

**SALUMET—15<sup>th</sup> October 2012**

Lilian: Good evening and welcome Salumet.

Good evening.

*General greetings*

As always I have listened to your conversation this time. It is worthy to note how your viewpoints have changed. At one time, my dear friends, you would have considered situations to be either black or white. But now all of you are much more in tune to other emotions and are much more giving to others. This my dear friends, is entirely due to your own spiritual growth and as you know, that is something we have been working with, with each one of you in this past year of your time.

Lilian: Yes, with your help and a lot of help from your side.

Yes, I would this time speak to the lady who asked a question the last time we met.

Sarah: Yes.

As always your doubts surrounded you after speaking (yes). Yes, I have told you on many occasions, you must not doubt yourself. But it is not unnatural for human beings to doubt themselves; it is part almost of your physical make-up. What I would say to our dear lady friend is that when she communicated she was speaking as a *group*, speaking *for* a group, who were aware of the questions being asked. The information given was coming as a group, but then seemed to *change*, and this is what confused you.

Sarah: Yes it was.

Yes, a little—shall I say ‘hiccup,’ occurred then. So, yes you were right to consider that it was not as it seemed, but that is not to say that the information given was incorrect, only in the manor that you gave it. You understand?

Sarah: Yes I do, that’s nice to know anyway, thank you very much.

Yes—please do not doubt yourself.

Sarah: No I shouldn’t do that, I just feel it was quite an important thing to be saying/giving out and when it goes to so many people, I just wanted to make sure it *was* right.

And I would say also that when you are speaking of something so far back in your Earthly time, it seems unlikely that it would be the person of that time. That is why sometimes the information comes from group knowledge.

George: It was certainly wonderful information for us to have.

Yes—of course, but it is more important that the channel is comfortable with herself, otherwise what will happen is that she will continue to mistrust her own judgements.

Sarah: Thank you Salumet very much. Whilst I was channelling it seemed fine, but it was afterwards when I thought about it, that I thought there had been a bit of confusion in there, which made me doubt.

Yes, your very deep subconscious wanted to interfere—that is what it is. But please *know* that your communication with us is now strong.

Sarah: Yes, thank you very much for coming back and telling me that.

Yes, the same as our other dear lady friend who doubts sometimes what she receives—yes.

Jan: I do.

Yes, we have already spoken about that, yes.

Sarah: I won’t doubt any more—

It is not always a bad thing to have doubt. But don’t allow it to *suffocate* you. Have the doubt, deal with it and let it go (yes).

George: Well it seems most wonderful to me that that information was sourced in that way from so far back.

Yes, that is what I mean—there is more than one at work in these situations. Not everyone would understand those words, but each one of you is most capable of accepting this as being so. Have you any questions this time about this? *Pause* You are all happy with that explanation?

*(Affirmations)*

George: Yes we’re very happy with that explanation I’m sure and we’re very happy with all the information that has been coming to us about pyramid construction and the reasons for pyramid construction on our planet—that is very

clarifying for us and I'm sure all those who read the transcripts.

**Yes.**

Jan: It's not only when we're in this room, I think we should remember that we're impressed and given things *all* the time. I've learned not to doubt those feelings, thoughts, that inner voice—I think that's important to remember.

**Of course—once you open up to spirit, you will not be left—let me say it to you that way. Once we have a channel, and it doesn't necessarily mean a channel who uses speech—but once we have a channel who becomes aware of those spiritual feelings—that spiritual knowledge—then it is imperative that we continue to use them, because in that way the world becomes more knowledgeable and that is what is important. So your own individual development is of the utmost—yes.**

Jan: It brings you to question—not to question *why*—how can I put this—the *reasons* seem a lot easier to fathom. Life's reasoning seems easier. It becomes more complicated and harder as you've said before, *with* the knowledge (**yes**), but when you're able in quiet moments to sit back and think, '*Let's just think about this now, the reason that's happening is because of that.*' It's just healthy and it's opening up channels of questioning that maybe I hadn't thought about personally before.

**Yes, whereas before all was black or white, now you look at a slightly wider picture, yes.**

Jan: Yes, looking at it from outside in, not inside out.

**Yes, that is correct—you must, as I have said these many past times of your years, you must look further, you must go inwards, but you must look further. It will come with awareness and knowledge.**

Sarah: I find it makes life less stressful and more in harmony. I was talking with somebody today and she was so sort of angry, and I thought I wouldn't want to speak like that anymore. Your teaching's been a very *calming* influence—everything's much calmer and easier to deal with.

