

**SALUMET – 25<sup>th</sup> July 2011**

*I (George) missed this meeting and, during the course of the evening, Salumet saw the opportunity to have a quiet word with my daughter Sara to indicate a need for me to slow down a little. He is so perceptive! And in fact, it turned out to be a general evening surgery, presided over by Salumet, at which valuable advice re family concerns was dispensed. Sarah, being unfamiliar with starting the recorder, took just a little longer at the outset as Salumet raised his (Eileen's) arms, as is his custom:*

Lilian: Welcome to you Salumet!

*Pause*

**I was waiting for the lady to be ready for me—**

Lilian: Yes—with the recording machine!

*Chuckles*

**As I come to you this time, I am happy to see how much each one of you listens, all the while listening to our dear friend talking about her daughter. The rest of you were listening and not interrupting as she spoke. This, my dear friends is an advancement for you—a spiritual advancement, because, all too often, people in your world wish to speak, but never to truly listen. Therefore, I say to you how pleased that each of you has come this far. I would like to just ask our gentleman friend, who is new to this group how have you been feeling since last we met?**

Gary: Yes really, I have felt complete energy shift and I felt like it's bringing about a new shift which I've been wanting for quite a long time (yes) within in my spiritual path (yes). I feel very pleased about that.

**I promised to try to help you and the help is available to you.**

Gary: That's very kind of you. Thank you!

**Now I would like to say something about our dear friend who is absent this time. He works so hard for spirit (yes). Yes, and he wishes to continue, at a steady pace of work. At this moment in time, it would be advisable for him to pace out what he does, not only in the spiritual work, but in his own daily life. I know we have one who is related to him, so perhaps a gentle word from you might just encourage him to rest a little more**

Sara: Yes—slow down a little

**Just a little, nothing sinister (no), but he needs his rest also.**

Sara: Its more rest he needs (yes), not so much exercise, more rest?

**Whatever makes him feel good about himself.**

Sara: Balanced?

**Balanced—yes.**

Sara: I understand. Thank you for that.

**I feel he would probably not listen to his dear wife.**

Sara: I agree! *With general amusement!* I agree. I will have a word.

Sarah: I'm sure he'll listen to you though, Salumet.

**Yes, but I wish to encourage *all* of you to recognise that balance in yourselves—to not overdo the physical aspect of living (yes).**

Lilian: Especially when we're older—would that be right?

**Well you people on this Earth plane like to think that as you become older, you become much wiser, but let me tell you, this is not always the way (no).**

Sara: I think the balance is important for any age—to feel at your optimum best?

**Yes, but when you are endowed with the spiritual knowledge that you already have, it is even more important, because you *have* that knowledge, whereas there are many people in your world who have no knowledge, and are spiritually bereft of these things. Therefore, as I have said before, responsibility comes to you—the more knowledge that you have—yes.**

**Now, I do not intend to stay with you too long, so if there are any questions that you have, then please ask me now.**

Sara: Could I ask about my daughter, Salumet? I know some time ago, you did tell me that she had some 'vibrations of fear' within her. Is it something we can help her with? She seems very fearful. She feels as if 'something is wanting to kill her'—this is how she has expressed it. She feels somebody is following her, if you like (yes). Would it relate to a past life?

**I would say not—no. What better way for manifestation to take place than when there is fear. We have spoken so much about this aspect of**

**your lives. All of you—fear is something that you do not want in your physical life, because not only does it undermine the spirit self, but it creates so many forms of illness and many other conditions. I would say to you only this: As the young lady whom we speak of, I would say to you that there is indeed an energy around, but she is helping to feed that energy. Therefore, yes, you must help her, because she is too young to help herself (yes). We in spirit will try to help also, but I would suggest that you have someone with knowledge who can speak with her and who can feel that energy around her.**

Sara: Yes, it's difficult—I have asked a few people to speak, but they haven't been the right people, I think.

**You have already—had help?**

Sara: I did ask a psychic person and asked him to speak with Carrie.

**That is not enough.**

Sara: I need somebody who can actually feel...

**You need someone who will feel the energy (yes) and of course, her fear is helping to manifest (I see) and give strength to that energy (yes). Yes.**

Sara: is it some entity?

**There is energy around her, but her *fear* is creating it.**

Sara: I thought that.

**She *feeds* that energy.**

Sara: I can't seem to break through her fear of it, by talking to her. I've tried.

**You will not do it just by talking. It needs someone who can feel the energy and help her to dissipate it.**

Sara: There must be someone, perhaps I can find (yes). Would Gary be capable do you think?

**Yes, I understand. I do not feel—and I hope I do not cause offence—but I do not feel the young gentleman is quite ready for this kind of situation.**

Sara: Maybe a female might work better.

**It matters not—male or female. It needs someone who has coped with this type of situation before.**

**You understand?**

Sara: Yes, I do.

**Yes—but her fears are magnified of course (yes), because of her own fears, you understand?**

Sara: Yes.

Gary: I know somebody called Linda Consella who lives near Sara. Would she be able to help? She's a very gifted woman—Linda Consella—what do you think, Salumet? Would that be good? She's South African. She's got that toughness about her.

**It would need someone who would not be too emotionally involved. They have to—yes I will accept this lady—but there is a gentleman I am trying to find a name—**

Sara: Tom Smith?

**No I cannot see that one.**

Sara: There's a couple who do crystals—healing and teaching.

**No, no, you must have a medium.**

Gary: What about Peter Fowler?—the one I go to the channel to. Would he be able to help if Sara and her daughter came to one of the meetings?

**Would it be possible for both to be together?**

Sara: Peter Fowler and Linda?

**That would be more suitable.**

Sara: That would work? Could they come to our house do you think, Gary?

Gary: He only works from home generally. He can't get around.

Sara: Perhaps I could take Carrie to him.

**You can, but it needs someone to go to the source of the energy.**

Sara: In the home?

**Yes.**

Sara: Right, so we need someone to come. We could pick them up. Would Peter come if we brought him?

Gary: I'll have a word and see.

Sara: Yes, I am quite concerned. I think she needs help soon really, because she's disturbed by it.

Gary: Yes

**Yes, you see you need—like this group is—who has worked with all kinds of spiritual energies, who have worked with rescues, because the energy around this girl has to be dissipated (yes) and you need someone strong and who is not afraid or emotional (yes).**

Gary: There's another lady called Belle Fuller. She's a spiritualist medium in Bournemouth. Would she be any help?

Sara: Belle Fuller? I don't know her. We have a vicar next door, but I think he's traditional!

*Chuckles*

**Yes. No, you need a medium.**

Sara: It has to be a medium.

**Yes, you need a medium who can sense and feel and see.**

Sara: Yes, it's difficult to find really good ones, isn't it? I'm trying to think—who do we know? Do you feel Tom Smith, if I said the name Tom Smith, Salumet—an Irishman?

**I feel the combination of a gentleman and a lady together—I feel this combination of both is what is needed.**

Sara: Maybe Tom and Linda—yes, perhaps.

**Yes.**

Lilian: Would Paul, you know, your brother.

Sara: I don't know whether he would be.

**No, he would not be enough.**

Sara: Do you think Tom Smith has good abilities? He talks a lot, doesn't he—Tom Smith?

**I do not feel his energy—I have to say, so I do not want to commit to that name, because I am not feeling his energy at this time.**

Sarah: Peter and Linda would be the best.

**Yes.**

Sara: We might be able to use Peter and Linda together.

**Yes, I feel that speaking those names—yes I would say allow them to help.**

Sarah: Maybe if Peter heard these words, Gary, he might be more susceptible and willing to do it.

**But it is possible to help without being there, but I would suggest that in this instance that it would be more beneficial to be at the home where she is so fearful.**

Sara: Yes and also because she doesn't want to sleep in her bedroom, it would be helpful if they were to go in the room (**yes**) and perhaps show her that it's clear.

**She would feel instantly if all was well. She is a very sensitive young lady.**

Sara: Yes, she has strong gifts, doesn't she, with this kind of work?

**Yes, but, as in all things, that energy needs to be harnessed in the correct way.**

Sara: She's a bit too young to do any sort of training isn't she?

**She can be guided, yes.**

Sara: Perhaps I could take advice from Linda?

**Yes—there should be people around. The help is available to you, but it is up to you to take these steps on her behalf.**

Sara: I'm quite happy to do that (**yes**), but I haven't really known so much what it was about, until perhaps more recently (**yes**).

**Yes, she needs your comfort and your help.**

Sara: Would you say that her gifts are more spiritual than musical, or do you think it is both with her?

**Her music would help her spiritually.**

Sara: Yes, that's what I feel.

**Yes, but there is plenty of time for her, but really she would do well to be guided by someone, who knows and understands.**

Sara: Yes—thank you Salumet!

**There are many gifted mediums in your world, but not all are suitable for this kind of thing. You understand?**

Sara: Yes I do, yes—finding the right one is all-important.

**Yes.**

Sara: Thank you!

Lilian: On a similar subject—my youngest granddaughter is interested in anything I tell her that you may have said, but she's also interested in hypnotism, past lives and so on. She's a very fearful young lady, with anxieties. Would it help her if she was—what word am I looking for—when you're hypnotised.

**'Hypnotherapy' can help many conditions. I would not suggest to you that anyone so anxious should undergo regression—**

Lilian: Thank you—

**—Unless they are in the hands of someone who knows exactly what they are doing.**

Lilian: Yes, thank you!

**I have already told you, my dear friend, that there is no reason for regression, unless it is to *release* a person from these conditions which hold them back in this life (yes); and it is not always wise to assume that conditions in this life, always come from a past life—that is not always so. But, I would have to say to you that, because your granddaughter has quite a few *emotional* problems, regression is something I would not advise at this moment in time.**

Lilian: Yes, thank you very much. I will let her read the transcript when it comes. Thank you.

Sarah: On the subject of daughters, I would like to say: ‘thank you’ for the help that Emily’s been getting, and you said that people from, not just family, would be helping her, and she’s already finding this. People are coming into her life and helping her on her way. I’m sure she’s said ‘thank you’ to you herself, but I know she is very grateful for your words, Salumet.

**Yes, she will be fine. I know with this young lady there have been problems, but, because she has made the contact with spirit, we will not leave her on her own. So I say to you: Continue to encourage her and, as I have said many times in the past: nothing comes by accident. She will be well.**

Sarah: Thank you very much for all that.

Lilian: It’s interesting that—some things seem so horrific—but they are meant to be.

**Yes, let go of all fear. That is my parting words to you all, my dear friends.**

Lilian+Sarah: Yes, thank you.

**I know it is not an easy task, especially in everyday life, when there appears to be so many problems, but it is possible.**

Sarah: I always remember your words, you saying: negative attracts negative.

**Yes, if you can remember that, you are on the right road, not only to good health, but to spiritual growth.**

Sarah: Thank you very much.

**And now, I will take my leave of you, and allow whatever is going to happen here tonight to happen; and I can tell you, there are many waiting to speak with you.**

*General thanks*

*There then followed a number of personal messages delivered. Next it was a North American Indian medicine man—Grey Eagle—via Gary. It seems that Grey Eagle spends much time visiting groups such as ours; explaining that it is in his nature to travel—he enjoys being free to wander beyond the tribe. He spoke of the use of herbs:*

***There is a certain sage—the burning of the sage cleanses bad spirits. One can eat it, but I refer to the spiritual use. It would be a white flowered sage—grey-white—California sage is good. Californian sage can be bought in certain of what you call ‘New Age’ shops. You can buy the oil, but the smoke has great power. It is what we used to use for our dance rituals—invoking the ancestors. My tribe settled in Arizona—Nevada with another tribe the Navaho. I was a son of their medicine man.***

*He went on to speak of animal spirits and how they were able to link with them. Linking with the eagle spirit enhanced their seeing into the future. Their tribal chief was ‘Standing Bear’. Then, speaking of the world situation today, he described how he and others can be close to Earth with helpful influence. He said of our group:*

***You keep a candlelight going in a troubled world. It will improve, and we must be optimistic for the future. Fresh ones will return (incarnate) in the future and bring new knowledge.***

*He attends spiritual groups elsewhere, including one in Brisbane, Australia, stating that we have some kind of link with an Australian group.*

*[That may be the Circle of the Silver Cord, with whom we have communicated, knowing that we do similar work—with indeed, Emma Hardinge-Britten having visited both groups.]*