

**SALUMET – 23<sup>rd</sup> January 2012**

Lilian: Good evening Salumet—welcome.

**Good evening.**

All: Good evening.

**Standing by each one of you are people who have come to bring you some upliftment this time. (*Thanks expressed*) Therefore I would say that when you leave this room this time, there should be some lightness of spirit. I have listened carefully, my dear friends, to your conversation about how the spirit is low, and how you are all feeling, and dependent upon the Earthly drugs of upliftment.**

*(In today's world there are of course many medicinal pills / drugs prescribed to help alleviate physical conditions and the physical body changes that occur in the latter years, and it will be to these drugs that Salumet refers)*

**I feel that some of you are spinning like a coin, and you are both sides of the same coin—sometimes, it falls when all is good and bright and at other times when all seems dark and unable to be solved. My dear friends, you all are coins—two sides of the same coin. It is entirely up to you which way you spin that coin. I have to say that for those who are feeling low, you have to allow the spirit within to *soar*; you have to allow the spirit within to take control of all of physical feelings and actions. Because, if you do not take control you will—and I will use an Earthly expression: you will *spin out* of control. I know these words are simple, but you need simplicity to explain the workings of spirit and the physical body together at times of crisis. You all have within yourselves the ability, as I have said, to soar to the very heights of ecstasy, to allow life to be placed into that section of living for which you have come; and you have not come here to suffer in that darkness, but you come here to experience how to handle all of these difficulties. There is not one of you within this room who has not encountered in their physical living, problems of many kinds. It is not the problems that tie you down—it is your own minds. Allow your selves to experience these**

**darker times, but then allow them to go. Feel the upliftment from within and also from those who stand by you so closely, and yet sometimes my dear friends, you are not even aware of them. Have you anything to say about what we are discussing?**

Lilian: Emily or Cheryl?

Emily: Yes, I think sometimes, experiences can be perhaps traumatic at times, and then it's your own fear that overrides everything, and you get so stuck and trapped in that fear that it stops you being able to move forward, and then you start to punish yourself.

**You must at those moments in time, ask for the help that is available to you. There are so many who surround you and you do not let them in—you do not let them in (no); so what you have to recognise, my dear friend, is that you have utter control over those feelings (yes). If you cannot change what is causing grief, then you must work through it and use the mind—and remember the mind is of spirit—not the brain—the mind.**

Emily: Right! Thank you for those words. Thank you also for the previous things you've said that have helped me so far on my journey (yes). I'm very grateful for them.

**We know and we try to help. But I have to tell you, my dear friends, at times our hands are tied. And you really must focus more on the help available to you.**

Lilian: I've found it's quite hard as a parent—I can ask for help of course, but when it's one's children, that for me is quite a hard one—when I know they're in difficulties.

**But you cannot live their lives for them.**

Lilian: No, I've told myself that, as well.

**They are only borrowed for such a short time. Each individual has their own responsibilities, to take care of that spirit within.**

George: Yes, I would say that mind is of spirit and not of brain. This is a very important fact that many people do not realise (yes)—many people in science do not realise, but it's a very important fact to hold onto in these matters, I feel.

**Yes, and all too often, we hear people say: but we cannot control our brains. Of course you can control your brains! Everyone has the opportunity—has the guidance to change what they think, and, yes, you think with a physical brain, but it is governed by the mind.**

George: Yes, I rather like to compare our brains with a computer—and the Internet is beyond the computer. It is not exactly physical, but we can control our brains just as we can control a computer, I feel.

**Yes—yes, there always is control, there always is responsibility. You cannot tether the mind, but the mind is what activates the body. Without the mind, you would have no brain—you would have no physical being. And, although the mind continues onwards, it is still responsible for all workings of spirit. It would serve you well, my dear friends, to try to remember the difference between ‘physical brain’ and ‘the spiritual mind’. The gentleman is quite correct when he says that it is not always fully understood. You only will find the workings of the mind, and I will say to the *dear young people here now* that they must ‘go within’ to find their answers—not once, not twice, but throughout their entire lives. If they are to be whole, then they must have that contact with spirit much more deeply.**

Emily: I find I get quite frightened—I know I shouldn’t be frightened, but I do, and I think when I feel those around me then I get frightened.

