

SALUMET – 8th August 2011

There was a virus going around and several could not make it. There were just six of us present to enjoy another wonderful meeting:

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I join with you this time there is a lightness in the energy of this room. There is at this present time on your planet, a lightness of energy which is spreading throughout your world. You may feel that with all of the hurt and wars and disasters within your world at this time, that this statement just made, does not seem to fit. But let me tell you, my dear friends, there is a new chapter beginning on your Earth planet (wonderful!). It may not be in the next five minutes of your Earth time, but it is ahead of you and there will be a great change in the emotional makeup of human beings.

George: I think we feel something of that change and there seem to be signs going around the world, in the shape of people sometimes challenging officialdom and the economic climate changing quite substantially. I suspect these are signs of big change.

Sara: Can we say that people are becoming more emotionally literate—able to communicate?

I have always told you that people of your time are now beginning to think for themselves. That is the beginning, but I have to tell you that from the beginning of time, the beginning of time of mankind, that there have always been challenges to authority. That is the *spark of life* which will *ignite* within all peoples in time to come. This is not to say there will be no problems—of course there will, because your planet has to evolve in a natural way; it has to function and deal with all of the negativity which has been created. But again, I will say to you all, my dear friends, that you should rejoice in the knowledge that all will be well. Do not despair as we see so many in your world at this time despair—they lack in spiritual knowledge. So, give out your loving thoughts for them—those in most need of spiritual knowledge. And of course, I do not have to say to you, to give love and support

also for the physical bodies who are suffering at this time. It may seem an insurmountable problem—all of these things—but with the love and support of those of knowledge, we can help many. Would you wish to ask anything about this? Have you an opinion about the state of your world?

Sara: The light that you speak of, has been partly created by those who are working to raise the energy of the planet?

It is never achieved solely by one person.

Sara: Yes, I would think it must be the group effort that is causing this light to spread.

Yes, we have endeavoured to spread the light of spirit for many thousands of years, but at this time in your history, we *have* begun to make some advancements; whereas in time gone by, human beings have tended to *fall by the wayside*—I believe that is one of your expressions (yes)—yes.

Gary: Much has been said about time speeding up—what's called 'quickenings' in the Mayan calendar and all that—is that relating to the changes?

All of the information that is given and is gathered within your word is spoken in many different ways by many different tongues, by many different settlements. I always speak to you, my dear friends, in simple language. Without the help and knowledge of you human beings, we in spirit are almost like people having their hands tied and not being able to help—but yes, that quickening or speeding up of time, is just another way of describing the quickening of spirit. Do you understand?

Slight pause

I do not hear (yes) the gentleman—

Paul: Is it more our own energy vibration that's speeding up?

Yes—it is the spiritual energy which creates all of these things—it is just the understanding of humankind to what is round and about him, and what he is able to achieve in a spiritual way. You have to remember that in your world, there are many ways to describe one situation. So I say to you: yes, the quickening is not of time but of energy and humankind.

George: You mentioned ‘negative energy’, Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in **(yes)**. He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes). How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.

Sara: Could I ask a question?

Well, I will allow you to, but I wish to just finish this point with the gentleman. If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I’m sure he’ll be very happy with that answer. Thank you Salumet!

Yes. Now, I will take your question please.

Sara: Thank you. On the subject of dispersing negative energy, I was wondering how you feel the lady who has been helping from a distance with the room in our house—whether you felt this room energy was now clear? My daughter seems happier, but we’re going to allow her to sleep in a different room, so that she doesn’t have to think about it. And I plan to sing in that room, which I hope will raise the energies further.

Yes, you need to *clear* the remnants of the energy—there is remnants but not much.

Sara: Am I right in thinking that it relates to the land below the house as well, because we’ve been told that it’s something to do with the site of the house.

I am not aware of that. I will reserve my judgement on that for now. I would say to you: yes, dispel any energy left within the room, either by music or singing or whatever form of happiness you can take to the room. I do not feel fear around at this moment. I will speak to you again about your question.

Sara: Thank you! We’re hoping that she will be able to sleep in the other room, but that remains to be seen.

She must now dispel her own fears.

Sara: Yes, that’s what I feel **(yes)**. We’ve certainly tried to help in a practical way, hopefully I can find someone to guide her, but it must be the right person—

Be guided by your own intuition.

Sara: Yes, a lady suggested a gentleman named Tom Smith, because he does have gifts himself. I don’t know if that name resonates with you?

No, I am not picking names—there are many people that you can choose from.

Sara: I think I’ll just wait and see who comes—

You will know when you speak or see someone—you will know if they are suitable. Please be guided by yourself.

Sara: I will—thank you.

George: And it’s so good to have your words on world change, Salumet; because there are doom prophecies **(yes)**, especially with regard to what is thought to be a roaming planet named ‘Elenin’, and earthquakes resulting from its close passage—its relatively close passage to Earth.

