

Salumet — 26th November 2012

George: Good evening Salumet. Welcome to you.

Good evening.

General greetings

As I come close to you, I feel laughter and also pain. Each time I come to you my dear friends, it is never quite the same. The diversity of love and feelings is immeasurable and I wish to say to you this time, that upliftment is needed in your world at this time. That is not to deviate from the pathway of knowledge and love, which still continues to grow, but also there are times when people of your Earth, seem to feel overwhelmed. We have come to accept these conditions, but as always we focus on all that is good. Therefore my dear friends, I say to you, continue with your love, continue with upliftment, continue with your prayers and you will see the returns of that love. It may not be tomorrow in your time, it may take some hundreds of your years, but I am here to reassure you of these happenings—of the great joy that will come eventually to many. So place aside your earthly worries and give to others that great joy that you feel at times, within this energy. *Share* with others, not only your knowledge, but those doubts that you may have, because in speaking words, you are then able to control the thoughts. Do you understand?

George: Yes, the speaking of the words, seem to reinforce our thoughts and convictions somehow and I guess it helps us all to work together in that. **Yes, and to dispel any negativity—by expression, you can then let go.**

Paul: Yes, it's sort of *acknowledging it, by speaking it.*

Yes, that is exactly what I mean.

George: It's a very good thought for us, that even if things don't seem to be happening necessarily in our lifetimes, a process has begun, which will eventually lead to its maturity.

Yes. Be secure in that knowledge, be secure that what we in spirit are endeavouring to do, is to bring many more people back to the truth; and

what they do innately know and recognise. It indeed is a task that few would wish to undertake, but I of course, as you know, bring optimism to all of you. I strive that each one of you recognises within yourselves that spiritual aspect of all knowing.

Have you any questions this time?

Sarah: I was going to ask a quick question about the Bosnian pyramids if I may. I had an internet connection with somebody who had been out to the pyramids and she sent me two pictures. One appears to show almost like a finger of light, with colours of the spectrum, though not in the usual order of colours as in a rainbow and this was taken inside the pyramid. There was also another picture of some orbs of white light all over the picture. I wonder if you could give me a few words on that, that I could relay back to this contact?

We have already discussed that spirit has been involved and what is being seen are spiritual lights, which of course you would understand to be different from your everyday colours and light. So there is really no mystery for those who have knowledge. But of course it is more difficult in trying to explain to those without spiritual knowledge, what is happening there.

George: Could I add to that, we have also been in touch with sensitive people, who have been part of the volunteer excavation team who have been clearing the tunnels and from what has been said and sensed, I suspect that there is an ancient site guardian, within the main pyramid there. I think—I know in my own mind that ancient site guardians often relate to ley-lines and upkeep of ley-lines, and this may be a part of the scheme and I wondered if you might like to comment on the possibility of an ancient site guardian being there?

If you are to understand guardians, you are surrounded in your world with these beings. Now, if I am to separate individual sites, to explain guardians, then it could be misconstrued as being false truth. All I will say to you, my dear friends, is that the whole of your Earth, your

planet, is indeed induced with guardians, guardians of your world. Whether it would be correct to say there were individuals at different sites, I am not sure that I could uphold that truth, but I will endeavour to find out for you, whether this is the case or not, at these particular pyramids.

George: Thank you very much. I'm sure many people would be very much appreciative of further comment there. We have I believe spoken about these guardians on previous occasions—**Yes. People would wish to think that this was something extraordinary. I beg to say to you it is not. That is all that I am trying to convey to you—it is nothing extraordinary. And again, it depends on people's sensitivity, as you call it, and their own spiritual knowledge. You understand?**

George: Yes, thank you very much and we happen to be in touch with one gentleman who has actually communicated with one ancient site guardian and I believe *communication* with them is unusual.

Yes, well we will leave it there for now.

George: Well thank you very much for that.
Yes. I am not always happy as you know, to speak individually about individual happenings—my message is a larger one than that. But if I can be of help, then of course I will endeavour to do so.

