

SALUMET – 28th November 2011.

We gathered and chatted in the conservatory / lobby as usual before going through to the room used as our 'temple'. Eileen had been listening to a compact disc recording of Salumet's voice. We chatted about world news and how leaders and politicians seem to be faced with serious dilemmas. I read a passage from Chairman Mao Tse-Tung's Little Red Book:

"We are advocates of the abolition of war, we do not want war; but war can only be abolished through war, and in order to get rid of the gun it is necessary to take up the gun."

The statement is of course self contradictory, but would appear to well demonstrate present day political thinking. I suggested it might be good to read the quote to Salumet and seek his thoughts on the matter. We then moved into the inner room and proceeded with prayers for those in need—and then Salumet was with us:

George: Good evening Salumet. Welcome to you.
Good evening.

All: Good evening.

As always, your thoughts have been directed for all those people in need. So many in your world are in need not only of healing, but spiritual upliftment and enfoldment. To unfold those spiritual gifts which are within each and every one of you, it is important, my dear friends that you understand and know yourselves. I have used these words on many, many occasions, but I feel it important enough that they be repeated from time to time. If you do not know yourself, how can you come to know and understand others? So do you see the importance of getting to know yourselves? It is all too simple at times to say: *we are all one, we are of the same energies*—that is to simplify matters too much. But rather than think of yourselves this time, I would like you, my dear friends to focus upon some words that are used in your world today, especially those of Christian denomination. Those words are pure and simple, and they are: *'Peace and goodwill to all men'*. Simple words, but words which mean so much; and I ask you that each and every one of you ponder upon these words until we meet again, and I will be most

interested to see what they mean to you individually.

George: Yes, it's one thing to say the words, another thing to *feel* them strongly inside, and just feel that they spread.

Yes, they are words that are used freely, especially at this coming festive time of your year in your world, but I would like you, as you say: to *feel and understand* what those words mean—not only to those you love, but to every man who has his feet firmly planted on this Earth plane—not only physical man, but also those in spirit, who are in need of your understanding, and your love.

George: Of course, with goodwill towards all, there cannot be any wars—would you agree, Salumet?

There should never be war, but I have been listening to your conversation, before we entered this room, and of course, the ideal in your world would be that no man should go against another, but again, I have to say to you: until mankind uses his freewill for the good and betterment of mankind, there will always be problems, but as I have told you also, on many occasions, the most powerful thing that you can do is to use the power of your thought. (*Agreeing murmurs*) I hope that you understand and agree with my words.

Paul: Yes, it's a tricky situation when you get a bully—knowing how to deal with bullies can be a problem. It's sometimes almost more effective to stand up to them.

Never more effective—it is always better that those who are bullied give out love and compassion to those who do wrong. In that way, energy can be transmuted. I am not saying it is easy, but that is the way to go.

Paul: Yes, that is something that needs to be practised more.

If you *believe*, my dear friends, that thought is the most powerful asset you will ever have in this world, then why not use it?!

George: Yes, I think you are saying, Salumet, that in a sense, the best way to stop wars is to use power of thought and love, and I think the thought and the love work together.

Of course! Thought producing thoughts of *Love*, you can almost see grow in our world. Mankind is at this present time, unable to see the effect of those powerful thoughts; but I can assure you, my dear friends, there is no stronger force than the thought of love. (*Agreeing murmurs*) No matter the situation, the thought of love for another, and especially those who wish to do wrong, and hurt another human being—that thought becomes so powerful, that as I have said, that energy is transmuted.

Sara: So it's the best thing to teach our children (yes), when they're being threatened. I have always said this in the past to my children—

It is not easy—

—that you send thoughts of love—but, it's quite hard sometimes, when they're feeling very victimised.

Yes, I know. It needs to begin from a very young age (yes—yes). But, I understand that it is not always easy, but show by example.

Sara: Yes, I'll keep trying.

You can also help your child by sending thoughts to him and to those that you feel are not so friendly towards him (yes). Good thoughts are always used.

Sara: Thank you, yes.

George: Yes, it seems to have been the policy amongst politicians and leaders to feel that war can only be stopped by war, which is ridiculous really.

I have to say when I listened earlier—I have to say, it made me smile.

George: Yes, I'm so pleased you were listening Salumet. i

Yes, you were not aware of me, but I have been listening—yes, because it is an important topic that you chose to speak about in a sensible manner. So many people when they think of wars and disagreement become so irate with other people that they do not always realise that they are harming themselves.

George: Yes, and during that earlier conversation, I know I mentioned your name Salumet. Did that attract you to the conversation, or were you there anyway?

I was already there. What attracted me was the instrument was playing (*a recording*) and my voice came through, which helped me to be with you—so no, my answer is: I was already there waiting for your conversation.

