

SALUMET - 14th November 2011

Lilian: Good evening to you Salumet.

Good evening.

All: Good evening.

Pause

I hesitate in speaking with you this time, because I was feeling your individual energies, to create something which so far has not happened. There is some positive energy with you *all* this time, which has not always been available to you; so from our point of view, it is most interesting to watch each one of you glow as a candle would glow. As, my dear friends, we approach the end of another one of your Earthly years, I would suggest to you that you look back just for a short time to see just how much you have grown. We know sometimes that some of you feel that not much progress has occurred. That is *not* true. Each one of you—not only those here, but those who have been within this group, have grown so much; but I wish tonight to reiterate some of my previous words to you. You have to ask, my dear friends—you have to ask for our *help* in your unfoldment of spirit. It is not enough to know that we are close by. Without your permission we cannot help you further, so it is imperative that each one of you thinks deeply about who and what you are—but not only that, but where it is you are heading. You could all stay still and be pleased with what you have achieved, but it would, my dear friends, be in your own interests to ask for that help in your spiritual unfoldment. There are so many who stand close to each one of you, ready to help in any way that they can. So this time, I want you to think just a little more deeply about what you wish to achieve. It is all there before you, my dear friends, but it needs your freewill to become *activated*. I hope you understand my words (yes). Would you wish to comment on what I have just said?

Sara: Yes, thank you Salumet—that's just what I needed to hear, because I had been wanting to progress myself, and sometimes feeling that what I want to achieve is quite a big task, but now you've said the words, I feel I can achieve it. But I do need the help—so thank you for that!

Yes.

George: Yes, I'm sure we all give thanks to that. I feel that we are all moving forward within this group. I feel also that the planet is moving forward and there is an interesting fact that has recently emerged. The one kilogramme platinum planetary standard in weight that was set up in the year 1889 has lost a small amount of its original weight, and scientists cannot explain this. I feel we have covered this ground in our Bonniol conversations, and we have learned that, *as the spirituality of the planet increases, then densities decrease*—and I feel that this is an important event and possibly a trigger for the scientific community to think more deeply.

I understand what you say, my dear friend. Let me just say this to you. Always, you are so surprised when something is said that we have already told you. You never cease to be amazed in the most human of ways, about these small matters. All of energy is forever transmuting—changing in many, many ways—in ways that you may never understand. And of course, I would say, it is always welcome news when your scientists have some proof of what is happening.

George: Exactly!

Yes, I understand why you feel that this one detail is so important.

George: Well, I feel delight (**yes**) in that there is proof, which they are likely to see as tangible.

Yes, it is a long time coming—it has happened in the past, and it will continue to happen in the future—but your *infantile joy* gladdens me.

Amused chuckles

Sara: I get lots of infantile joy from synchronicities, sometimes (**yes**), and I had a very nice one this week. I took a book from the library by David Wolf. He's written about 'Super-foods and Nutrition'. I don't know if this is a name which resonates with you?

It matters not.

Sara: But anyway, I phoned a friend in my enthusiasm who likes him too, and she said: 'Oh he's coming to give a talk in our shop tomorrow'. He travels all over the world, so that was quite

synchronistic for me, but I do get excited about these things.

That is because you are only human. Only the human species allows themselves to become so over-excited by what to us is quite normal. (Chuckles from Sara) I'm sure you understand (yes). But your scientific community will always discover many facts, which previously they had denied or doubted in many ways. So yes, continue my dear friends, to feel your joy at these happenings, and know as I have always told you, to accept that not all things can be proved to your scientists, because their hearts and minds are sometimes too closed. You understand?

George: Yes, we certainly understand that!

Sarah: Emily was reading an article—I think this is right—she read that as you progress, your energy within you slightly changes and that can actually affect things around you, and she said she does feel that she's moved forward quite a bit and in that particular week, three electrical items of hers had broken, so she thought that she had perhaps, after all, really moved forward and her energy had slightly changed.

