ending.

George: It's very nice for us to hear that encouragement, Salumet. I'm afraid, as a race, humans have a long history of *attempting* to spread knowledge and this includes new discoveries made by individuals and their sending out of letters and various communications, which, for years, would normally be ignored. I'm afraid there's a long history of that! And it seems to work similarly with spreading the word of spirit as well.

Again, I would say to you, my dear friend—Patience! Time, as you know it, means nothing to us. So, when you speak of long periods of time, in your world, it is but one blink of the eye. What is important is that the Truth be spread—no matter how long it takes, it will eventually, take great pride-of-place on your Earth plane.

George: Yes, I think I can speak for us all and say we are not discouraged (I know—), but we enjoy your words of encouragement.

Yes, I feel that sometimes it is necessary to give thanks to you all. You are, indeed, ambassadors of Truth, but never feel disappointed when anyone refuses to accept your word. Instead, become steadfast in the knowledge that you do know and own the Truth.

Sarah: I always remember what you said that they're not ready for it.

Of course! Each individual in this world is following their own pathway—some grow much more quickly, some are much more accepting, but that does not mean they are better people. Also, remember this, just because you know a little more, does not make you necessarily a better person, because remember, I have told you that, with knowledge, comes responsibility, which is a much harder road to follow.

Sarah: I was going to say, the more we know, the more we realise how we are not very good, and have an awful lot still to learn!

And that is as it should be. With each step, that you take, there should be that reaching—that searching for more knowledge. Yes, you are correct.

Now, I will not speak too long. If you have any questions for me this time, then please do ask them now, because there are people gathered here this evening who are wishing to work with you all, and I would say, my dear friends, please be open to them—do not be afraid of them. Their purpose is to help and to encourage you in your own development.

Sarah: I know you don't really do personal questions, Salumet, but could I just ask about Emily? She has a lot of food allergies. Could you just give her a pointer? I'm not asking you to go into too much detail, but if you could just give her a pointer to help her to help herself, that would be very kind.

You will be disappointed with my answer, and this is it: She already knows the way to go.

Sarah: Ah, right, thank you.

I know she will not be disappointed, but, because of your closeness, you as her parent wish it all to be well. She is growing, she has great understanding, and the time will come when she will look back and wonder why she felt so unwell at times.

Sarah: That's very kind of you.

The answer is with her, and although I could tell you what to do, that is not my purpose.

Sarah: No, I didn't want you to give too much detail (**no**), but telling her that she knows what it is—that's...

But she needs to go within, to find that answer, and she is more than capable of doing that.

Sarah: That's very kind of you. Thank you Salumet.

I can tell you that there are many who stand close by her who are waiting to help, who are waiting for the right time to step forward—to encourage and to help her.

Lilian: So, there has to be a right time?

There is a right time, yes.

Lilian: Yes, that's interesting. I was thinking about my granddaughter. The change in her is amazing, and talking of my granddaughter, she seems to quite understand things I've said to her about what you tell us, and she was telling me that she saw a light! Would she have any ability—it's not just wishful thinking on my part?

Ability to see—you *all* have ability to see; it is whether you accept what you see. You have to, each one of you, allow yourselves time to go inward—all answers lie within you. Many dispute those words, but I am here to tell you, my dear friends, that all of you have the answer to your own lives; all of you have the answers to all of your problems, but whether through fear or ignorance, you do not utilise these gifts. So again, I will reiterate for you that it is important if you are to be well, if your immune systems are to be strong, you *must connect* with that inner being.

George: Perhaps, we're sometimes a little too diverted or just mentally lazy—I wonder what the reason is?

Yes, all of you are too engrossed with what we have already discussed—*time*.

Agreement

Allow yourselves, my dear friends to *be*—we have discussed this also—to know who you are and just to *be*. But for our dear lady friend—your health problems will not always be.

Emily: Thank you! I do feel since I first stopped being so fixated on beating myself up and allowed myself to connect with spirit, I've found more direction again (**yes**) and think it just proves your words about spending time to connect.

Yes, you know within your heart that you have the answers, but when you are in the throes of discomfort, it is hard to connect to that life force within—

Emily: And not to be fearful as well—

And not to be fearful!

Lilian: That's the problem.

Yes it is fear I am afraid that you humans flourish on. That may seem what you call a flippant remark, but it is not meant to be. We see so much fear in your world, and you need to be free from it, if you are to be strong in mind and body.