You have to understand, my dear friends, that much of these happenings have always occurred, but your scientists or whoever, have not been able to know what has been going on. Therefore, when something happens, there is ‘scaremongering’ as you call it. Your Earth is going through a time of change. Its evolution is still taking place. Allow it to do so without fear.

George: Indeed, yes these are precisely my own feelings. In relation to the Earthly upheaval—as you

say, there must be the ongoing evolution, and what will be will be—we must be accepting of that.

Yes, yes. So many people are afraid—they are afraid, and I believe this to be one of your sayings again: to be afraid of their own shadows!

George: Indeed yes!

It is true, unfortunately, but I will continue to tell you to be positive, to view all of your life as being positive, and then, my dear friends, will you discover, not only change within yourselves, but change throughout your world (yes).

Paul: It almost like a *weaning off* process. On the television they seem to gauge—they use terms like ‘economic growth’ as a gauge to a country’s calibre. When the economy is growing, they’re fixed on that still, when that’s not what it’s about at all. So, if they could get away from this idea—‘economic growth’ being unimportant—the growth of the people—that’s the important thing.

Yes—as you do with children, you must be patient with those without knowledge. Their fear is real to them, but you can help them with your thoughts. Always you have done this, my dear friends, I know, but when humankind forgets to go inward and find his own answers—that is when fear grows. If only we could encourage each and every one of you to go into that meditative state, then your world would be so much stronger; but that will not happen suddenly, but how much the people have grown on this planet, from some time ago when all was so negative! It is one of the reasons, as I have told you before, why I came to help you; and that is still my struggle, but without your help, my dear friends—how much you have spread ‘Truth’, and for this we will be always grateful to you.

George: The gratitude is two-way, I can assure you Salumet.

Sara: But we have a long way to go still. I think that all of us feel we have a long way to go—much more work to do still (yes)—at least, I feel for myself, anyway.

A lifetime is such a short time in your world. Why should you be living that lifetime in constant fear? It is something that you all regret—that so much of your human time is spent worrying about needless

things. So, before I leave you, I just want you all to know, I am always with you. I will endeavour to uplift you, to hold your hand when needed and to leave you surrounded with the love of spirit.

George: And this is a good time for me to say thank you for the advice given two-weeks ago regarding myself, who had been overdoing it a little. Thank you so much for your advice, Salumet.

When you do not listen to that whisper in your ear, then the words have to be spoken (yes).

Now I will take my leave of you and allow the rest of your evening to continue.

General thanks

One followed via Gary to add his thoughts on ‘changing times’ as seen from spirit; explaining that there are many different approaches to Earthly spirit:

We are all one big family and work together. Our differences dissolve and become unimportant—this is what ‘the change’ is all about—bringing harmony and unity so that all the light-workers can allow the great light to shine in the times to come. So it is easy for me to communicate with you—I was a spiritualist as well, when I was on the Earth, as my mother was—I was brought up in it—born into spiritualism, so I was very fortunate to be a small lad sitting in séance. My mother was a trance medium—she did platform and held her own circles as well. So it feels like home here.

George: Yes, your mother was a platform medium—*Yes, I was as well.*

George: Really! Are these names that we would know?

Well—my mother was a friend of the one who was charged with the witchcraft act in the 50s.

Eileen: Helen Duncan!

Yes—Helen Duncan. They knew each other and they were close—Florence.

Eileen: Your mother was Florence—

My mother was Florence—yes—London—Richmond—yes. I was in the navy—that was in the 30s—yes. I went all over the place in the wartime, yes—battle of the river Plate. Our ship was blown up and I was lucky to survive really. I had some injuries—I recovered though.

George: There was rather more interest in a way in the war years (*yes*)—people were so keen to have news of their loved ones who had been lost.

Ah yes! You do rescues here don't you? My mother did a lot of that during the war—that was one of the things she did—those on the battlefield, yes.

Eileen: Could I ask your mother's surname?

Born as Smith—then Kiers was her married name.

Eileen: Florence Kiers—

Yes—it was hard work, because of the volume of soldiers who were lost.

George: It has occurred to me that the one and only good thing to come out of warfare has been the increased interest in spiritualism.

Yes!—death has a way of awakening you! It does have an effect on the collective psyche (yes). When one sees much death, one can become enlightened by it in a strange way—awakens spirit. That's what the Rosicrucian's say—and the monks and the Buddhists—death is an illusion.

George: I suppose we could compare the Earth life with a single page in a book—

It is a chapter that has its beginning and end—the soul journey becomes a book.

George: Yes, I suppose the planetary aspect could be compared to a library containing all the books—

Yes—do not fear that Planet X, as they call it—

George: Ah! Planet X!—also known as Elenin!
Elenin—yes.

George: Can you tell us anything about that?

It will come and pass (yes) and it will bring certain disturbances, but it won't be long lasting. It will not split the planet in half or anything. It will not reverse the Poles as some suggest.

George: Yes, there was some doubt as to whether it is a planet, an asteroid or a comet.