As I have said, all energy can be transmuted, which, of course, have either positive or negative ways to them, but I am going to use one of your Earthly sayings: 'No man is an island.' Of course, whatever happens to any of you has some kind of repercussion with others, because you are all formed of the same energy. So how can you *not* be connected?—not only to other humans, but, as you have said, my dear friend, to objects, which, too, have energy. So does it not make a little more sense that the connection that all of you have with this *beautiful* planet should be respected a little more? (Yes) Not only this planet, but as you know, the many universes thereof.

George: Yes, I feel with illness too, there can be so many connections between people; and I wonder if I might ask a question about yet another of our illness conditions? **(yes)** It's a general problem, because it's something I feel that our medical people don't seem to know the answers, and it's brought home to me by the fact that my wife has suffered with sciatica

for several months now, and the doctors seem to hand out painkilling pills, but they observe that the condition may last a few days, it may last a few months or it may last several years. There doesn't seem to be any serious move to *cure* the condition—just kill the pain that arises from it, and this so as to interfere as little as possible with sleep pattern. So I wonder, Salumet, if you may care to say anything about the condition of sciatica?—the trapping of the sciatic nerves?

Yes, I have to be a little more general in my reply (yes), because what you call 'sciatica' or 'arthritis' or any of these conditions, is indeed the showing of *unease* within the body (yes). Throughout your time, there have always been illnesses, there has always been *disease* amongst mankind. We have spoken about this on many occasions, I believe, and I have told you that any disease within the body will result in a condition whether it be affecting bones or flesh or whatever the body is made from. I would like you, my dear friends, to just consider what your physical being is. You know that you are first and foremost spirit (yes), clothed in physical garb made from flesh and bones and blood, and you know what a human body is made from. I have to say that throughout time, there has always been some discomfort with the human condition throughout your Earthly history; and always, from our side of life, we have helped to solve many conditions, (yes) yes. I would say to you, at this moment in time, the condition that you call sciatica and arthritis, and after all, sciatica is trouble with nerves (yes)—I have to say: it takes many of your Earthly years before this condition shows itself (yes). It is not something that happens in a second, a minute, an hour, a day. It is a build up of tension within the body, which then creates the nerves to become trapped—to become jangled—that is another one of your Earthly expressions which I would like to use—the nerves become *jangled*. In other words, they are not happy within that human garb.

Lilian: That's interesting.

I can only tell you at this time in your world, that many and much help can be given, but there has to

be an alignment between spirit and physical body. It is not always easy, I know, because, as I have said, you are dealing with something which has taken probably many years to come to that point (yes). So, my dear friend, I cannot give you the answer which you are hoping for—only to say that the more the spirit comes forward, the less the physical body reacts—and I know, as the body becomes older and older, that too the mind loses that energy to make itself better.

George: Yes, and this connects with ‘going within’ no doubt.

Yes, it is something that all of you, all of you who are well, can work upon. Any illness or upset of the physical being lies within. We can influence doctors, which we do all of the time for help with the diseases, and you must know there are many diseases which you now do hear very rarely of.

George: Yes, many diseases, and many dedicated doctors I must say, and so many do a wonderful job. **Of course, but ultimately, I have to say, my dear friend, all illness is the responsibility, hard as that may be to take—illness is the responsibility of that soul.**

George: Yes—yes, thank you for that, Salumet.

Lilian: Whereas, I imagine, the majority of us, myself included, would think that a back problem comes from something we’ve done—like a bad fall that we’ve had—

That may be the trigger, but it comes from much longer back.

Lilian: I see, yes.

Jan: Trauma tends to bring forward (yes) to the spirit, things that are waiting to come forward.

Yes, thank you. I hope that has helped you just a little.

George: Yes, thank you.