**Yes, I believe you will remember words I have used—to be in control of emotions. There is nothing wrong with the human emotion, but it *can* instil within you a dread and fear of *life*. That is why I say take control of those emotions and think things through, and your own spiritual being will tell you and keep you calm.**

Sarah: Yes I don't think I'm consciously trying to be calm, I think I am just calmer.

**No, that is because your spirit is more to the fore in your daily life.**

Sarah: That's nice to know.

Jan: When it does happen—I can't speak for everybody else here, but I have occasions when I think, '*Oh no here we go—*' but it's so much easier, like Sarah's been saying and I'll use a silly expression, '*To get back on the bike,*' and it just feels easier to get back on the pathway (**yes**), whereas before I might have spent weeks and weeks being in this black place (**yes**). But now if I do get angry I can now laugh about that anger and think, '*What did I do that for?*' Much easier than taking it within and then having pain somewhere weeks later, because I became angry. **And also remember too, that to express anger is in effect to express your inner fears. I cannot stress it to you often enough—FEAR can create all kinds of situations, not only illnesses, but it can stop you growing spiritually, whilst you are in these bodies. That is why it is important to always see that wider picture.**

Jan: I think it's one of those emotions that personally I don't think necessarily is a bad thing to have, as long as it's managed and you know why you became angry and you get rid of it as quickly as possible—you don't hang on to it (**Yes**). I think—

**The recognition is good, but the absence of anger is so much better. But that is what you strive towards.**

Sarah: Getting rid of everything that's negative.

**Yes, but as long as you feel you are moving forward as a human being—and I am not saying do not be compassionate, I say *be***

compassionate, but without the fear and guilt of anger, because anger does result in fear.

Jan: Yeah.

George: I feel it's very important for this planet to conquer its fear of others from across the universe. We have been so fortunate to receive information on friends from across the universe, from other planets, from the spirit realms of other planets, and information concerning various pyramids and their purpose. And we are in the fortunate position to be able to use intellect and to cross-reference this information and this should result in all this information being very acceptable to those in our population and it should help everyone to conquer 'fear of the unknown', because these things must eventually become *known*.

**Yes, you can only give out the information that is available to you. It is *then* the responsibility of those people receiving, to decide whether or not they also accept this information. You cannot rush the process of acceptance, but as time continues and we all do our best to influence your world, then more and more people are beginning to *think* for themselves, to *question* also, what they read and hear. This is healthy and we would not discourage people feeling that way, and if it means that their own emotions at times override their own common sense, then so be it. But it is important that we continue to strive for the truth and the knowledge which is available to you all. Your world will become a much better place, but it is *slowly, slowly*.**

George: Yes, that's a lovely thought and an axiom of one of our institutions, is 'knowledge dispels fear,' (**yes**) and I feel there is much truth in this. (*Parachute Training School*)

**Yes, I would like to say *truth* dispels fear, rather than *knowledge*, but I accept that saying as being a good one.**

George: I see yes the knowledge has to be *truthful* knowledge—

**Yes, not all knowledge is truthful.**

Paul: And it needs to come with love.

**Yes, of course that would go without saying, yes. Truth is love, Love is Truth. Yes, you must remember my early words, when I stress so much about Love and Truth (yes). That is what is important and the knowledge and the information that we pass to you about your planet, your world, is good for *you*, but inevitably what we are striving for is that the population as a *whole* begins to recognise who and what *they* are as individuals. *That* is the importance of being alive, that is what we strive for all of mankind to have. It is simple, but it is powerful. You understand?**

Paul: Yes, it's small steps —

**Continue to give the truth, the information, and the others will do their job. We will try, not only to influence you, but all those who come into contact with you. There is much work to be done.**

George: We feel that via the website, there are more coming into contact with us (**yes**).

Paul: It's almost like we have a very wonderful fire or something very pure in the middle here and every person we meet, or even those from other universes or coming through as channels—everyone you feel is just a *friend* or a *potential friend*.

**Yes and that is the expansion of your spirit. Each one of you must by now realise that in your everyday life, that you will find more and more people are attracted to you. It is because your spiritual light shines brighter and they will be attracted to you. It may even be something quite—shall I say *Earthly*, but in that moment of meeting, there is a blending of *Love* and *Truth*. And I know all of you *feel* this at times (yes). I am sure each one of you could give some information in your daily lives as to people you come into contact with, who are *seeking* and are ready for the information that you can give to them.**

Jan: Unfortunately for myself, I don't feel I come into contact with many people—I do live a very insular life, but those that I do talk to, I can see them growing spiritually over many, many

months of talking to them and I suppose that's my pathway. I remember you once said to us that if we only ever help one person in this lifetime—**One person—if you touch the soul of one person my dear friend, you have achieved much. So do not be concerned about numbers. Remember that one person will radiate that love from you to another—and that is what happens. Imagine one person radiating out to *thousands*. It has to begin somewhere—so do not be concerned about numbers.**

Rod: I'm afraid I was a little greedy—I thought we would leave a trail of believers, but I don't think we've ever done that.

