

SALUMET – 30th July 2012

Lilian: Welcome Salumet.

Good evening.

All: Good evening.

Sarah: Nice to have you back.

As always I am happy to be with you once again.

I wish to say this time, that our joining together brings me great pleasure.

Sarah: Likewise.

Murmurs of agreement

George: We're really glad of that, thank you.

There have been many breaks in your time this past year, but we now have come together and hopefully my dear friends, this will continue.

Some of you have energy—physical energy, which is a little depleted at this time; nothing to concern yourselves about, but just to let you know I am aware of it and will help in any way that I can.

General Thanks

I would like to say to you, my dear friends, that as far as your own *self* development is concerned, you perhaps are just a little—I use the word 'lacking'—but as always, I say to you, it is entirely your own free will, which will enable you to develop more spiritually. Our aim this past year, was to encourage you to develop that spiritual self, to bring it more to the fore, to have the recognition more easily of your spiritual gifts. So I ask you, my dear friends, that you continue when you are not within the confines of this room, to develop your own gifts of spirit. I hope you will agree with me.

Affirmations

Yes, much more could be done.

Sarah: Yes, I know I'm probably the worst culprit.

We do not call you culprits.

Quiet laughter

But it is for your own growth, it is for your own betterment and it also enriches the physical lives that you lead. So it is imperative for *you all* that you look upon these quiet times as one of the most important areas of your physical life. I must at times sound, my dear friends as an echo, but I say to you that I repeat

these things in order to encourage and to help and to uplift you.

Sarah: Yes, thank you. I think sometimes you must think you're hitting your head against a brick wall. You keep telling us and you keep telling us and—**(No)** sometimes—but anyway, we need the reminder.

My purpose always is to show you patience and love.

Sarah: You certainly do that.

Paul: I think it always has to be a daily routine, more or less at the same time. As soon as you step out of that routine, you've lost the chance. I think the way our lives work, it has to be a little bit like, always doing it at the same time each day and you have to stick to it no matter what—it needs to become a habit—

Yes I understand. You human beings are so much involved in daily routine that probably it is a good idea for you to include it in a daily routine, if that is the easiest way of doing things, although, my hope for you all is that there should be no thought of it, but it should become a more natural part of your being.

Lilian: Yes, if you walk in a quiet place (**yes**), there is one near me—a lake and it's very pleasant there.

All of these opportunities, as I have told you in the past, can be utilised for the benefit of your spirit, but to develop more, you need that quiet space and if it is done regularly at the same time, we in our world are waiting there to help you (thank you). Although you know we are with you instantaneously anyway, but it is a good discipline for you all; after all, you are responsible for your own beings and as much as I try to encourage and to influence, I can only do so much. But we are in a time of self development; there is so much you could do my dear friends, not only for yourselves, but for others who come after you, you understand?

Murmurs of understanding

So it is important that you continue the words and I know our words go far and wide, but it is important that you also go inwards.

George: Yes, I find myself that I sometimes want to go inwards, but I get troubled by a tickly throat and I start coughing, but I guess that's just something purely physical that I'll have to get on top of?

It happens all the time. It is just the process of going a little more deeper and the *voice box*, or 'throat' as you call it, is part of that change. So do not be too concerned, allow your throat to clear and continue to find that quietness within and eventually you will find that that disturbance of your throat will disappear.

George: Yes, thank you.

Sarah: The instrument you're using used to have that trouble as well. A little while ago it reoccurred and she came to the conclusion that that was all it was, just spirit being around, yes—**Yes, with this instrument that I use, it happens still and it happens also when she is being used and overshadowed during the healing process, but she has come to the realisation that it is not worrying or important, but what IS important, is the work that is being done. We do still at this point in time, need to use the physical body, the physical eyes and throat and hands and such, in order to do our work; but it is a regular happening, so do not be concerned; you should never allow it to stop you from finding that deep part of yourselves.**

Sarah: In fact we could use it as an encouragement, because you'd know that you're going in the right direction when that happens. **Yes and also the ears are often used in a way that people find distracting, but in a way you should be encouraged, because it shows how close we have come to you.**

Sarah: Do you mean a ringing in the ears? **There are many sensations: Some people feel they hear words, some say ringing, some say other noises within the ear. But of course you must never rule out any *physical* conditions and assume that all is from spirit. After all, as I have said on previous occasions, to hear voices, is not always spiritual, but can be a physical condition that has to be attended to medically. But as your**

awareness grows, so you know and understand more about these conditions and how we in spirit work and come close to you. Have you anything to say about your own self development?

