

SALUMET – 18th July 2011.

Gary, who has a guided meditation and channelling group, sat with us for the first time this evening. As ever, Salumet was quick to spot the newcomer and give appropriate words:

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

As always, I am happy to join with you, my dear friends. I would also this time welcome the gentleman who sits with you this time. As I joined with you, I feel a little apprehension. Although the gentleman is well aware of spirit, still he feels a little unsettled. All I will say is that the people within this group offer only love and help to all who come within this group.

Short pause

If the gentleman has any questions, I will be happy to answer them for him.

Gary: That's very kind. The main question I have is that for quite a few years now, I have had a condition which is termed 'Chronic Fatigue', where I get quite drained (**yes**). It started when I joined an organisation called 'The Brahma Kumaris', and I became very sensitive to energy then (**yes**). And that's when the condition came about.

—Because you did not fully understand the lessons of grounding oneself. That is where your problem began, and I have to tell you, my dear friend, that it is something you can work on with those spirit friends that you have become acquainted with. I will not tell you that it will disappear in an instant, but it is something that can be remedied. What you must do, is speak to those who guide you, because as you well know, those who come close to you, from our world, want you to be healthy in the physical state. You understand?

Gary: Yes.

Yes—with the help of your own helpers, this can be achieved. You do have to, my dear friend, go inwards more often. You have to rely on the help of spirit, if you are to achieve health in the physical being. You, my dear friend, were not ready for the activity that you took. It would have been wiser for you to have gained a little more spiritual

knowledge. Many people, I have to tell you, are aware of many energies, but so many people do not know *how* to handle these energies. It is something that should be growing slowly within you—so I say to you, my dear friend, you *can* be helped, and I will endeavour to come to you and try to uplift you whenever I can.

Gary: Thank you.

Although you feel those close to you on many occasions, you are not completely blending with them—it has to be said. I would say to you: look deeper within, continue with your channelling, but as I have told all of these dear friends within this room, you have to know and to love yourself. I know those words are used freely in your world, but to truly know yourself, you have to go deep, deep within, and that is not an easy task. You can speak with any of these dear friends here, and they will tell you that it has taken many, many years to reach a point of understanding. I will leave you with those words, and I will try to help you.

Gary: I appreciate that, thank you.

Now, for this time, I will take another question, and then we will see what the rest of the evening will bring.

Lilian: Anyone have a question? George? Graham?

George: Yes—I'm a little bit disturbed by the nature of the industry that we have made from 'milk' on this planet—the milk of the cow. Yes, this has been going on for a very long time, but it's steadily grown, and my own feeling is that it's rather disrespectful, the way we use the milk of another species. And it seems to be in these modern times, a *growth industry* with a huge number of products being based on the milk of the cow. In our communications with Bonniol on Planet Aerah, it is clear that he has knowledge of ten other planets, and he knows of no other planet that imbibes the milk of another species! I just wondered if you would care to make comment on this.

I will indeed. Yes, you have to know that these things that you speak about are much realised and known of, on other planets. They are more advanced than this Earth planet that you all inhabit. You cannot separate milk products from all

of your food chain, because upon your Earth planet at this time, the use of animals and their by-products is very much *misused*. This is something which mankind will gradually come to see as being a foolish way forward.

George: Yes, this is part of our learning.

Yes, it is, and until such time, mankind will continue to worry and to concern himself about the feeding of the Earth population; and for many, the argument will be that they are doing good by all people—by feeding and by watering in whatever way they see proper, and of course, we have to acknowledge that the *profit* from these goods is an indicator of how much it goes on. So I say to you, my dear friend, it is an individual task to steer away from anything that you feel is not right in your world.

George: Yes, and this would clearly include the eating of meat and becoming vegetarian.

It applies to all manner of things, yes, but until mankind begins to open his eyes a little wider, there will always be struggle—yes. Are you happy with that answer?

