

## **SALUMET** — 30<sup>th</sup> January 2017

*The meeting began as usual with individual prayers and then focussed on the United States of America's new leader Donald Trump, with thoughts of trying to be non-judgemental and positive to perhaps help in that arena. It was felt that in some way, ultimately all these experiences are providing much learning, which will lead to balance eventually. Salumet then spoke—audio link:*

[http://www.salumetandfriends.org/app/download/6326649/2017\\_01\\_30+salumet.mp3](http://www.salumetandfriends.org/app/download/6326649/2017_01_30+salumet.mp3)

Lillian: Good evening.

**Good evening.**

All: Good evening.

Jan: Good evening Salumet.

**It is good to join with you this time. We have been listening to your conversations and I would just like to say, my dear friends, that my words on non-judgement have been well taken and it is good that you can all sit together and discuss these topics; and that is as it should be, without personal commitments and judgement. I only wish there were more people in your world who would *listen* rather than to talk, because when you listen, my dear friends, you not only hear, but you feel and understand the words and thoughts of others. This is an important part of not judging; far more sensible to listen and allow others to speak.**

**But what I do wish to say to you is that your planet at this particular time, where you are concerned about many issues: Do not be so afraid my dear friends, it is part of the planet's evolution. You may never stand still, there will always be change, there will always be difference of opinions; but that is all good, because it works to bring balance, as someone has already said this evening. So you see, continue to listen, continue to discuss and continue to *Love*—that is what you must do. You are entitled to personal opinions, of course you are, but what you are not allowed to do is to decide what another should do. And I know this can be difficult in these times in your planet, but this unrest lies not only here, but in other universes too; even those who are not inhabited, those planets still undertake an evolution.**

Jan: Salumet, can I just jump in here and ask you a question please? **(yes)** Last year you mentioned to us that everybody on this planet would feel a shift in some way. Is this one of those feelings that you're talking about that we would *all* be aware of?

**Yes, you are fortunate, my dear friends, that you have an understanding and a knowledge of spirit that you can allow these thoughts and feelings to take their proper place. But for so many they are completely at a loss as to know what to do about your planet. There is only so much you *can* do and you must allow the planet to grow—to work upon the balance that it needs. It is a big issue, I understand, for you to take in.**

Jan: No, I don't feel it *is*, for me, no...

**That is *your* understanding and that can only be good for your soul and for those that you wish to talk about, because *if* it is done in love, there is never any harm done. It is only when harm comes to another that you should stop and not to question another human being, but to question *yourselves*; therein lies the problems. Do you understand my dear friends?**

Sarah: You were just saying if something is done in love then it's not wrong, but if for example—you've always said that you should never take your own life—and if somebody allows a loved one to be killed—the loved one wants to die and the other one actually maybe kills that person—puts that person out of that suffering...is that wrong too then?

**Yes, you cannot 'play God', as you say; that is not the purpose you should be looking towards. Yes, no-one wants anyone to suffer, we understand, but in that suffering, there is *growth* and that is what you must try to understand. You can give love, support, help in any way, but also you cannot stop the free will of another. So, if someone wishes, and I would not use the word 'kill'—in most experiences, it is done because they feel they love the other person. (yes)**

Jan: Are you talking about assisted dying?

**Yes, but that still does not make it right. (no)**

Sarah: When you say somebody—if they're suffering that's *growth*—I don't quite understand...

**...because the soul comes into its own just before death, and I am sure you may have come**

upon occasions when someone may speak about their passing, who has never even given a thought to it before; that is the soul coming forward and recognising that there is more to what you call life.

Jan: It's a very beautiful moment to witness.

**Yes, it *should* be, but what happens when someone is assisting another to take their own lives—you have to look at it from all vantage points.**

Jan: Mm, the job hasn't been quite done from the person (**yes**)—not from the assisted suicide, but the person wishing to commit suicide (**yes**)—the journey hasn't been completed.