Rod: I do seem to have a problem when I try to go in—I often drop off to sleep rather easily. Whether things are happening then I don't know, but I hope so, but I don't think it's the ideal way of doing it.

It is a step towards what you should be trying to achieve, because only when the physical body is relaxed will you sleep. What you are attempting to achieve is *that state*, but with spiritual awareness. But continue to try and you will find that there may be a time when you are completely relaxed, but still as you put it, 'awake'.

Rod: Yes that's good, ok.

But you mustn't stop trying, because as with many things in life, you have to have *practise*. And because so much has been lost by you human beings in this world, it takes time to recover. You understand?

Rod: Yes.

George: Perhaps the chair design comes into the equation, some being too comfortable perhaps and a more upright sitting position could possibly help. Any comment there?

Upright, both feet together, with the body relaxed but not slouched. Yes, that enables the energies to be better utilised by those who wish to use you.

Rod: Come to think of it, George did tell me that, years ago—

Yes, if you find that is the problem, then of course you have to alleviate the physical problems first; but it is still teaching the body to relax.

Rod: Good, that's great, thank you for that.

Does anyone else have any questions while we are speaking of your development? You are all happy with your development?

Knowing chuckles

Sarah: I know I could develop a bit more, but I do find, living by myself, I do have, when I'm not rushing around—at least, I don't have anybody talking to me and I do find that I'm becoming more aware of different things. For example, if somebody's done something and I think yeah, you were meant to do that, because of something else and I *do* find that my thought processes are different to what they were, and I'm sure that's your teaching. And I do know I should do more self development—but I think things, even though I'm not doing that, are ticking along anyway.

Lilian: You mean like coincidences?

Sarah: Yes coincidences and I just seem to be a little more aware of—I can't think of an example right now, but I do seem to be thinking a little more along the spiritual line so—

George: Yes I'm with you there Sarah. I feel that I've been thinking in a clearer and more constructive way lately. I have for a number of years thought about the 'aether', or 'continuum', whatever we call it, and about the nature of LIGHT and it would make a lot of sense to me to regard LIGHT as a compression wave travelling through the aether. Being a compression wave, it would give it something of physical character and we relate LIGHT to the physical creation and it has a measurable pressure when it falls on a surface, and it has a particular speed at which it travels, which does rather make it part of the physical system and I feel it is all to do with the compressed parts of the wave; whereas with THOUGHT, that has been spoken of in some sources as a torsion or twisting wave motion, which has no pressure in any part of it, so that remains purely non-physical and perhaps that goes some way to explaining why THOUGHT travels in an instantaneous way, whereas LIGHT being much more physical has a particular speed and physical properties.

Yes my friend, you have differentiated between what you call 'waves'. I like to use the word 'energies' (yes). Of course I have always taught you that THOUGHT is the most powerful thing

that you can ever possess, and yes, THOUGHT belongs to spirit. It has no weight, it is pure energy, it belongs to the energy of the whole of Creation. That is why THOUGHT can travel throughout many universes in an instant—even more quickly than an instant!—I have to use physical words for explanation only. Yes, I understand your comparisons and if it helps you to understand the continuation of life, then so be it—that is your way.

George: Well it helps me to understand, (yes) by seeing the continuum as having two distinctive types of wave that can travel through it.

Yes, because that is your way of thinking and I would say to all of you within this room, you each must find your own way of discovery of truth. I could put words into your mouth, but that is not what I wish to do.