George: Yes, that does very much help to clarify, and I'm sure that will encourage a large number of people who read about these meetings—I'm sure it will encourage a large number of people to think on this (**yes**). Thank you Salumet!

Yes, if only, mankind could think more clearly for himself, without having to be nudged constantly by those more knowledgeable than they—but we must be patient. We cannot rush too quickly, but I must say to you, my dear friends, that I am happy by the progress that is being made. All is not doom and gloom.

Graham: There was a recent statistic on the television the other day, saying that 20% of young people in this country are now vegetarian, and this figure is rising and there're older people now beginning to eat less meat (**yes**), and looking for alternatives—so it is happening.

Yes, as I have told you in the past. But again, one of the downfalls of mankind is impatience (yes). Yes, but I will not dwell too much upon that, because each one of you knows and recognises their own

pitfalls in life. It is not for us to constantly chide you, but to allow you to open up to all that is available (yes).

George: It's good, Salumet that you encourage us to look within and think. Thank you!

Yes. You see, you all have the answer to life's problems, but what you do not recognise is that it is all entirely within your grasp. It is too easy for people to constantly ask us in spirit for help, but I want you to remember you are all here for a purpose and to grow spiritually—and to grow spiritually, you must, *must* go within.

Now, for this time, I will take my leave—will allow others to come forward, and I say to you, my dear friends: Be open to those forces of spirit that stand close by, and as always, I will leave you cloaked in my love, and until next time, I will take my leave.

General thanks

Next, one named Belinda who was a nurse whilst on Earth spoke via Eileen to give several messages, concerning health, to be passed on to relatives. She also had a message for Paul, who was travelling to Belgium the following day, saying that there would be much discussion and a good outcome. Finally, regarding indigestion, Rod was advised to be careful about what he eats (he had in fact taken a bicarbonate tablet earlier that evening!)

Sarah then noticed that there was one with Gary:
General welcome from all

It's good to come through from our spiritual realm—my name is Harry. I was a policeman in old times—and I am overseeing what is going on in this country at the moment. I'm trying to see the good in the change. We don't like to see it as a corrupt system, like in other countries at the moment—I feel very British.

George: I feel there is some corruption—we do have these resignations from high positions.

Yes, but corruption always kills itself in the end—even in my time when I was in the forces—I was in the war—the 1st world war. Then I joined the police force. I survived—I was posted behind the lines fortunately. I was sad for all the injured on the Somme. They always haunt you—those images. I

learnt from it and served the force with those experiences. I served for many years in the ... oh...

George: The Somme must have been a terrible ordeal.

Oh it was, yes. It was very traumatic. I served in Canterbury—that's where I was based—the Kent Force. But I moved around. I started there then I went to Oxford, yes. I was there for a while—it brings back the memories—in spirit you forget. Then we talk about it and memories flood back—I remember the images.

Lilian: So what do you do in spirit?

Well, I try and prevent crime in your world. I try and save victims. I try to stop events happening. It's a very difficult task I have really—to stop murders taking place.

George: Are you able to warn people?

I do, I attempt to communicate—instead of going by a particular route—guide them off of that route. Yes, it's still in me to prevent crime.

Following more talk about the difficulties:

Lilian: So are there circumstances where you are not allowed to interfere?

Oh yes, we do have a strict system in place. Sometimes, we try to stop the criminal—that is harder still, if they are hell-bent on committing a crime. They have all these toxic substances that affect the brain balance and they commit crimes without being fully conscious.

George: Are you talking about drugs?

Yes—bonded to drugs. The old time was more natural in a strange way. The drugs are synthesised now—from a leaf to a powder. The drugs—powder from a foreign land.

Paul: So it damages the brain—

Yes, and it affects the mind—the ego mind—the alter ego, and it breaks through—the dark side, the shadow side, takes hold. So I'm continuing the work of the good—yes.

George: Sadly, we haven't got on top of the drugs trade. There's still a lot going on.

Indeed.

