

Salumet — 3rd December 2012

George: Good evening Salumet—welcome to you.

Good evening.

All: Good evening.

As I come before you this time my dear friends, it is to say to you, that as we are fast approaching another one of your earthly years, it would be advantageous to look back and to see what you have achieved personally in your own lives. I have told you on previous occasions that the time for your own personal development is necessary and those words still stand. We of course in our world, are engaged with those of you who are looking forward to the celebrations at this time of your year. Of course not all nations celebrate your Christmas time, but nevertheless the love that abounds on your planet at this time of year, is indeed something to behold; even in times of trouble and stress, that love cannot be diminished. So I will tell you my dear friends, that this visit with you, will be the last one of this your earthly year. As always I will continue to fill you with hope and with love and I will return to that time from whence I came. We will of course come together in your new earthly year, to which I will of course be happy to do. So, other than to ask of you, my dear friends, what do you feel your own personal achievements have been?

Sarah: I just first would like saying Salumet: thank you for coming so often this year, because you did say perhaps you wouldn't be coming quite so often, but we really have appreciated all your visits to us—so thank you for that.

I will continue to be drawn to you of course. But so much I feel has been given and so much yet you have to learn, but not always on this planet (yes).

George: Yes, I think I'm much more appreciative of the wider picture now. And let me say, I'm sure you're aware that a further book is underway and that book reflects on two decades of your teaching and your introduction to others and it is a wide picture indeed. This is not so much personal achievement, but it is *group*

achievement, but it's wider than group achievement. You yourself obviously feature so strongly in this and many others whom you've introduced to us for their valuable words, and the others from across the universe who have further enhanced that wider picture. So, yes, I would say: thank you so much for all this! And on a personal note, yes I appreciate much more the wider picture now.

Yes, you have all grown so much—I have told you this often of course, but I now want you to go more inward and to find those true selves, which I know each one of you has endeavoured to do, but I feel that this coming year, should be focused more on those abilities of spirit. I would like you my dear friends, to think and to consider that spiritual gift you feel to be of *more* importance for yourselves and to think about it very deeply over this your holiday time. Are you aware?

Paul: Aware of?

—Your own developments.

Paul: I think this year for me as well, this has been I'd say, a very *fertile* year—very challenging, but very fertile. I feel quite *earthed* in a way—earthed and more connected and appreciative of the people around me and somehow deeper rooted, so that I'm trying to put together things in my life now, in a more directed way in a spiritual sense—trying to pull all these teachings into my life as much as I can. It's little steps—

Yes I see for you there is much more *balance* between earthly living and spiritual life. That balance has grown this particular year for you. I would say well done to you, because I feel, at the beginning you struggled, just a little (yes). Yes, but I say: well done to you (thank you.). And I know our dear friend who is by you (*Mark*) has had some absence, but nevertheless never neglected, or forgotten (thank you), and his gifts have been shown through his own family.

George: Yes, and I would say, your name often crops up in conversation, Salumet.

Yes, well we know that names are of no importance. The only reason names are given,

are for recognition purposes only, not because we wish to be remembered by a name. But we know that, as human beings, that is your way of contact, and therefore we find that by supplying a name, it gives us all connection.

George: Yes indeed. I think we humans tend to stretch that identity in order to associate with the teachings, which are so valuable to us.

Yes, and of course we know, with human beings, that name-connection continues well after they have returned home to spirit, for quite some considerable time. So I know, and *thank you*, because I know it is a gift to me, in the sense that you wish people to hear and understand my words. So, I feel my thanks to all of you is appropriate at this time.

Sarah: That's very kind. It's reciprocal, but I remember you saying before that we both need each other in a way—you learn from us, as we learn from you.

Of course, learning is never done with, whether you are here, or on another planet or whether you are in spirit—that knowledge grows and expands and continues.