General thanks

Rod: Salumet, going back to what you previously said about spreading the word (**Yes**), I just wondered, have things improved over the last 10, 20, 30, 40 years on people's knowledge in the world (**yes**), to any degree of knowledge that we go on?

I think, my dear friend, that you only have to look at the amount of conversation in your world that is happening now, to realise how much it has grown, how much knowledge is now available to those who seek. There always has been knowledge—that has never changed. What has changed is that mankind today is now much more open-minded and that is steadily

increasing. So the answer to your question is that there is no doubt that truth is spreading.

Rod: That is great.

Sarah: Practically every time you open a magazine or newspaper, somebody has written something about something spiritual (**Yes**), so that's really increased over the last few years (**yes**).

Jan: With that knowledge though—that leads me on to the question I was going to ask. Richard and I were talking on the telephone tonight about an individual that he knows, who's asked him for help. She's just lost her husband and she's so obviously confused and it's so raw and Richard and I were both wondering, with our knowledge, sometimes when you have somebody who's so sensitive, it can be overwhelming. We are not necessarily the best persons to talk to, when we have a little bit, and I mean a *little* bit more knowledge than somebody who's completely in the dark about spiritual matters, but suddenly finds themselves wanting answers. So are we adept at answering her questions without making things worse for her, because she's seeking so many answers and we know where that person's gone in spirit and we know he's okay, but we don't really want to make things worse for her, if you understand what I mean?

If the dear lady is seeking, then answers are what she seeks, but I have to say, sometimes to hold back words, I agree is more sensible, until another time.

Jan: That's what I thought.

Not everyone is ready for the truth at such times.

Jan: Emotional times—

Yes, their emotions will overwhelm them.

Jan: That's what Richard and I more or less decided between us (**Yes**), that we need somebody else to help her and I feel it's not a spiritual counsellor—they need a *bereavement* counsellor to help with the physical rather than the spiritual first.

Yes, I agree with you and then spiritual matters can be introduced, when those emotions are more under control.

Jan: I'm glad I mentioned it, because that's made me feel better that I'm on the right track.

Yes, sometimes a simple word or two is adequate, to know that there is a strong belief that life continues.

Jan: Yes I feel at this precise moment in time, that's all that's needed.

Yes, you are correct I would say (Thank you).

Sarah: And it does take some people a very long time. One lady who I've been sowing the seed to for many, many years, she's now just beginning to ask me questions.

Yes, when they are ready, they will question.

That is when you should step forward and help—but do not overwhelm. (General agreements)

Jan: It's when they start looking to go to mediums/psychics that they've seen in the papers and spiritualist churches—they're looking for answers, like you say, that would completely overwhelm anybody. I think they need to heal themselves first, that's how I feel.

Yes, it of course varies with individuals. Some are ready so much more quickly than others, but that is where your own spiritual knowledge come to the fore. You will or *should* realise, at what stage those souls are at.

Jan: Yes, you definitely do that—it's an innate knowledge that you *know*—it's an instinct.

Yes, I know all too often that people *wish* to give people all the knowledge that they themselves have obtained and we in spirit see the excitement that encompasses them, because of this knowledge. But that is not to say that everyone is ready at the same time.

Jan: And by the same token, not everybody is able to give that knowledge—well, maybe they instinctively know when to keep quiet, as it were—

Paul: It reminded me of sometimes when I've been a bit tentative for some reason and I think it is the right thing and then you are waiting for

them to come back to *you*. You think well I've said a few things and if they really want it, they'll start questioning you on the small amount of information you *have* given—so you hold back and wait for them to come back.

Jan: This person approached Richard first and he instinctively felt he wanted to hold back and then he spoke to me and we both agreed that we could say the wrong thing and do a lot more damage than is necessary at this stage.

And do not forget my dear friends about the spiritual aspect which is happening here, that it is the spiritual light, which attracts others to you. So of course, when people seek knowledge, in fact they are being attracted by your light; and this is good, but there is no rush for knowledge.