Eileen: So how do you try to help? Do you try to impress? Are you able to transmute your energy?
Sometimes, I become like a wall—produce a shield.

Eileen: Oh, like an energy shield?

They are incapable of movement—I have stopped people. There are few like me with my skill. I can come quite close to stop these activities. It is permitted to stop. I am not permitted to get into their heads. But I can stop their physical body—that is permitted.

Paul: I suppose you've got the question of free will—the free will of the victim—who doesn't want to be killed.

Yes. There is a complex interplay of rules—there are regulations in spirit—what we can do and what we can't.

Graham: Yes, interference must be an issue, mustn't it?

There is repercussion. I may stop it, but it may create a greater problem.

Eileen: So people would call you an angel, wouldn't they?

Well—I think they may.

—If you are able to stop crime.

—*A force for good—yes* (yes).

Paul: Occasionally we get the feeling that people are murdered for political reasons to silence them. Do you ever get involved in those?

Slight pause

It is not wise for me to comment on that at present. I do not wish to attract negative things into the group (mm—thank you!). *It has been good to speak. I will now bid you farewell.*

General enthusiastic thanks

George: Thank you for your words and I think we've all learnt something from them.

Paul: It's nice to know that there are people like you around, keeping it a bit safer.

Neighbourhood Watch!

Eileen: May I ask your name again?

Harry, Harry Walters—yes.

Eileen: Thank you Harry.

One then spoke via Sarah to introduce a very difficult rescue:

Good evening to you.

All: Good evening.

We are very happy to join with you and to be able to take those who are troubled by what has been a

traumatic passing for them. They are being helped by so many, but there are a few who will not accept what is being told them and, if you will be agreeable, we would like to bring one through to you with the lady in the corner, because this one has been for a very long time in between spirit and Earth, and we have had much problem trying to bring her over to us completely; so, if you would be willing, we would like to bring this one through.

George: Yes, please do!

Could I please advise you that I think it will not be easy.

Lilian: Right! Did she have no understanding of spirit at all?

This one had a most troubled life on Earth planet, and she has brought with her all her problems, which she cannot let go of, and it is for this reason—the fear—that she cannot move forward, so we would be most grateful if you could help us this time.

George: Of course! Thank you for coming through and paving the way.

Lilian: Yes—that will help.

Rescue begins via Eileen:

Lilian: Hello! Would you like to talk to someone? My name is Lilian and I hope I can help you in some way.

No response

Lilian: Would you like to tell me your name?

Go away!

Lilian: No, I can't go away. My job is to talk to you. I think you will be happier if you can talk to me.

I said, GO AWAY.

Lilian: No. There's a whole group of us sitting here waiting to help you on your way—you're just wasting time aren't you? Part of you would like to move on.

George: Lilian is a very kindly lady who would like to help you. Please listen to her.

Leave me alone and GO AWAY! GO AWAY!

Lilian: But surely you would like to be happier. You don't sound very happy at all. Well, I know that you had a tough life, but you've got to try and put all that behind you and move on. You've got to now move on into the spirit world where you can have lots of help, and have a fulfilled life again. It's what

happens to all of us. You're not the only one who has had problems. We've helped a lot of people like you and that pleases us, and hopefully, it pleases them too.

Go away, because I'm not listening.

Lilian: Well you are, because you're talking to me, aren't you?

But I'm not listening.

Lilian: Don't you think you are just wasting time?

What's it to do with you?

Lilian: Quite a lot actually. I just want to see you happy.

George: We're all part of a very big family, and there's a wonderful life waiting for you in spirit.

Who are you? (Said indistinctly)

Lilian: A lot of us make mistakes in our lives—big mistakes, smaller mistakes.

Not me.

Lilian: Not you?

No, no! Just go away!

Lilian: No we're not going to go away. What's your name? Can you tell us your name?—to make it more friendly.

No!

Lilian: Well that's a shame. There are a lot of lovely people on the other side of life waiting to help you. Can't you feel the love and the warmth around you?