George: And I appreciate that any movement within the continuum is energy.

Yes, it is all energy and that is being recognised. But yes, THOUGHT is a much different process.

George: And yet it would seem to be in the same medium—

It is all part of the same energy, but it is much finer, much more refined (yes). That is the simplest way that I can put it to you.

Sarah: That sounds a good way actually.

But you must, each of you, find what sits comfortably with you and the way to do that I reiterate, is to go *within*, to find that energy of THOUGHT within, that takes you throughout all of Creation, where you become *part* of Creation. Do you understand?

George: Yes.

That should be your goal, where all things are part of each other.

George: Yes, that is a thought that has become much stronger with me in recent years.

That is what we are trying to achieve for you *all*.

Sarah: You said two things there about becoming *one* and you also talked about the *universes*. I was listening to a programme on the radio and this person was saying about there being more than one universe and then they said, well where

does one end and the other one begin? Perhaps we've talked about this before, but I just wondered if you could—perhaps it's because we're thinking in a physical way—

George: Perhaps they are coincident?

Yes and density of energies. You are moving into an area that would be difficult to explain to you at this time. But if we speak of 'many universes', it is all gathered within the one energy, as I have just spoken of. But energy can be transmuted, and we have also spoken about this at times, which offers some explanation also.

Paul: And none of the universes have any end do they—there is no end is there?

There is no beginning—no end, yes.

Sarah: They're all part of one, but different densities (yes). A bit like sound waves, you can't see them but they are there.

There are many energy waves that mankind has yet to discover. There is a continuance of discovery ahead for your scientists—energy waves they have not as yet discovered.

Sarah: Have these energy waves already been known by mankind in previous times?

No, there are energies yet to be discovered, but that is something to come.

Sarah: So the ancients—the space travellers we've talked about before—with pyramids as now found in Bosnia (yes)—so that would have been a different energy as well being used, but it wasn't used by us Earthlings. Is that one of the energies you are talking about?

You are speaking of other peoples?

Sarah: Yes, I was thinking of the space-travellers at that time. That would be a different energy that they were using—

It would be an energy that they recognised and used, yes.

George: Incidentally, the one who is excavating the Bosnian pyramids (yes), he was delighted with your answers last time and wonders if you would be prepared to take more questions on that subject?

I will, but not this time. Next time, I would be happy to answer questions.

George: Thank you very much.

This evening I am more concerned about your developments.

Sarah: Could I just ask—Emily certainly works fairly hard with her spirit, but she was looking after somebody's house for a couple of months and she never slept very well in that house right from the start, and in the end she became aware of a presence in that house. I can't remember the address, but I wondered if you could tell me if there was a presence in that house or whether it was Emily's fear that was creating—

I would say she created the fear.

Sarah: She created the fear—thank you.

Yes. This young lady has much to develop, but when you start to develop and understand energy, you can also make yourself fearful. You have to be careful that all things are under control and that is why I say to you all, it is important to go within, because when you go within, there are those who wait by you, protect you and help you to develop all of these senses wisely. But I feel on this occasion, it was her own fears rising to the surface.

Sarah: Yes, so it wasn't anybody being attracted to her fear, it was purely something that was coming from within her?

Fear can become real. You know as I have said before, it becomes reality—thoughts become reality—as I have said, energy can be transmuted and that is what happens.

Sarah: Yes, well I do know and I've said to Rod, about negative attracting negative, and I remember I used to cycle through a woody area and it was in the winter when it was really dark, and I always used to be really frightened as I went through there. But after you told us that we shouldn't have negative thoughts, I was never frightened again after that.

Yes, you have taken control of fear and replaced it, as I have said, transmuted that fearful energy into something positive. It applies to all of your life, yes.

Sarah: Yes, thank you for that knowledge—

Rod: Can I just ask a question, because I have often thought about it—when you start to go in, should you ask for protection, or is it automatically there?

You should always begin by asking those close to you for love and protection, yes.