It's more like a comet from what I can see of it (right). It is not the usual comet—it has a strange feel to it. It feels a bit like it's an 'angel of death', but it is a metaphor really. It will bring a certain 'death', but only to the old ways. It will only—so don't worry—it will not destroy all that is positive, you know? (mm). Beyond that, there is more to come. There will be some—it's a new sub-cycle really—it's much in our interest as spirit.

George: Yes, some feel that a close pass from Elenin would create earthquakes—

Earthquakes you have anyway.

George: We have those anyway—yes.

If you will have any more—I don't know.

George: But if it is a comet and not a planet, then it's likely to be a much lesser effect anyway.

Some think it's a spaceship don't they—a masquerading spaceship—yeah. The thing is not to be gone into now (mm). But you will have—the electromagnetic rays of the sun will—may cause some computers to dis-function in this next year (ah yes). That is a possibility—it will bring a lot of solar activity—solar storms will be quite intense, so be warned. But it won't disrupt human society too much.

George: You seem very knowledgeable—are you able to say how you come by your knowledge?
I access it through the cache of great universal—knowledge is there for the taking of—once you seek it, it comes to you. Knowledge is always there in this universe.

George: Are you speaking of the Akashic Record?
Yes, one could call it that, but there is knowledge beyond that, which is within yourself (yes). You have your own knowledge.

George: So this is going within—
Yes, this is our unity with the Godhead if you like—we are a part of the Godhead—we all have a Divinity spark in us—that is 'your' knowledge—your memory. And we combine our knowledge, and then we have a 'universal' knowledge. We have what is called 'cosmic—those beyond the sphere of the Earth—space-beings', share this with us.

Sara: There are some individuals who do not need to go within to access certain knowledge—they are linked to universal mind—

Their mind can link up to many—like a big 'search engine'—based on the Internet—a cosmic search engine—yeah.

Sara: When children are born with certain talents—would you say that they have certain links which can be made stronger?

They have 'access capacity'. Like yourself, with your music. You are accessing the 'bubble' as we

call it, the information. It's been good to communicate with you. I'll not take too much of your time.

George: It's been interesting for us to listen to your words. Thank you very much.

Sara: Thank you for coming.

It's a pleasure!

Sara then took us on a guided journey:

I want everyone to be aware of the love within them, you are made of love—that is your real nature. Just feel that beautiful energy, which knows no fear. It has a lightness to it. Feel that beautiful warmth and that beautiful light that is your true energy. Whenever you feel a loss of that lightness and warmth, try to be in the habit of observing that loss within yourself, and try to be aware of why you are experiencing the loss. You may find it's something in your own mind that has caused you to lose it, or it may be something in the mind of someone else near you that causes it, but try to identify when you lose that beautiful and warm, light feeling which is your true nature. And when you lose it, try to sit quietly, if you are able to and bring your thoughts back to pure thoughts again and bring your mind back into balance—peace, gratitude and happiness again. Now sit quietly and experience that pure love energy that you are. Feel the expansion of energy when you sit in a state of pure love, with an open heart. Feel the expansion of energy from your heart. And notice when you are in crowded places, notice the different feeling that you have there, but when you're in situations that are perhaps less peaceful, still try to maintain that openness and that energy of love. Remember that the more love that you generate yourself, and radiate yourself, the more you receive, and the stronger your energy field becomes. Think of yourself as a radiating sun, shining your light and your love.

George's Notes:

1: Battle of the River Plate: 1939—the German battleship 'Graf Spee' was scuttled and British ships damaged, especially HMS Exeter which nearly sank.

2: Helen Duncan: Wonderfully gifted Scottish materialisation medium, who brought comfort to

many during WW11 with messages and materialisations of loved ones who had lost their lives. The battleship HMS Barham was lost, November 1941 with 861 lives. The Admiralty, to maintain false morale, decided to withhold the news. But one, with the logo 'HMS Barham' came through in séance saying: "My ship is sunk." And the Admiralty got to hear of it. Two years later, as D-Day approached, it was decided that Helen Duncan's accurate spiritual information might pose a threat to security. She was 'tried' in the most farcical circumstances under the then still-existing 'Witchcraft Act', and sentenced to 9-months imprisonment in Holloway—this despite 41 people testifying as to her authenticity as a true medium (including one RAF Wing Commander). This must have been one of the most ridiculous examples of 'unjust justice' in recent history. But, on reflection, the Admiralty and the Law courts between them, have really proved the reality of materialisation mediumship. And the sad story does not end here. Sir Winston Churchill later repealed the Witchcraft Act; but the 'powers that be' were still not happy about Helen Duncan. During a séance in 1956, there was a police raid. She was seized whilst in deep trance, strip searched and flash-photographed. We all know that trance mediums must never ever be treated thus! Sadly, Helen Duncan never recovered from this. She was later rushed to hospital, where she passed to spirit 5-weeks later.

3: Planet X / Elenin: A Google search currently shows more than 1.6 million results, so there is huge interest! We've probably much overdone the Earthly conjectural interest, so how good it is to have some commentary on the subject from our friends in spirit!