Rod: Could I just go back to your statement about individual progress (yes). My learned friends seem to know what you were talking about, but I’m not too sure. Does this mean when you talk about ‘going within’ is this something that you’ve mentioned before—I’m willing to be reprimanded—but is this what I should be doing—‘going within’?

All of you should ‘go within’—yes, yes.

Rod: Right! Thank you very much, Salumet.

Lilian: Did you want to say something, Gary?

Gary: Just reflecting on my own condition of my immune system and the tiredness I get (yes). I’ve been told it’s accumulation of past lives, and I see that I don’t really feel comfortable at this physical level and I’m partly trying to escape to a higher realm.

But, you cannot escape, my dear friend, until you have dealt with the problem now. Escape is not the way. If you have a problem now, it may well come from past times, as it does with many, but you have to deal with the problem now by ‘going within’ and strengthening that spirit. Then those outer results will follow. But you cannot escape what you have come here to experience. Do you understand?

Gary: Yes—

No, you do not!

Laughter!

Gary: I thought—I’d been a very long time on this planet and I suppose I felt a bit tired and wanting to go to another planet. That’s how I feel.

But you cannot always have your wish.

Gary: I don’t feel bad about feeling that way—I just feel that’s how I feel.

Yes, but that is what you have to let go of, and to deal with your time here. All of the time that you spend wishing for other things, is that moment wasted—if I could use that word. I advise each and every one of you, as I have done for many occasions—to live NOW—not a time gone or a time to come, but NOW! And you will find, or you should find, if you are going within also, that your health would improve.

Jan: I think I can vouch for that—living for ‘here and now’, certainly does help with certain conditions. Simple things like hay-fever, which I know is an environmental problem, for many on the planet, but—

But why is it not a problem for all people? You all live in the same environment.

Jan: But I cured mine.

Yes—yes, that is what I have been trying to tell you.

Jan: I was reiterating really what you were saying **(yes)** that certain aspects of health I think we hold onto—feeling that we have to—and once I let it go, it went. I've had two years now completely free of it, but I was completely debilitated in the summers with it, but it's gone. Yes, I'm just confirming really what you've been saying from my own experience.

Sarah: And also this business of 'going within—Graham, Sara's husband, is another example. *(General agreement)*

Jan: Yes—certain illnesses confuse me on this issue though, because you've talked about and I can only talk for myself—I do believe that some illnesses are obviously meant to be—that people are born with an illness, either out of choice before they come here, before they reincarnated this time—I can think of several people that I know that have got the most awful diseases or conditions but with such spiritual light energies, always smiling and they never complain. So those conditions—I'm not sure whether they've come to learn a lesson from that disease, or whether that's a condition that other people can learn *by*.

We are speaking of something slightly different when you speak of someone coming with a condition. That spirit, that soul has chosen to enter life with the opportunity of those conditions being there. That is why I have said it is not parents that you choose, but the opportunity and conditions that those two people will bring to a life (Mm). And of course, if those conditions exist from birth, that is slightly different, because freewill has a much stronger part to play, but still, they can free themselves from many of those conditions (ah right!), as life continues. Not all, not all, by any means, but—

Jan: Some of them don't have to hang onto the condition as long as they do.

Yes, they can improve with a lifetime. It is not an easy subject for you to understand, because most people feel: I do not want this condition; but are they happy to have the results in a spiritual sense from those conditions? I can tell you, my dear friends, that when they come to this side of life,

those experiences will have been invaluable to them.

Jan: I can imagine.

So again I say to you: look to the wider picture.

Lilian: Yes, because if we never had pain, we can't appreciate other people's pain.

That is one way of looking at it. It gives you an empathy with others—yes, of course. But that does not mean that you have to hold onto pain. Release it and release yourselves. You understand?

Jan: I'm not sure if I'm on the right line or not, but I've often said, especially to Mum sitting next to you—my mother-in-law, on the phone—that, after a while, if you have been in pain, the pain becomes part of you, not in a negative way, but in a positive way, whether or not that's because you're actually learning through the pain—but it's not that you want to hang onto it, it's because it becomes part of your physical spiritual being, and sometimes the pain will disappear because it's part of you. That sounds really contrary, but that's what I've experienced.