Rod: You've got to constantly remind yourself of those words—

Of who you are—yes.

Paul: On that thought, I read something from 'Red Cloud' on that. Red Cloud said that if you have fear, it's because you're carrying some belief that is not in harmony with spiritual law. **Yes, that is correct. All of us who come to your world to teach, no matter what our teachings—and we are all different in the way we express ourselves to you—but Truth can never be altered, it cannot be changed. We may use different words to describe, but ultimately, there are only two things in your world which matter—that is love and that is fear—because it is the fear in your world which keeps you enslaved to all these difficulties. You understand?**

All: Yes.

Yes. So again, my dear friends, it is a little reminder of going inwards and connecting to that spirit within, and allowing it to shine forth with the knowledge that you have. I do not say, and never have said, that life for you will be easy. In fact, the more knowledge you gain, the more difficult life sometimes feels, because of the great responsibility you have. But again, I say to you, my dear friends, I am so pleased with each one of you, in the way you are growing and developing—each of you at your own pace, but nevertheless, you are growing on a spiritual level.

Thanks expressed

George: I wonder if I could bring up a 'flippant' question. There is a question that is often used as a joke or jest: 'Which came first, the chicken or the egg?' This perplexes people who are entirely material in their thinking. But it occurred to me that there should be a proper answer to that question, and it might be that the chicken and its egg were developed in spirit first before both came to the Earth, but perhaps there's more to it than that. I wonder if there is a more sensible

answer to that question which you could give us, Salumet.

You might ask why choose the chicken or the egg?

George: Yes, well—it applies to all life, of course. **Yes, which is a very flippant remark—and really not one to be answered sensibly; after all, when did chickens arrive in your world? The world existed so much longer. What came first before all humans, all animals, all insects—and I will use this only once and that is ‘Love’. That is the basis of your existence—and I feel I am being drawn by that word—you—**

At this point our teacher, with arms outstretched became silent for approximately 2-minutes

George: Yes, of course, spirit is the basis of all existence—

Paul: Love is the key.

I began to wonder if, although not intended, my question might have been out-of-order. Then Salumet returned:

Forgive me, my dear friends—that question drew me back a little from whence I come. I have been told that a more serious answer is indeed asked for, and I will provide it for you next time. But, it has drawn me away from you and therefore I need to leave you this time. But, we will come back to it for you.

George: Wonderful! That is much appreciated. *General agreement and thanks!*

Next, one came through Eileen, beginning with “Yes-yes-yes-yes...” Then again: “Yes-yes-yes-yes...” He explained that in Earth life he had a stutter, and this happens when he first comes through, and it is all that is now left of the stutter. He went on:

I come to tell you about what is meant to be happening. Everybody should be impressed about something for someone else in the room. Don’t worry if it is wrong. It is just the exercise which is important—yes-yes. So you (addressing Lilian) I believe are in charge of this room—

Lilian: I try to be!

Yes-yes-yes; so, each person will try to pick up information about someone in the room. You will be impressed as to who it is for and do not be afraid to speak out. That’s what I come to tell you.

Lilian: Thank you for explaining what needs to be done.

Following farewells, the exercise then began:

We voiced our various impressions, some of the more positive ones being:

Sarah (Stone buildings of Roman character (?) associated with George – who sensed a pressure while Sarah described the scene)

Emily (Big open book also associated with George)

Eileen (Concerning a pair of tight shoes, of Daphne—Eileen correctly stating that Daphne was considering throwing them out)

Ann (Concerning Emily—a square cloth or cushion-like object held by Emily. It seems that this is something that Emily holds to her stomach when in pain from food allergy.

Eileen (Seeing Paul—year 1604—possibly a past life picture of Paul, wearing nicely embroidered clothing and sitting with a heavy book.

General (There was some incidence of jewelry and a general sense of wealth in the scenes)

George’s Notes:

In the early days, Salumet had explained that, although formless, we might think of him as part of a conglomerate of beings. The analogy of ‘one facet of a much larger diamond’ was suggested to help in our understanding. And he has or shares the knowledge of the whole diamond. During the silent interval and following, there seemed to be some loss of energy. We can only surmise at this point in time that some form of communication ‘within the diamond’ became necessary—the process drawing Salumet away a little, with some energy requirement, that sadly meant ending the session. Doubtless, all will become clearer next time.