**Yes, and it is hard, we understand—no one says that it is easy decisions, especially if it is people you love, but I have to, in all truth, have to tell you my dear friends, it is never right.**

Jan: No, and nor is it for animals. (**nor for animals**) Natalie gave a really nice, touching ask (*prayer*) for her cat, when we first sat, and having had the experience of putting dogs down when I shouldn't have done, I know now that that wasn't the right choice—however much in pain and discomfort they were in I would always now allow that animal to slip away.

**That is best to give and ask—ask for help from spirit and to send out love to that creature. That is what you should be doing. But no, we understand, we *fully* understand the pain there is in being a person upon this planet; but I do say to you, my dear friends, there is so much growth that comes from these difficult decisions.**

Sarah: Salumet, what happens to the people who haven't completed their lives properly? Does that mean they have to come back again to do it all over again in order to get to that...

**They would make the decision whether to come back or not, but mostly if something is left undone, they *will* return for whatever length of time is necessary.**

Sarah: And is the same true of people who are murdered or who've been killed by a government or whatever—they're lives wouldn't have been completed or would they have been, because they might have known that was going to happen to them before they came back?

**Yes, this one is not quite so straightforward; you cannot murder or hurt another human being without there being some return. Murder can be**

a result given for the person who commits the murder—they are the ones in the wrong most of the time, but there are occasions when someone comes to this world and usually for the sake of another soul, will allow their lives to be taken from them. It is not quite as simple as it would seem; but killing another person is not a spiritual act.

Jan: I'd like to talk about abortion really, because I aborted a baby 30+ years ago, and at the time it was aborted for medical reasons—the doctors were unsure whether *I* would even survive another pregnancy. It's not something that...I think about that person from time to time, but for me at the time it felt *right*, because I had two other children that I wanted to look after.

**Yes, and you were allowed to stay and look after them (yes)—yes, you must look to that direction for your answer. There were things that you had to continue in this life, therefore it did not work out unless you aborted the child. So, I would not worry too much, it is not always the *act* which is so important, as the *reason behind* these decisions.**

Jan: So, I always refer to the fact that the intention was done in love, (**yes**) so rather than... **And that unborn child would have already agreed to that before it came. So I would say to you, my dear friend, to anyone who has undergone it, we would look, or *you* would look when you come to spirit *why* it was done, why it happened and *why* you made that decision.**

Jan: She has visited me actually while we've sat in the group.

**Yes, unborn children grow up in spirit; don't ever doubt that and even if you are not aware of what happens in spirit, know that these children will greet you on your return home.**

Jan: That's nice to know (**yes**)—which it should be, yes. (**yes**)

Sarah: You have also told us that some children, that's all they need, they don't need to come right into this life, they only need that first part, (**yes**) so they would be aware that that's what's going to happen anyway.

**Yes, yes, there are many, many reasons.**

Lilian: But would that be more for the parents, a learning curve somehow for the parents?

**It may well be; there would always be, we have used the word before: 'contract', because it suits**

**the explanation. There is always a contract between the souls, before they come to Earth.**

Lilian: Because when they come for such a short time you wonder...(Why, yes.)...it's got to involve the parents too.

**Is it not such a large word: 'Why'?**

*Agreed*

**Yes it is used so often in your world.**

Jan: My sister has lost 11 babies (yes) and we always believed that those 11 helped path the way for the two that are now here and I've always really thanked those 11, because without those, maybe the two living would have been in the same—(yes) you see what I'm saying? So, they were a gift from the other 11.

**Any child, whether it aborts or is born is always a gift from the spirit world; always remember this, no matter what the circumstances may be, and I would say probably your sister was not ready to have a viable baby; she had to wait until the time was right.** (yes)

Ben: Can I just ask a question as well? (yes) This may have been asked before, but I was wondering at which stage the spirit enters the baby? Is it at conception (yes) or is it later on?

**I understand you have not been in the group as long as the others, and yes this has been discussed and there is much controversy over this, but I can assure you that the spirit is at the time of conception.**

Ben: OK, thank you.

**Others I know dispute this and say you wait so long...I can only tell you what I know to be true.**

Sarah: Could it have been Salumet that those 11 times that Jan's sister lost babies, could it have been the same spirit that kept coming back until it eventually managed to get to this Earth?