George: A particular name that I have noticed recently is that of Dr Stephen Greer, who leads what is known as 'The Orion Project.' He has studied what he describes as 'new energies', which can be so useful to Earth in future years. He has written a letter of proposals to the President of the United States, to make him aware of such 'new energies' and I couldn't help thinking that you have spoken on new energies to us in this last year, Salumet (**yes**), so I felt there to be a connection.

Yes—there never is 'new energy', as I have probably told you (yes), all energy has always existed, but the point being that Earth will *re-discover* the energies to be used.

George: Yes, it is our awareness that is new.

Yes, so it is new energy in as much as it is being discovered. But yes, I did say that there would be new findings, and I am pleased that that is ongoing.

George: Yes, I was impressed by the fact that he has passed the information to the American President

Yes, that would be influence from our world.

George: I rather thought so (**yes**).

Jan: Mine would be, I think more than anything else, I think my 'fear' has dispelled somewhat—a fear for the future, that I realise was a very negative force within my life, and although I have occasional days when I lapse—I think that's the biggest thing this year.

Yes, you have indeed grown in that direction.

But we have and will continue to work with you on this (thank you), yes. But to recognise, is indeed a great step forward. Yes, you are *all* going forward, but it is good for you to recognise it for yourselves, rather than for me to tell you what you must do.

Jan: Yes, and I think the other thing is that I don't question quite so much anymore, *my* purpose, because I *know* that my purpose is of paramount importance, not only to those around me, but to myself and those in spirit.

And do you see what has happened, that you have forgotten the 'I'—you are now involved in the 'we,'—thinking of others and understanding where all of this comes from. That is a great step forward.

Jan: Do you know, I wasn't conscious that I was—but yes...

It is a big step forward for you.

Jan: Yes, I've removed the—
—The blockage.

Jan: The blockage—so I have!

Yes. You should be proud of yourselves, my dear friends. If only you could see yourselves as I see you, you would be surprised.

Jan: Thank you, that's made me feel quite humble inside—being able to recognise (**yes—good**).

Sarah: And I feel that I've been very aware this year of the guidance that I'm being given. And I'm trying to follow what I'm being given. So that's the main thing that I've found this year.

Yes, you my dear friend, although you speak well of spiritual matters, at times you have not

allowed yourself to *fulfil* those words; but as you say, you now recognise that you too have grown, and as long as you keep that to the forefront of your mind, all of life's difficulties and tribulations will fade into the background of your life.

Sarah: Yes, thank you. I do find that the things that might have distressed me in the past, they haven't distressed me at all this time. I feel it must be absolutely right (**yes**). Thank you. And Emily, my daughter, she's also had an awful lot of help. Anyway, she's very grateful, and you did say to her that wherever she went, there would be help for her, and indeed that has been the case, so thank you very much.

Yes, once you make contact with us, even if you reject it for earthly years, there is still that contact there. And we do not let go easily. (*Mutterings of thanks and a few chuckles*) **We cannot interfere with your lives, but we can inspire and lead you and uplift you. So, it is as you Earth people would say, 'a long piece of string.'** So we will never abandon you once this contact is made.

General thanks

And now we come to our dear friend (*Serena*), our lady-friend, who has not been with us so long as the others, but fits in very nicely to this group—yes. The name is so similar to 'serenity' and we feel that is what this lady brings, although she may not agree with that—(*Smiles and chuckles*)—but she does, she does. And perhaps she would like to say just a few words on what she *feels*.

Serena: I *feel* that people are disappearing, not dying, but just leaving my life. It's almost like a clearing. I feel I need to be more focused and find *one* direction, instead of going all over the place. I've looked at lots of different things, but nothing's really held my attention, but I'd really like to focus on something and perhaps find a new avenue to do with energy healing/energy work, that sort of thing.

Yes, the desire and the love to do that is already apparent. Now all you must do is to allow

yourself some patience. Yes, your life is structured and going in the right direction (thank you).

Which now brings us to two people, who really have not been with us too long, but I would say, if it is right for them, they will continue to return. Would you like to speak to the others?