**Well I am sure sir you do speak to many people I know and you can, but—as I have said before, leave the seed of truth with them. And then it is *their* responsibility. Do not become concerned about whether they believe you or not, because you have done your work well.**

George: Perhaps this is a good moment to mention that two people hope to be sitting in with us next week, plus Doreen who has sat in with us on previous occasions.

**Yes—yes I am happy for them to come if the others are. You all know by now whether you are willing to accept others here. If I did feel there was any problem, do not be afraid that I would not tell you (thank you). So if the others are happy, then yes my dear friend, so am I (thank you). I will of course, endeavour to be here with you as I always try to, when we have other people with us.**

George: Wonderful, much appreciated.

Jan: I'm letting you know my thought here (**yes**)—I mentioned to the group earlier on, when Eileen your instrument was healing—I suddenly start seeing patterns I suppose, but Richard my son who you know well, is going to start a new job in a month's time and it suddenly occurred to me, I wonder if—and I haven't mentioned it to him at all—I wonder if the reason why he has got a job nearer here—and I know his free will, will come into it—but he will have the opportunity in time to come back to the group on a Monday.

**Yes, if his free will allows him then his pathway will always lead to where he will be comfortable. So I say only that with free will you all make your own choices. However much influence we place upon one person from our world, inevitably we cannot interfere with their free will.**

Jan: Yes I appreciate that 100%, it's just my way (**yes**) as I said earlier on, of thinking 'Ah!', (**yes**) I can start seeing life in—I suppose, because you've told us so many times that there are no coincidences (**no**) and Richard's free will I know comes into it and I'm not going to mention this to him at all. I want to see whether or not his free will leads him back to the group (**yes**), because he's been given the opportunity to do so geographically.

**Yes, if people really do *desire* to come together, then they will. The opportunities of course are given, as you have said, but it is entirely up to their free will, whether they take or recognise those opportunities.**

Jan: Yes so it's my exercise you see over this next year, just to see whether he takes that opportunity.

**Yes, and of course there is a closeness which allows you to feel these things and I know you understand what I am saying.**

Jan: Yes I do. Thank you for that.

**Yes, but we welcome *all* who wish to experience or learn a little more about themselves or what we do here. And I know dear friends, there has never been a moment when you have denied others that opportunity and for that I wish to say thank you to *all of you* for your dedication and your love, which encourages me to continue in this mission.**

George: I'm sure we all reciprocate that love and are so happy (**yes**) that these meetings continue. **Yes I will of course be with you next time, so for now I will take my leave. I leave you all this time, again feeling uplifted as you leave this room; uplifted and filled with the joy of physical living. I know that life can be harsh at times, but you are all equipped now with some knowledge**

**of dealing with your lives. And with those words,  
I ask that a blessing be placed with you all.**

*General thanks expressed by the group*

*There then followed some clairvoyance through Eileen making a connection with Jan from a friend of Jan's grandmother. She mentioned toothache, holidays and Grangemouth, which all seemed to be meaningful.*

Ann: *Ann passed to spirit in June. Jan has strong clairvoyance at times and she now became aware of Ann joining us and saying: 'Am I in time for tea?' I moved across the room so that I could hear Jan's commentary on this, and Rod thoughtfully moved from his place next to Jan to a chair opposite. Ann declared that Rod was now sitting in **her** chair. Correct! Ann said she loved the music—probably the CD medley of her favourite music played at the funeral. Jan reported that Ann was smiling—beaming, the whole time and was surrounded by an incredible feeling of love. She said that where she is, is everything she expected and more. She spoke of the emotions felt at time of passing—pulled in both directions, but knew it was time to go. There were tears of happiness. 'The love bonds are not broken'—she loves everyone just the same. In conclusion, Jan noted a tall man then drew her back. That would likely be her grandfather whom I met once. (He would be about 6' 2" and Salumet had informed us that Ann had been met by her grandfather) Jan was left with the feeling that Ann would be visiting more, once she was better settled in. We then closed and had tea as usual and Eileen placed an extra cuppa where Ann used to sit—life continues—onward and upwards*