George: Wonderful! I'm so pleased about that!

Now, I do not intend to stay long this time, because if the lady is willing this time, I feel it would be beneficial to all of you to be taken on a spiritual journey.

Sara: Yes, that's fine!

Yes—I will, my dear friends, be with you one more time, before we come to your festive season.

As always, after my next meeting with you, I shall be returning to where and whence I came for just a short time. So, until we come together again, I cloak you all in love, and I hope to endow you with much thought of peace and goodwill to all men.

George: Thank you Salumet. We look forward to a further visit this year. Thank you.

General thanks

And so, our teacher was already present, aided by the CD recording that Paul had prepared. Salumet remained with Eileen whilst Sara delivered a meditational journey—audio version freely available on website: www.salumetandfriends.org

Sara's meditative journey:

Following on from the theme of peace and goodwill, I'd like us all to go on a journey, in which we're going to focus our energy on perhaps someone—there may be someone currently in your life who you have been in conflict with or felt in conflict with—or perhaps if there is no one currently, you can think of someone who perhaps you have had those feelings towards in the past.

Try, if you can to think of someone who has at some time caused you some aggravation, either recently or in the past, and what I want you to do is—I want you to imagine that you are in a beautiful circular room, and the room, itself is filled with gentle light—a white light and rose-pink light—a very sweet, very warm, very beautiful place to be. And I want you to imagine that that person that perhaps at times you felt in conflict with, currently or in the past, is sitting in a large white, comfortable chair opposite you on

the other side of this circular room. The room itself—it feels very spacious and very light, but also very peaceful—beautiful, warm, peaceful, loving energy in that room—a bit like this room here now. Imagine that in that beautiful, peaceful space, this person that you felt perhaps unhappy with is sitting in that chair opposite you now.

What I want you to do is, encompass and enfold them with your love. Look deep into their eyes, and, if they have treated you badly, try to come into touch with the sorrow and the pain in their eyes. Try to see and feel something of their soul and the state of their mind. Try to sense how it feels to be them with the life they live and the pathway they tread. Just sit with that feeling for a few moments.

Try to absorb or learn what it is you might need to know about their mental state. Try to connect with that person. Now imagine that your heart is sending out light rays—beautiful light rays—white golden light, and these rays are transmitted towards this individual, and they encompass this person completely in a cocoon of pure love and pure light. If you are a mother, try to imagine a maternal feeling towards this person, a protective, maternal feeling of unconditional love. If you are a father, try to do the same, and, if you are not a father, just think of it as a protective, unconditional feeling of love and support for that human being. No matter how justifiable your annoyance may have been, forgetting the rights and wrongs, and who has got the upper moral ground. Just think of it as giving to that soul what that soul actually needs at this point in time, which is more love and more light to sustain them—to stop them flailing around in an agonised state.

Try to bring that peace to them in an energetic way through these light waves of energy and love. And, as you transmit that powerful love of which there is no higher vibration, feel yourself raised up in the process to feel at one with peace. And when you feel that the connection is total and complete, and that you have given as much as you can to that soul, then you can say 'goodbye' and leave the circular room, and hopefully feel much lighter than when you entered.



Next, Eileen gave clairvoyant messages for those sitting, and indicated that a large 'A' seemed to be with Gary.

Finally, Bill spoke his thoughts via Gary, referring once again to 'World Change'—a world changing fast, and the change being felt in spirit as well as on the planet.

So we'll be coming closer to you—we'll be quite near to each other in the future.

George: Spirit world is coming closer—(yes) Right. **A merging of dimensions—in ancient times it was like that, and again it will happen—a dimensional absorption—call it 'Ascension' if you like. Ascension is to do with merging—you can ascend physically as well, you can be in both camps. You can be in the physical realm and also with the higher cosmic realms—can exist in both camps. That is what we encourage in you—harnessing cosmic light into the physical realm, so the light can spread. And that is called 'Planetary Ascension'. The great sages and prophets prepare us for this.**

George: 'Ascension'—so that is the significance of the 'A' that was mentioned in clairvoyance earlier. **Yes—it is all to do with stopping wars and conflict—honouring the planet, and each other and respecting all life forms—no need to hate. When you see yourself as everything, then everything is a part of you.**

Bill went on to say conflict becomes impossible—you can only blend and merge—no separation—any hate is in separation from the oneness—the condition of 'love' is a united one—all is in a state of joy and happiness. It was suggested that this might help reluctant scientists to accept the reality of spirit world.

*Sooner or later they will recognise spirit—all is
changing—so I bring you the ‘good news’—well
someone has to, you don’t get it on your news!—all
gloom and doom, yes.*

Fond farewells