**It could or it may not—that's all I can say. It depends on what has been spoken of, if you like, in which way that would work, yes.**

Jan: One did manage to be born, but he was stillborn.

**Yes, yes, I would say she was not ready at that time.**

Jan: No, that makes sense to me.

**Yes, and because you are human and full of emotion, all of these subjects are distressful to you, but you must look at it from a higher point; always think Love on every subject first; as I have said, even with those you cannot commit**

**yourself to agree with, it is still easy to send love to them and we in spirit are always waiting for those prayers.**

Jan: Do you know, I think the act of love is such, like you've said before, it's so much easier to do than even have feelings of hate, because that's such a heavy, heavy, negative emotion (yes)—it's draining; it's far easier isn't it, the lightest vibration being love is much easier, not to even focus on the other side.

**If only people would realise it, yes, yes. Love shines like a bright light and in your world from our viewpoint, you can see areas of darkness and light, yes. But yes, continue to give love to the planet—not only this one, but all planets, and know that at this time evolution is continuing, which would explain much about the upheaval that you all feel at the moment.**

Jan: Yes, there has to be a cause and effect doesn't there, (yes) and if the planet is evolving and looking after herself, (yes) then as beings and spirit, we're going to feel the effects of that.

**You're all part of the same love, yes, yes.**

**Well my dear friends, I am so pleased to join with you again.**

Jan: And us you...

**...and I will take my leave this time.**

Lilian: Could you just take one small question?

**If you are quick, yes, if you are quick.**

Lilian: OK, well it's a lady who lives in the village where I live and she's seeing so many spirit people in her house, especially at night, and she is doing the right thing in saying: 'please move on' and 'leave the house' and 'go to the light', but she really is quite, I'll say 'frightened' of this happening, she doesn't really want it; and me and another friend—she's tried clearing the house—we really don't know what to say to the lady to comfort her.

**She must have someone who has full knowledge of spirit. If they are constantly with her and she needs them cleared, you need a medium you can speak to them directly—no good in a general manner, as you have said; this must be done on an individual scale.**

Jan: I have two cousins that I feel would be able to help...

**Yes, this is what it needs, it needs someone—and you see with her fear, she is creating**

**negativity—so they are building upon that negativity. Do you understand?**

Lilian: Yes, thank you, thank you for that. As I say, my friend has tried to clear it and she has always had success, but this time...

**Well, sometimes there are more difficult 'clearances', I believe you say in your world to do, and I think this is one of them.**

Sarah: It must be, because if she is frightened she's attracting not very good people, which probably makes it more difficult to be rid of them.

**Yes, it's possible that the building is on again what you term a 'ley line', or even in times long ago has been like a cemetery...**

Jan: The stocks were there I believe.

**Yes, you see that would create an energy, which would carry on. (Thank you.) I hope that will help.**

Lilian: Sorry to leave that question to just when you were ready to go.

**I leave you all as always cloaked in our love, and I hope, my two friends, that you call upon those of us in spirit whenever you need us.**

*General thanks*

Paul: Our love goes with you.

*As Eileen's consciousness returned she was given the word 'Beanie', which is a type of woolly hat, without a bobble.*

*Next Cho spoke, who Jan had already sensed was around —audio link:*

[http://www.salumetandfriends.org/app/download/6326507/2017\\_01\\_30\\_+Cho.mp3](http://www.salumetandfriends.org/app/download/6326507/2017_01_30_+Cho.mp3)

**Hello!**

All: Hello Cho!

Jan: Are you well? Of course you're well—probably! (*Chuckle*)

Paul: Yes, don't forget the 'probably'.

Jan: Probably!

**Lots people want to talk, lots of people!**

Jan: Yeah, lots of us tonight.

**They say you all have a word to come.**

Lilian: Just one word?

**Well, maybe two-three—not many.**

Sarah: What, that are going to come to us?

**Yes.**

*Turning to Jan:*

**Hello friend!**

Jan: Hello! I knew you were around—have you been touching my hair on my back?

**Uh oh!**

Jan: I felt you tonight—yeah! I've missed you this week. Did you hear me talk to you today?