Mark G: I'm very shy.

Giggles

There is no need to be shy with friends.

Mark G: Okay. I'd like to say that I've experienced lots and lots of violence in my life and I've kind of learnt to deal with that by studying violence and studying the martial arts. But with my studies I've found that the highest form of martial art is healing; and I'd like to develop that area and I'm hoping that attending here will help me with that. **Attending here will put everything into perspective** (that's good). **That is *one* of the reasons you are here (okay), to find the life that you search for. And when you *seek*, when you are ready you will find. Those words are so commonly known, that people do not always take them seriously. But give yourself time, my dear friend; again, as I have said to the dear lady: *patience, patience*. You have at times, not always been so.**

Chuckles

Mark G: No, that's true—thank you.

Yes—but yes.

How about the little lady?

Natasha: I come here just to regain my strength really, because I do see spirit a lot (**yes**), in between living life, and a very demanding job and looking after a lot of other people on this Earth, that it's just nice to come here, and I do feel recharged when I go home (**yes**). I do live quite a hectic life, but I do really enjoy coming here and I do feel recharged when I go home (**yes**) and I try not to *not notice* spirit, but sometimes I'm just very busy—it's difficult.

Yes, we do not wish to intrude upon anyone's life, but everyone should *realise* that there has to be a period of surrendering to spirit. And therefore I would say to you, just to take it as it

comes and you will find, as I have said to the gentleman, a balance, which is fulfilling and creative and will suit *you*. You are, after all, individuals and we would not expect it to be otherwise. But if you are not happy with seeing spirit, you have of course the right to ask them to leave.

Natasha: I'm always happy to see them, it's just sometimes feel I'm letting them down, because I'm so busy.

Yes, but of course they will take any opportunity to be seen, but you *do* have control of these things. So I say to all of you, my dear friends, thank you for sharing your information to each other. I am sure that each of you finds it informative to listen to the others and to see how you have, and *our* growing.

So now my dear friends, I take my leave of you, and I know that *you* understand that my love is always with you.

General thanks

George: Wonderful—yes, we are most grateful—thank you Salumet, and I'm sure our love goes with you.

Jan: Salumet, are you still there?

Yes.

Jan: Sorry, before you go—because Lilian is not with us tonight, for upliftment, is there a message I can pass on to Lilian please?

Our dear friend Lilian, is being taken care of. She has her own fears at this particular time. But she knows that we are with her.

Jan: Yes she does, yes.

So my message to her is that she is surrounded by not only *my* love, but all of those who come close to her.

Jan: Thank you very much.

Fond farewells

Next, one spoke through Sarah:

I have been listening in and took this opportunity of having a few words with you. We are always most interested to see how the human race develops along the spiritual line; and we are very happy to be near you and to contact you, in a way that we do not find so easy

with very many of your fellow beings. We do try to be around many people, but they are unaware of our presence, and the help that we may be able to give to them. So it is nice to know that you people are aware of our presence, and although we have not been around you personally before, we now realise that we may be of help to some of you at some time.

When asked about identity, our visitor explained that he spoke for a group who have been together for many years and no longer reincarnate, but wish to help through influence. I would like to say to you, and I am being told that some of you were monks together, and this is what we were also. It was a time of austerity, but there was much love and understanding between us all.

All from their last incarnation have stayed together in spirit. Their monastery was in what we know as Cyprus.

We were most strict, and it has been of great benefit to us in understanding how those of some religions who are so strict and take everything so—how can I say—each word, they believe in—

Paul: Literally—

Yes, but it has given us much knowledge in helping those who are so tied to a particular way of thought. So we are trying our best to help all to become less—I cannot find the word—

George: Rigid?

Yes, I think that would be a good word—less rigid and more open to views of others. And in this way, we hope to create more peace in your world.

We spoke of inter-religion clashes, and our visitor referred also to the principle of one religion trying to take over everything.

So this is our main job—and we endeavour to help all sides.

Our visitor was duly thanked and he withdrew. There followed one via Eileen, who has visited on a number of occasions over the years. She is known to us as Sister Anna:

(Spoken with a beautifully gentle voice)

Sarah: Good evening to you, welcome.

Good evening, it is I — Sister Anna.

Warm welcomes

I wish to tell you, on this my very last visit, that I am moving forward.

Sarah: Congratulations to you!

Yes, I moved forward before, but now I am ready to leave behind those old thoughts and feelings.

No longer will I say to you, 'God bless you.' Now I am more likely to say, 'To thank that Great Creator'.

So you see how much more I have learned, and I am beginning to feel quite emotional. But I could not move forward, without coming to thank all of you—all of you, who have listened throughout the many years when I came regularly to you.

George: Ah yes, that must have been from the time of Leslie.

Yes, I have met with that wonderful man.

Sarah: Ah, that's nice —

And we have had discourse on many subjects and I do not feel it is amiss to say, that he is still trying to change my way of thinking.

Merry chuckles

But I have discovered this for myself.

George: Well I'm pleased he hasn't changed it too much and one thing that comes to mind is that we should congratulate you on your move forward.

Yes it is wonderful and I am of course now separated from the group that I was with, because you see, recognition is a most wonderful thing. Truth develops slowly and I always felt that 'God was my saviour'—but little did I know!

Gentle laughter

George: So one of the things that has changed, is your view of God, which is rather different from the monastery/nunnery days.

Yes, and as I speak I feel the garb which was important to me in life, is slowly disappearing and I could not, could not go on without thanking you.

Sarah: Well we're very grateful to you for coming to us and we're sorry we won't hear you again,

but we'll catch up with you when we come over ourselves.

You won't for a while.

Sarah: No, because you'll have moved on—

And I'll have moved on—but I'm surprised to feel so emotional because, when you are attached to people, it is very hard to let them go—and that is something I've had to learn.

Sarah: But it's never forever, is it? That's the beauty of it. You let go, but you will eventually meet up again, albeit in a good few years time.

I hope so, I hope so. There are still some who still can't let go of some of those ideas. So I am going to say to you: Thank you!—not God bless you!

Chuckles

And I hope that your lives will always be filled with joy.

George: Thank you and we'd like to thank you for being around all this time—truly wonderful!

Paul: And *sharing* your story—your good news with us.

George: And if you now have this view of the Creation and the Great Creator—that sounds just right!

Yes, is it not wonderful? It is wonderful!

Paul: We can really feel the *ripples* of your wonder.

You have much to encounter—

Sarah: Yes I'm sure we have.

Now I really must depart.

Sarah: Well thank you very much for coming and telling us.

George: Yes I think we all feel somewhat emotional at this parting, but wonderful and we wish you so well on your journey.

Sarah: And if you bump into Leslie on the way, do send him our best wishes.

Thank you.

General thanks and farewells

George's Notes:

1: Sister Anna: A communicator from afar in spirit, on 13th January 1997, stated that Sister Anna wished to be remembered. Leslie had declared then: 'She is one of our oldest friends!'. She had visited many times before our formal

records began. 24th July 1995: Sister Anna looked in for an emotional farewell, to say she was moving on, ending 'God bless you.' But 27th September 1999, she again looked in to speak on the special occasion of Leslie's passing to spirit.

2: Dr Stephen Greer and the Orion Project:

Copy of heading:

The Orion Project

Memorandum

To: President Barack Obama and Members of Congress

From Stephen M Greer MD, Director, The Orion Project

Re: Urgent appeal for support of New Energy Solutions

The Orion Project (www.TheOrionProject.org) has identified groundbreaking new energy solutions that require your immediate investigation and support.

The attached "Summary of Energy Breakthrough Technologies" is a brief overview of these new energy solutions. Etc.

And thank you Ray, for bringing this to our attention.