General agreement

Rod: I've got to do this with a great deal of respect sir. You know when we come down as a spirit into a mother—it seems that the spirit comes down and they wipe the computer off completely and it hasn't got any knowledge of past spirituality. And therefore it has to fight away for quite a few years to find it perhaps—and perhaps they don't. I just wonder, is there any reason why they have to completely wipe the memory clean? Can't there be a bit left?

Jan: Some children do Rod.

Rod: Well, most of them should have a little bit, so they can go on through life a bit easier and find spirituality—

Sarah: That's not the purpose though, is it Rod? We are here to learn.

Rod: I don't know—I'm going to find out!
(Chuckle)

Yes, there are eager replies, because they understand life is not meant to be so easy as to sail through. What would be the purpose of life, when you could remain in spirit and still grow? Spirit comes to this Earth, through physical ties, to learn—to learn different things for different people. No one says that life should be easy and in fact, the more spiritual knowledge you gain, sometimes life seems even harder, but with

those difficulties comes understanding and knowledge. Even if you do not feel that is the right thing for a human being, spiritually that soul is growing, no matter what the problems may be. Everyone has a time in life when they gain that knowledge—whether they accept it or not, is entirely up to their own free will, but the opportunity is always there. Yes, some people *do* return to this life and have memories, but that is the *exception*, rather than the *rule*, as you humans would say. There are lessons to learn, so you do not wish to remember what has gone past, you wish to start with a clean—

Rod: Sheet.

Sheet—yes, and that is the reason for (no) memory—

Rod: Yes, that's put a lot of my memories to rest, thank you very much for that, I've thought about this for long periods.

Yes—you wish to remember, but now you have some spiritual knowledge, you can *regain* memory. If you have learned the lessons of this lifetime, you can then ask for more to be given. Do you understand?

Rod: Yes. I look back at all the mistakes I've made, the shocking things I've done...

You are too harsh about yourself.

Chuckles

Jan: That's why we're laughing—he's always harsh on himself.

Sarah: I remember Salumet's words, and he said: you know, if you make a mistake and you learn by it, that's good (**yes**), because then you learn something.

Yes, you are learning all of the time. Do not ever say to yourself, 'why have I done that—', because my dear friend, there usually is a *very good* reason—you may not understand that reason, you may not like that reason, but it is part of your *life*. And I am sure my dear friend, you could look backwards at your life here now, and say, it was not as bad as I thought.

Rod: That's very good.

George: Last time Salumet, you spoke on the subject of depression (**yes**) and I think it was

mentioned that mind was temporarily detached from spirit, during deep depression—

Mind can never be separated—Mind *is* Spirit.

Jan: Salumet didn't say detachment, he said that you become less aware because the depression is the first and foremost in your mind, so that selfish act becomes all-encompassing and your spirit gets put on a back-burner so to speak—it never becomes detached from spirit.

George: Yes, perhaps that's a better way of putting it, that spirit is being *ignored*?

It is the human being ignoring spirit (yes). Yes, they are not listening to that inner voice—they have become so—I do not like the word *obsessed*, but it is the only one I can think of at this moment.

Jan: Maybe *overwhelmed*, which you used before Salumet, is more appropriate.

Yes, that is better.

George: Yes, I wanted to make the point that if spirit is ignored in that way, then the person can either go inwards into deep depression, or outwards, to become a person like for example Adolf Hitler, who became (**yes**) very dominant.

You are taking two extremes about this subject. Yes, it is quite true that you can choose either way. The responsibility that mankind has for his own travel through this lifetime is *so great*, but within every human being there is that *spark of spirit* and it is never completely lost. So even someone like, you say Hitler, who is known within your world as a despot—there was always a *spark of love* and that is what everyone should be endeavouring to help to grow.

George: Yes, I take your point, there would always be that spark (**yes**) and that spark connection would still yield good things on occasions, no doubt.

Yes, you have to remember that there would be a mother or someone else who is exuding love to that person, even if the individual themselves, seems to be without any kind of love.