**Mm!**

Jan: Yeah—good!

Sara: Thank you for helping me Cho, when I was poorly.

**You quite (?) I not say that right, I get my words muddled. You quite alright—yeah.**

Sara: Thank you.

**I help your man now, shall I?**

Sara: Please do! Yes please!

Graham: Yes please!

*Chuckles*

**He not always smiley, is he?!**

Graham: I smile quite a lot.

**Not always!**

Jan: Is he Grumpy Sara?

*Chuckles*

Ben: Probably...

Graham: I don't know really—Sara might answer that more honestly than I would.

Sara: Probably not when he's feeling poorly—he's not so smiley when he's poorly; but I think it depends, doesn't it?

**He frown—not unhappy but he frown sometimes.**

Jan: More serious...

Sarah: That's when he's concentrating, is it?

Sara: Maybe he is...

**I iron them out.**

*Laughter*

Sara: You iron out the frowns...**(Yeah)** Maybe you can tickle him!

**Oh dear!**

Sara: Not tickle, but make him smile.

**I don't know I'm allowed to tickle. Anyway, there's lots of people and they're gonna give you words. So, I'm going to leave the lady to do it.**

*Pause*

**That alright lady?**

Lilian: Oh yes, sorry! (*Chuckles*) Quite soon after you'd come and you said about the words I picked up the word 'button' or 'buttons'.

**Buttons—oh, perhaps somebody needs sew one?**

Lilian: Maybe—perhaps somebody's lost one.

Jan: Are they random words Cho, or are they going to have significant meaning?

*They not tell me what they're going to do, they just want you to participate. Ooh, that was a long word!*

Jan: It was a long word—as good as ‘probably’!  
***Probably—yeah...***

Jan: We’re willing to participate. (***probably***)  
Probably!

Chuckles

Jan: We'll give it a go!  
***Yeah.***

Pause

***I like coming here.***

Jan/Sara: We like having you.

***Did you feel me when I was helping you, can I ask?***

Sara: Well, your name popped into my head one day and I thought of you and maybe—I don't know if it was thinking or feeling or both, it's hard to remember now but...

***I try to make you feel...***

Sara: ...but I thought of you (***yes***) and then the next day I think Jan told me that she had asked you to help me and then I realised that I had been thinking at the right time when you were there.

***Good—yeah. Anyway, I try help a man now.***

Sara/Lilian/Graham: Thank you.

Sara: Do you know what is wrong with him—am I allowed to ask?

***I not a doctor—no, I just try help. They might tell me though—I'll ask when I go back, I'll ask.***

***Yeah, I could be Doctor Cho!***

Laughter

Jan: That sounds good—it sounds right!

***That sounds good.***

Jan: It does! Doctor Cho...

Ben: If you found out would you tell us?

***Why? Probably...if I know I tell you—yes, I will.***

Graham: Thank you.

*We then sat quietly, trying to sense our words. Graham got ‘Train Station’ and Eileen got the words ‘Bishop’s Close’. Jan then realised her dad was around, who was a model railway fanatic and who’d lived in Bishop’s Wood Road. Graham then asked if Basingstoke connected, which Jan confirmed.*

*Eileen then got more information about the beanie hat she’d been aware of earlier—there was something comical about it. Jan then recalled her husband used to wear one all the time when*

*they were courting, which amused Jan’s dad at the time.*

*Eileen was then given the names Michael and Michaela. Graham explained that his sister had a friend called Michaela. However, her parents had always called her Michael, as they’d so wanted a boy and it was much later that Michaela finally changed her name to the one SHE wanted. In fact, Graham had been talking about this with Sara recently.*

*Eileen also mentioned ‘April’ and ‘Blue sunny skies’. Sara had just booked a holiday down in Cornwall for April and so rather than being a long-range weather forecast, this seemed to be a positive omen for that.*

*Eileen then picked up that Sara had strong connections with Cornwall. She was shown a cave by a cove beginning with ‘S’—possibly ‘Sennen Cove’. Sara always gets excited before visiting Cornwall, and so she seemed delighted with the connection, which felt right. