

SALUMET—5th November 2012

Natasha joined with us this evening:

Sarah: Good evening Salumet.

George: Welcome to you.

Good evening.

All: Good evening.

Firstly, let me extend a warm welcome to our new friend. I would this time, like just to mention about what you call ‘depression’ and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect spirit with our world. Although so many more people have become aware of spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your spirit. Mankind is slow to understand this, but it is coming, it is coming.

George: It’s very nice that we had Stephen, the trainee doctor through last time and he was talking about the need for spirit connection and rejuvenation, both during sleep state and at times during the day.

Yes, it is a connection that you all should be making on a daily basis, not just when it suits you, or time permits. It should be the most important part of your daily lives.

Paul: People remember to plug in and charge their mobile phones, but they forget **(yes)** to plug *themselves* into spirit to have a recharge.

George: All that energy out there **(yes)**.

Rod: That’s a good way of putting it Paul!

And of course, you would not try to run your vehicles without fuel and yet you abuse the housing of your spirit. So perhaps it is time to remind you once more, of the importance of that silent state.

George: It’s very good to observe the connection with depression—a very real factor.

Yes and there is, as the gentleman said, too much of it at this time of your existence.

(We had mentioned it in our prayers at the beginning of the meeting, which is probably what Salumet is referring to)

It has to be attended to otherwise you become engulfed in a state of desperation and eventually a state of darkness, because the spirit is not lifted

Paul: So would you recommend for depressed people to learn the way to go within quietly?

It is already being used in your world. It is already understood how music and quietness and all of these gentle pursuits are uplifting to the spirit. And yes of course, if people would only accept that they are more than a physical body, it would be so much easier for them.

Paul: It’s almost like music is—you can get a bit rigid in your thoughts—stuck—and music comes along like an oil and loosens everything up.

Yes, provided of course, it is the right *kind* of music (yeah); not all of your music is uplifting.

Sarah: Like heavy metal or something like that’s *not* so good **(yes)**.

Paul: That’s right. There’s a lot of debate over the music industry, that it’s become so polluted with all the commercialism surrounding it. Going back a few decades it seems the music industry was less *manufactured* than it is today.

George: More melody perhaps.

Jan: There are an awful lot of depressives within the music industry itself—

Yes, very often because of the type of music they listen to—or are absorbed into—and of course, music can be intoxicating for many.

Jan: I think more so than the music today are these consol and computer games, which draw people into darker sides of themselves **(yes)**. I think that’s a great cause of depression in children and young people.

All of you should be aware of that spirit—they say ‘the spirit within’—the spirit is *not* within, it is **WHAT YOU ARE!**

Jan: I think it’s tainted—people allow external stimuli into their lives **(yes)**, which is damaging. I like to—as well as quiet moments, as somebody who’s suffered from depression in the past **(yes)**,

it's very important not to forget one another, because your fellow man can help pull you out of depression just as quickly actually as being on your own.

I believe I have said to you in the past that depression is not a good thing, because it is a selfish act. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself. So to allow others into your life, just to listen perhaps, is that first stage of upliftment.

Jan: It's that feeling of connection that we are all connected (**yes**). I think there are varying degrees of depression and people that suffer from depression know themselves, what they require, whether it be those quiet moments (**yes**), or whether it be their fellow man that helps. I think most people start to recognise eventually what it is they need at that particular time (**yes**). That only comes with awareness I presume?

It does, because some people never find what it is they need. If only they would listen to their inner voice, things would become so much clearer. But ultimately I have to say it is a selfish state of living.

Jan: It is a *very* selfish state of living (**yes**). I recognise that when I've been in it—extremely selfish—self-absorbing/selfish (**yes**). But it is part of—I don't think it *has* to be part of our physical, but it seems to be something that is very prevalent within our physical bodies (**yes**) and it's just learning to deal with it.

A lot is to do with the state of your lives at this present moment in time.

George: A very simple thing for people who do not really understand, is to ensure that they get adequate sleep.

There are many things, but they need to be taken from themselves. That is why I would say music is a great upliftment; for those people who have no strong beliefs, music can have the effect of soothing and uplifting.

Paul: Can that also apply to animals sometimes? **Yes, of course, of course.**

Sarah: I was just thinking also that people who are depressed, they tend to sleep quite a lot and I suppose that gives spirit a chance to connect.

Yes, because you see the depressed people almost close us out. We come close, of course we do, to help in whatever way, but it is like a barrier that is placed between those who wish to help. Yes, it is something that should be discussed often.

George: Yes, the influence of music is interesting, because it also has an influence on plants (**yes**). I have carried out experiments myself and have discovered that tomatoes grow rather better if music is played to them.

Yes, of course we have discussed these things before—

George: We have.

Jan: Yes, it's the vibration, isn't it? It's the vibration that they pick up on—

Yes, but it does no harm to be reminded of these things.

George: It's interesting to see how it's beneficial to humans, animals and plants—right through nature really.