George: Yes, I'm sure.

**So that is why there can never be separation—
Mind and Spirit belong together.**

George: Yes, ones that come to mind are Eva Braun, who I'm sure gave love (**yes**) and his dog—he had a good bond with his dog.

Jan: I was just going to say the same thing—he had tremendous love for both of those individuals (**yes**), and I believe he had—maybe in our terms today it's not understood, but even his ideals didn't all come from evil, a lot of it came out of love, in a strange way.

That is why my dear friends, you can never judge—you do not have the *ability* to see that whole wide picture. But when there are people of that ilk in your world, remember it is the physical brain which becomes damaged, not the *Mind*.

George: Yes, I must admit, I feel a certain regret in mentioning that example and yes, that connects I think, with the fact that we should not judge.

I have said it on many occasions—to judge, in a way is to judge your selves—think about those words. If ever you find fault, look to yourselves.

Paul: Yes, I was just going to say, we just don't know the *intentions* of that person. If the *intentions* were sort of to try to *sort out* this world as he saw it—we just don't know what the *intentions* were—but to judge the action—we can't until we know the intention. I think there're plenty of people who *appear* to be doing 'good' things in the world, but it's the same thing, we just can't judge whether their *intention* is actually to improve this planet, the people and the land and everything.

Yes, I would say you cannot judge—you do not see the full picture. But what I *can* convey to you is that to hurt another single human being is never right—not in spiritual laws.

Paul: Yes, that's a clear line.

So you see it is always difficult, unless you know the *whole picture*.

George: I wanted to lead onto the fact that one of our readers wrote in about depression. He has a friend with a wife who has been having terrible

depressions over a period of years. She's had medical treatment, which includes drugs—so-called drug therapy. But she seems to go in and out of periods of depression. I have asked a few questions and I think the depressions were triggered by the fact that the husband eloped with another woman. He then returned when that didn't work out and they have been together, sort of happily ever since, for a number of years. But the depressions continue and the medical treatment and drugs are probably having temporary effects. Would you care to comment on that situation Salumet?

I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *love life*. There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.

George: Yes, and I realise you can only comment in a general sense.

Yes. There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own spirit. I believe that's what you thought I meant. It is a separation, *only* because they have lost their way of *thinking and feeling and knowing what is right*.

Paul: It makes me think that a lot of people who *do* give the orders for countries to go to war and cross that line of taking lives—though we mustn't judge them as well—but it makes me think they've lost that or they are separated from their spirits for them to resort to wars?

Jan: I disagree with that—I think as we've always been told, there are two important elements and one is love and one is fear and they are driven by the fear (**yes**), and that fear culminates into their own depression, because they create that environment in which that depression thrives. And that is fear and it's finding the way out of it and knowing that you can come out of it, by

purely loving yourself first and then those around you and to allow that love in.

Yes, allow others to help.

Jan: Yes, it's when they are cut off *completely* from their own environment, their own spirituality. Spirit is not cut off from *them*, but they are cut off from *it*, because they are living in this selfish little bubble of their own—sorry.

No, you have explained it well—yes.

There are so many conditions in your world—so many disputes about health. And I have to return my dear friends, to simplicity. And the lady has reminded you as I have often said: there is love and there is fear. And fear creates so many dark situations, whether it be fear of life itself, I cannot say for certain. But there is fear of money, there is fear of lack of love, there is fear of so many things in your world. Where is trust, where is the love of the spirit, which helps you overcome all of these problems? It is the strength of love, which will help these people and that strength of love has to come from others initially. But for them to be entirely healed there has to be recognition of themselves.

George: Yes, I imagine the fear of others leads the leaders of nations to manufacture vast quantities of weaponry, in a desperate *physical* attempt to allay that fear that they have.

Jan: I think it's fear of their lack of power that they fear—for want of a better word—that they're going to lose some sort of power that that fear has on others. If they only realised that that's completely not the way to go at all—but that's what *causes* wars—it's the fear of losing power, in my opinion.

If you look at it from a spiritual aspect: it is 'Light and Dark'. It is a power struggle and that simply is what it is. It is what many people would call 'evil' and the 'devil'—the Darkness and the Light and *all* is seeking the Light. Whether it creates dark situations or not, that is what is happening—that the Dark seeks the Light. But in that travel, the darkness creates many things that you in your world would term 'bad' or 'evil'.

But again, I am speaking from knowing the wider picture.

Rod: Your last two statements should be hung up in the Houses of Parliament and in the White House and a few other places. I think it would be wonderful, and as these parliamentary guys go in, they can read it each day and they'd say, '*I can't do that, but I can do this.*' It would be a happier world. George—Print it out!

Chuckles

Jan: I think you could bring it right down—it's not necessarily just those in the big jobs as it were, in governments etc (**no**)—but if you go into an office of people and around the boardroom table—let's make it much smaller, there's 12 people around the table. They all might be equal in positions, but there would be one person that's fearful that he might lose his position if he doesn't start making the others take notice. And governments are no different really and until that corruption and that fear dispels, it won't change.

Mark: You feel that it's becoming harder for leaders to create wars now that there's so much dissension from the people now. You feel like it's going to be much harder for one person to lead us into war.

General agreements

There is a saying in your world with which I fully agree on a spiritual level and that is that *People Power* will change—make many great changes, and it will always be the union of people with strong ideas—good ideas.

Jan: The most powerful people—following on from what you've just said, are those people who can hear somebody else and out of pure love, not jealousy or hate, encourage them—'*That's a brilliant idea, let's run with that idea*'. And that's where the change will come in, I believe, in governments and countries and everything about our civilisation really. And the advent of the internet and media sites, where just recently it's had its adverse situations, but on the whole it can only be for the good, because there are many, many more—one person's idea then becomes millions of people's idea and that thought is all

pushing towards one common—you understand what I'm trying to say?

Mark: Yes, it can gather momentum more easily—

Paul: Yes, information is being shared and curtains are coming up and things are being revealed.

Jan: That's right. Not just one group in the future will be all-empowered, because it will be moving in the right direction for millions of people.

George: And as I think Salumet suggests, *People Power* can say *NO* to war.

Mark: Yeah, it's not going to be a top-down pyramid anymore, it's going to be coming from all angles.

Jan: Yeah, a big wave from underneath, pushing through.

And you must never assume that all governments are wrong-thinking, because within every government, there are good, there are people there who will spread that good. It may be little-by-little, but it will increase. And there are many in our world who are working with your governments throughout your world, to seek out that one person who can make a change. It may be with few words, it may be with few actions, but around your world this work continues.

Jan: It's often those, isn't it, with the quietest voice? You take someone like Ghandi. He wasn't a big person in voice or stature, but he just reached out to thousands and thousands of people in his quiet manner. So maybe the person in governments who is going to change has often got the quietest voice, rather than the loudest.

And you have to think in your world how do you teach the *children* of your world. It is not even by words, but they learn from *actions*. And it would bode well for every adult to *remember* what it is like to be a child, with *Unconditional Love*—that is what we seek. Not easy, but you should be able to achieve.

And now my dear friends, I will leave you this time. I know we have covered ground that we have spoken of before, but I also hope that it

has once more, fired within you the thoughts of good, the thoughts of love—

George: I was going to say, we've covered *much* ground this evening. Thank you so much Salumet.

As always as I leave you my dear friends, know that I am aware of you all. I leave you cloaked in my love, until next time.

General thanks and fond farewells

The evening was concluded with one rescue: an elderly lady fretting about her doggie. She thought at first she was in her own room with her easy-chair and knitting—and we were told to 'be off' or she would be putting her stick to us! But on feeling Eileen's chair arm, she accepted her different situation, apologised for shouting at us, and happily moved into the light where her little dog and friends were waiting to welcome her.

(Audios of rescues freely available on website:

www.salumetandfriends.org)