**You become frightened when you have asked for help, did you say?**

Emily: Yes, then I feel spirit around me, but that makes me anxious.

**You should not feel anxious. Why would you feel anxious when those who stand close wish only to bring *love* and upliftment. If you feel anxious, that is you allowing energy to feed on fear (right!). Again, you can take charge of these feelings.**

Emily: Yes, thank you. I’ll have to work on that.

**You must ask for more help. You must feel that those who come close to you are full of love and**

**light. If you do not, then you must reject them. Spirit coming close should never make you feel fearful.**

Emily: Right!

Jan: Maybe Emily is confusing the word fear that she feels with almost that feeling of anticipation when you’re not quite sure how you should be responding maybe? (Yes)—Because I can’t imagine you’d be fearful.

Emily: I do get really frightened.

Jan: Do you?

Emily: Yes, especially at night, so I don’t sleep.

**You must reject whatever makes you feel fearful (okay). Do not allow them to come that close if that is how you feel. Spirit would never desire to make anyone feel afraid. Always remember—always remember too, that you can protect yourself with beautiful lights—with many things. When you feel anxious, perhaps, you could play uplifting music of some kind—anything to lift your spirit.**

Emily: Yes, thank you!

Jan: Yesterday, I had a terrible episode—absolutely dreadful! Well, I’m amongst friends, so I don’t mind saying it. It’s all to do with hormonal imbalances—I know it is and that’s all human and part of my garb; but today, I’m learning that if I have an episode like that, I must quickly forgive myself with my own inner love and get back on the horse, as it were and not hang on to that—I’m going to try again. That was just one tiny little blip along my journey. I think I’m right in thinking that, aren’t I? (Yes). You have to forgive yourself. You keep telling us not to be hard on ourselves.

**If you cannot love yourselves, how then are you able to love another? You must *feel* that love for yourselves—the physical self; and then life will seem much more simple for all of you—that, no matter what the problem—you are able to cope and to deal with it.**

Jan: That goes back to what you were saying previously about the mind and the brain and the spirit being completely separate and separating it off.

**Yes, you need to recognise the difference, and I have taught you often, my dear friends, that there are two things—love and *fear*, and fear is what activates (the negativity) the negativity of life—yes, you are correct. I would continue on your pathway, recognise that it is but a short space of time in your life—to let it go and to soar (yes).**

George: Yes—would it be correct to see fear as an energy? If it is so (**yes**), then that energy could possibly be transmuted into something more useful.

**Of course! I thank you for your words. That is exactly what can happen. Energy is able to be transmuted from fear to something much more positive.**

Jan: Because courage can come from fear, can't it?

**Yes, that is a very good example. Many people have found courage through fear. Many people find the inspiration *because* of fear, but the difference is: they let the fear go. If you hold onto fear, then as an energy it is capable of *growing*.**

Jan: And it grows with disease and aches and pains (**yes**) and everything else that comes along with it.

**Yes, we have discussed all of these things before, but, as I have told you so many times my dear friends: you need to be *reminded*.**

Jan: And stories and, written accounts of people who in a fearful situation have been able to lift extraordinary weights and all sorts of heroic feats like rescuing dogs and children from canals etc—and that's when it is used to advantage and the spirit soars and comes to the fore. There's something else then that takes that mind—

**How fear then inspires—inspires the person to do something much more useful. Yes, I agree with you—yes. So I feel, my dear friends that it would be useful for each one of you to think a little this time about the difference between the mind which is *spirit*, and the brain which belongs to the physical.**

Jan: Have we in the past talked about Alzheimer's and Dementia—along those lines—where part of the brain starts to actually die—that part of the spirit, obviously does not die—or that part of the mind. Where does it go in the short term? Or does it soar because part of it's already in spirit? **Spirit is always spirit. Spirit does not *change* like the physical body. When you speak of these diseases, it is a part of the body which is '*degenerating*', if you like—in a way, that has become part of physical death, which we view not as something terrible, but as the beginning of the journey home. In the same way as any organs in your body deteriorate, so too does this happen in the physical brain.**

George: Yes, I guess if the brain is damaged (**yes**), its connection to spirit can be also damaged.