Rod: Thank you Salumet.

Yes. In that way, as you go deeper, you should encounter nothing that is not good. Yes, because remember as you open up to these energies there is always good and bad. So you must always be aware.

Rod: Yes, thank you.

I hope my dear friends, that our little discussion this time will encourage you to think more deeply and to go within to find your true selves, and to discover those who stand so close to you, whose only desire is to help, instruct and to uplift you; not only those teachers, but those loved ones who constantly stand by, to help in any way that they can.

General thanks

Paul: I think some days are better than others, with my quiet times certainly, which shouldn't really be the case I know. It's purely allowing other things to affect it. I ought to be able to push it all (*away*)—when I'm in the quiet times I should be able to have more consistency with it.

May I ask you dear friend, what do you experience in your quiet times?

Paul: When I feel I'm getting somewhere with it I do get to a point when I feel I'm *on the verge* of something; there's a feeling of being detached from the world now, I'm in a more peaceful—**In a more peaceful place (yes), but as long as your brain remains active and *thinks* of these things, you are not completely allowing yourself to let go; you must allow it to happen. Do you understand?**

Paul: I guess that the letting go then—is it sort of—degrees of letting go?

When you allow yourself to let you, you become unaware of who and what you are and of your surroundings. Then you begin to realise that

there is something more than what you are familiar with. You understand?

Paul: Yes I *do* understand that (**yes**)—I feel it's not too far off—that state. I've just got to release more (**yes**) to get to that state, yeah.

Good. Now my dear friends, I have spoken enough to you about your development and I say to you my dear friends: again it is up to you—entirely part of your free will, but very beneficial if you should be more aware of your spiritual self.

Lilian: I think you've encouraged us all.

So with those words—

Lilian: Can I ask a question just before you go, about people coming? (*to this group*) (**Yes**) One is my granddaughter Catherine. Would that be ok?

Yes if all are happy to invite this one.

General agreement

Lilian: The second lady, she was supposed to be coming when we met at *my* house, so I feel that one's ok. There is another lady, I feel she's ok too—who I met and talked to on Saturday, which you're probably aware of. I did feel it was rather a strange coincidence—

You are always so surprised my dear friend.

Gentle laughter

Lilian: I was on *that* occasion, very surprised!
It never ceases to amuse me how often I hear one or the other say it was *surprising*.

Lilian: It was really!

More chuckles

George: I too am amused because I was talking with Lilian about this and I *said* those would be your words.

You know me well—

More laughter

And yet you cannot cease to be amazed. Yes, again I am happy to ask this one to join with us, if that should be her wish—and again I say, provided everyone is comfortable with inviting other people in, then that is fine.

Now I will take my leave and—

Pause

Yes, I think there is one more to come.

Lilian: Thank you for a lovely evening.

George: Thank you Salumet for your tips on going within and I'm sure that will help us all.

Yes, I hope so.

Paul: I think so too, yes

As always I leave you cloaked in my love.

Sarah: Thank you for coming.

Paul: Our love goes with you too.

The 'one more to come' then spoke via Sarah:

Good evening.

George: Good evening.

I have been listening to the words of your master, and I felt that I would like to come to speak a few words with you.

George: Good—you are most welcome.

I am most interested in your scientists, and I heard your master speak of the new energies that you will discover. And I just wanted to say to you that this is something that I am most interested in, and I'm trying to impress upon your scientists one of the energies that is available to you now. But it is not easy, and I hope that I will be able to continue with my work so that you as a people will be able to go very much further in your thinking and your development as a people.

George: Thank you very much! Now, this is something that I feel is much needed at the present time. Might I ask if in your Earth life you were a scientist?

I was, yes indeed, I was. But of course, the knowledge was very much limited at that time. But I've always felt there was something that I could not put my finger on, and now that I have returned to spirit I realise it was the help I was getting from spirit. So you see, I have in turn decided: this is my job now—to try to influence those scientists who are at present working so hard—though may I say: a little bit in the wrong direction? (yes!) But it will come—I know it will come, but it just needs a little—'tweaking', shall we say in the middle—so as to turn their thinking a little bit to the other direction. And then I will be able to influence them very much more.