Yes, you are all vibration—you know this.

Sarah: Yes and George was saying last week how in China somebody's tumour was shrunk just by chanting (**yes**).

George: Yes, this was in a Beijing hospital, where medicines are not used. Three doctors enhanced the feeling in the patient of: 'I have been healed.' And a three inch sized tumour inside the bladder disappeared within three minutes and this was all recorded on film.

Sarah: They were chanting and I remember you saying before Salumet, how certain chanting can put a vibration out a very far distance.

Yes, you are not fully aware yet, of the many vibrations that exist. In fact it is something that is being worked upon in our world at this very time.

George: Yes, so to put it down to 'power of thought' is really perhaps an oversimplification. **Yes, yes—now—**

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack — **Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.**

Rod: When they pass over?

When they pass to our world.

Rod: I understand that.

You have to look at the wider picture.

George: Yes, I think you said that their death deprived others of their friendship.

Yes, and their *love!*—and so many other things.

Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.

Yes, of course, *they don't*—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. We know and we fully understand and of course they are *helped*. There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.

Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone (**yes**), and they do the most stupid things (**yes**)—put a rope around and

jump—and it's just in that 2 minutes they're not thinking.

But in that moment, if they had thought of those loved ones —

Rod: They haven't—

They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.

Rod: Yes we know this personally (**yes**) where the father has hung himself and the child (**yes**) has opened the door and found him (**yes**). Now that still is in our minds (**of course**), and the guy was a lovely fellow. I can't get my head round it now. **No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (yes)—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.**

Paul: Yes. My sister asked me to put a personal question to you. I don't know if you'll take a personal question tonight?

You know I do not like to, but I will listen to it.

Paul: It's her son Georgie who wants to opt out of school now. It seems to have reached a bit of a head. I think he's a sensitive guy and he feels the coldness of people at school a bit too much. I don't know if there's anything you can— **We will endeavour to help him, but he is a very sensitive young man, yes.**

George: That's true.

It is true, but it also means that that sensitivity was part of his whole being, or existence. And it is also true to say that although we can try to encourage and inspire him, we are not allowed to interfere with his life. It is something that he will have to learn to deal with for himself. I know the parents, as any parent would, wishes only the best for their child and that too is understandable. But he is of an age when he can

make his own choices (yes). Yes, so I would suggest the parents stand back a little and allow the judgement to come from this young man.

George: He's not alone, and there have been times in *my* life, when I've felt to be **(yes)** a misfit, but one just has to see that through and get on top of the problems.

Yes, you have to live within this world.

Paul: Yes, thank you for that and sorry to have asked a personal question there—but anyway, thank you.

George: You mentioned Salumet—this is not really a question, but I think you stated quite clearly that *light* is *physical* and I just wanted to say, on reflection, I can very readily see that and agree, because *light* exerts a radiation pressure and it has to be physical, in order to do that.

Yes of course. I am pleased that you have understood my reply. I know sometimes what I say to you, sits a little uncomfortably with some of you. But I endeavour to bring you truth and in bringing that truth, I do not always give you the answers that you desire.

George: Well, there's a little bit sometimes for us to work out for ourselves.

Yes and that can only be good for your soul (yes).

Now I feel for this time, there is enough for you to think about and perhaps sometime, we will discuss what you have learned and what you feel about this word 'depression'. Now my dear friends I will take my leave and allow others to come who are waiting close by.

General thanks and fond goodbyes.

There followed a period of clairvoyant messages via Eileen, then a rescue:

The rescue was via Jan and counselled by Eileen: This was a young lady—Julie—caught in a fire. She was hot and confused—had come out of her office on hearing the fire alarm. But she was now in a corridor with a number of closed doors before her. People were calling to her to go through the door but she did not know which one, fearful of opening the wrong one to be confronted by the conflagration. Eileen explained that she had not

survived the fire and remained confused by the suddenness of it all. She would now help Julie to go forward, but she was still reluctant to open a door. Eileen assured her that the third door on her left would be safe to go through and it would slowly open. This was so. Julie was now calm, less hot and observed beautiful light with people who called her to them. She moved on, calling back: 'Thank you for helping me!'

The audio file of this rescue on the website:

www.salumetandfriends.org

George's Notes:

Depression: *One might say that depression is a widespread phenomenon. American statistics (2006) declare that 1 in 20 adults report periods of depression. The American College Health Association carries out extensive student surveys. These indicate a quite alarming increasing incidence amongst young people:*

2000 – 10 %

2011 – 21 %

Medical articles have a lot of big words in relation to categories of depression and its causes, but I feel Salumet's few words are much more to the point. Symptoms are stated to include a feeling of becoming detached from the world and emotions becoming negative. It is generally recommended to take counselling, join groups, take part in an activity of some kind; even anti-depressant drugs get a mention (together with acknowledgement that they do not always work!). And of course there's always self analysis of the situation. But perhaps country walks, communing with nature, music and going within offer the best and most forthright solutions.