No! (Stated firmly)

Lilian: I'm sure you can! There's a little chink there somewhere wanting to do that.

No!

Lilian: Yes there is!

George: If you look ahead, there's a white light.

No, no, no!

Lilian: Can you tell us why you keep saying 'no'? Surely you don't want people to *keep trying* to help you?

What's it to do with you, anyway? What's it to do with you? It's none of your business!

Lilian: It pleases us if we can help you. Surely it's nicer to help somebody than just walk on.

George: It pleases us if we know that you're happy, and I think if you look ahead to the light, to the wonderful light, you will begin to feel what it is all about.

I've heard all this before.

Lilian: I thought you might have! *(With a chuckle)*

Well just please us—listen ...

Why should I please you? I don't know you or you.

Why don't you leave me alone?

Lilian: We don't know you—but we just like to help people as they go along.

Why?

Lilian: Surely you must have that feeling yourself.

No!

Lilian: You liked animals, didn't you?

How d'you know that? How do you know that?

Lilian: Well that's a surprise isn't it; but you liked to help the animals, and you really had no time for anyone who didn't help them or be nice to them, and we're doing the same sort of thing.

What!—are you saying that I'm an animal?

Lilian: Oh no, no, no—of course not! *(With gentle amusement)* If you listened to me, you could go on into the spirit world, and still help animals.

George: And we have a love of animals as well.

Somehow, I don't believe you. I don't believe you.

Lilian: Well, there are a lot of animals that come over, missing their owners, and we look for someone to love them.

So what are you saying?

George: If you have a bond with an animal, then that animal can be with you in spirit.

Lilian: in fact, you may find that they are waiting for you—some of the pets, animals that you were friendly with and helped.

They never hurt me.

Lilian: No, they don't, do they? I think you'll find quite a lot of them waiting, and your job could be to help the ones back on this planet that are cruelly treated—and when you get there, it will be explained how you could do that. At the moment, I just don't know how that works—because I'm still on the Earth.

Well, how can you know? How can you know then?

Lilian: Intuition!

Intuition?—balderdash!

Some general amusement

Gary: Somebody broke your heart, didn't they?

Yes! How do you know?

Gary: I do!

How do you know that? I didn't tell anybody.

Gary: It's just the thought is put into our minds. You have to heal that broken heart. The heart that is broken can always be healed again. You have to believe that.

Why should I have to believe it?

Gary: Why do you wish to stay in a state of brokenness? Is that really what you want?

But it's my business, nobody else's.

Lilian: It is, but I still think you are wasting your time. You could do so much good.

You lot know too much!!!

Lilian: Well there! So could you, you see. You could get to know more than we know.

How?

Lilian: Because in spirit they will show you. You will become much more knowledgeable.

George: You can make a lot of animals happy as well, if that is your wish.

I love the animals (good). Don't like people.

Lilian: You must see some animals waiting for you.

George: Did you have one in particular that you had a bond with—a dog, perhaps?

Gary: A horse?

Much emotion—sobs

Yes.

(Lilian to Gary: Thank you!)

Lilian: A bit of a shock is it—part of you doesn't want to know, but I think we're on the right road, don't you?

Continuing deep sobs

Sarah: If you look into that light, I think you might see that lovely horse. Oh look—just see if you can see.

Much emotion!

Can you see anything?

I do feel lighter.

Lilian/George: Good!

There's something there. I can't quite see...

Lilian: You will.

George: keep looking!

Huge sobs

Lilian: What do you see waiting?

Huge sobs continue

George: It's a time of emotion, but that's good.

Sarah: If you start moving towards that light now, you can get closer.

Gary: Just let it draw you up—don't resist it.

Whispering sighs as a hand (Eileen's) reaches forward!

Lilian: Do you see the horse?

Yes.

This and other 'rescues' are available as audios to listen to on our website:

www.salumetandfriends.org