It's because you have recognised it and let it go.

Sara: It's a bit like when you give birth to a baby, the more you embrace the pain and allow it, the better it is and then it ceases to be a problem.

Yes. Pain, as you know it in this world, is so individual to each one of you—that what is right for one, may not necessarily be right for another.

Sarah: Yes, that's true.

But what is right for each one of you is that you live every second in the 'now', that you 'go inwards' each and every day until you unite with that spirit within, which has the power to strengthen and uphold you through all of life's trials. And finally that you give thanks to all of those who surround you with love and are there to help in any way that they can. And with those words, my dear friends, I am going to leave you.

George: Yes, well thank you for that Salumet—and to use another of our expressions, I think you have dotted all the 'Is' and crossed all the 'Ts' on these matters. Thank you very much!

For those I have not dotted, I would say: think more deeply.

General thanks

As always, I will take my leave. Know, my dear friends, that you are loved by many. There are so many who stand close to you. I am always telling you this, but it is now time for each and every one of you to begin to recognise those who are close.

George: I think we sense this—we do not need scientific proof for this!

General thanks and farewells from all

George's Notes

1: 1 kg Standard Weight Decrease: When Bonniol spoke of the 'density' of things and how density decreases as spirituality increases, I had pointed out that, on inspection, there was no difference between sets of atomic weight tables spaced 20-years apart. His response was: don't hold your breath—it takes longer! Well, the Earth's standard kilo at Sevres was very, very carefully arranged, using platinum-iridium alloy which is very, very stable; and it has had 122-years in which to show a change—long enough it seems to show a 50-microgramme reduction.

Conventional scientists cannot understand this. But the fact is now with us that, whether acknowledged or not, those who set up the standard in 1889 have:

- (1) Proved the universal principle that densities decrease with increasing spirituality*
- (2) Proved our material world's connection to spirit.*

Q. E.

D.

CERN Claim that their Neutrinos exceed light speed:

Whilst on scientific matters, perhaps some mention should be made of this topic. The neutrinos should have taken 0.0024 sec to complete the 732 Km journey but arrived 0.00000006 sec ahead of schedule, a small fractional increase of 0.000024 / 1. The 1 kilo weight standard has a fractional decrease of 0.00000005 / 1. So, if my arithmetic is correct, the two fractional scientific 'anomalies' are in ratio 1:500—similar orders of magnitude one might say; so I wonder if there is a connection? Perhaps we shall discover in due course.

Illness and Body Condition: *An important part of Salumet's teaching seems to be that we are all very much architects of our own situation. It is easy in*

retrospect to see our errors with illness arising from a toxic material such as asbestos. The sad asbestos story goes back a long way. Pliny, writing in 1st-century AD, noted that slaves working in Roman asbestos mines die young of lung disease. (They wove it into napkins and clothing and flame-laundered—also used as lamp wicks—those of the Vestal Virgins never wore out!) In more recent times (1918), the Prudential Insurance Company in New York refused to sell personal life insurance to asbestos workers. They knew the score! In the early 20th-century, several notaries drew attention to the known hazards. But still we made a huge industry of asbestos causing widespread distress throughout the world. A learning for unthinking commerce no doubt! When we discussed cigarettes and smoking with Salumet, he was quick to point out that, although toxic, not everyone succumbs, or not all are affected in quite the same way, because there is also the spirit connection to be considered. But smoking is nonetheless unwise, and we should of course respect the human body that is a home for the spirit. But when we consider conditions such as sciatica and arthritis—these differ in that there is no external toxic material involved. It relates much more to mind-play and how we think, and this makes it so much more difficult to understand—for ourselves as well as medical profession. The doctors and nurses can assist, but meditation and looking within will often alleviate.