**Of course, there has to be, because the two are intertwined whilst you have a physical body. Of course, you have to see that connection throughout life—yes.**

Emily: I don't know if it's okay for me to ask, but my brother and I in Australia last year had not a good encounter with spirit. It was not intentional, but it happened and I was just wondering if things were okay with my brother and the house, because I'm not sure it's all okay.

**Why do you feel it is not?**

Emily: I don't know if it's my own problem or if I just feel uncomfortable there. I'm not sure that my brother is totally comfortable—perhaps I'm just reading too much into it?

**Yes, I will speak with you in one moment. I am just looking at this.**

Emily: Thank you!

*A brief pause followed while Salumet aligned to this enquiry*

**This young man you speak of—he needs to be aware of what he is dealing with, and yes, there have been visitations from those in spirit who really should not have been welcomed. Yes, there are still remnants there, but not as it was (no). Yes, I will do what I can to help, but I would suggest to you that you speak with this young man and tell him that he must *not* call upon**

those in spirit without someone who knows what they are doing. He attracts spirits to him, but, as you well know, there are those who are pure and good and those who are mischievous. I do not say what he has attracted is dark, but mischievous.

Emily: Yes. Thank you!

**I will try to help him clear.**

Emily: Thank you very much!

Sarah: Is there anything Emily can do when she goes back over there?

**Not whilst she feels as she does. She must become stronger once more before she tries to help.**

Sarah: Thank you!

**It will be okay. Do not worry too much.**

Emily: Thank you.

**But as I have said, and I say it to all of you, you should not invite spirit without first being protected and knowing what you are doing. It is all too easy for unwanted spirits to join with you, especially on the physical level.**

Lilian: So this is something he needs to learn.

**He must learn to protect himself. As I have said, spirits are naturally attracted to him.**

Sarah: I think perhaps he did learn something from it that time, didn't he? **(Yes)**. I think he got a little bit frightened himself when he realised **(Yes)**.

Jan: Do you have any questions Cheryl before Salumet goes?

Cheryl: No—thank you.

**She will ask you when it is finished you will find, my dear friend. She will start to ask you questions rather than me, but, now, I will take my leave, and next time I come, I hope that the energies are raised and that each one of you is full of love and joy.**

All: Thank you.

Jan: We'll do our very, very best!

George: Thank you Salumet and thank you for your good wishes in that context.

**Yes.**

*There followed a brief period of clairvoyant messages to group members from Eileen. An Irish*

*lady then spoke via Eileen, and a merry chat followed. Rod asked if she had a boyfriend 'up there'. She thought 'up there' to be a quaint expression and went on to declare: no she did not have a boyfriend—so I asked if she had several boyfriends. That seemed to get things going and we all had a good laugh. And she was saying: Ach! We've got two of 'em (men) 'ere have we? Rod, who wanted to know her name, she declared to be not a shy boy!—he said he thought he was, and anyway, wife Daphne was here! She got us all laughing with a 'Poor Daphne!' and to get us all laughing seems to have been her intention. She had parried the question about her name. Rod was keen to get some answers from our visitor, and as a parting shot:*

*Can you tell us what you do—up there?*

***I try to avoid men!***

*That caused much laughter! Our visitor then said she was being told it was time to leave and off she went midst fond farewells.*

*Well, she certainly brought good cheer and left us in good spirits—in more ways than one. Perhaps Salumet had placed her with us for that purpose.*