George: Well I think that part of their thinking at the moment is that what used to be referred to as the 'aether', they seem to be calling 'the Higgs Field'—the continuum throughout everything. Is that the sort of thing that you were thinking of? ***I am aware of this experiment*** [the CERN particle accelerator project], ***but no, I have to say: it is not with this group that I wish to work. They are indeed learning very much from their own efforts. But no, I am working with others who are sitting in the background scratching their heads, wondering which way now they can go. And this is for me a very good chance to help, because they are aware that they need to change, but they do not know how.***

George: Yes, I think the scientists today are thinking too much in terms of particles and not enough in terms of, shall I say: 'field'. ***But I feel this ah 'Higgs what-you-call-it' is um—they are trying to understand something that has happened, but—how can I say?—they are trying to understand it, but it is not necessary to understand—in my mind, to understand this particular experiment—it is more on another level that they need to go (yes!). This is what I am trying to say.***

George: Yes, I think I understand and I agree with you. Your name would not by any chance have been 'James' in your previous Earth life?

I—let me think—I—

Our interesting visitor clearly had some difficulty in backtracking to a remote memory

George: Would it have been early 20th century? ***Let me think—I was ah*** (voice deepened quite markedly) ***I was of a—I am taking back the time—I was wearing a long robe and I had much short grey hair—it was very hot and—yes, it was much, much earlier*** (ah yes) ***I am afraid I cannot tell you.***

George: I do understand—if it was much earlier. ***Much earlier—yes.***

Lilian: And you still continue to be interested in the work?

George: Forgive my interruption. Please do continue.

A few sighs and then recovery

I was rather taken aback to come back, with so much heat!—it is a little bit of a shock. But anyway, let me continue. I am, yes, I am still most interested in the scientific world—yes. And I hope I will be able to help you and your scientists.

Rod: Have you got a specific field that you are very interested in?

Yes—energy—energy—yes.

Lilian: Is that since you've been in spirit?

No, I was always interested in energy—

Lilian: Were you a little bit before your time then?

As I said to you: I was being influenced from spirit whilst I was here. And now I wish to return the favour to those who are struggling to move forward on this planet now.

George: Wonderful! We do appreciate that.

Rod: So this is a method of how to manufacture energy on this Earth?

No—it is to make you aware of the energy that is already there, and how to utilise it—yes.

Paul: Much like the pyramid-builders might utilise the energies of the Earth? Like that?

Ah—yes and no. Yes, that was an energy that was used. But there is a much more—that was energy that was to help you physically. This energy that will be available to you will be helping you more spiritually (Ah). But I cannot let you know what exactly it is, because this is something mankind has to find for himself.

George: And that will lead us to a better awareness of spirit, I would imagine—

It will help in many, many ways. Yes, and I can tell you that whilst I was here I wasn't a good dancer, but when mankind discovers this energy I will be the best dancer ever!

Chuckles

George: Yes, that's a nice way to put it—very nice.

And so, with those words, I will return—but I will stay close to your scientists.

Rod: Could you give us a name so we know who you are next time?

You can call me 'Joshua'.

Lilian: Do you think you might call again?

George: Well, thank you very much indeed Joshua, and it's very nice to know that you are close by.

Thank you.

Georges Notes:

Joshua's Earth Life: *We were left with the impression of perhaps a hot Middle East country in ancient times when scientists would have worn robes.*

Scientists and Energy: *The huge CERN particle accelerator experiment continues—a search for the Higg's Boson particle, thought to confer mass/density to physical matter. The suggestion seems to be that that kind of understanding is not necessary. We need to think on another level! We are also aware of scientific groups 'sitting in the background scratching their heads' and I guess one of these will discover.*

Article: *The accompanying article, adds further perspective, and will be posted on website 'Scientific Enquiry' page.*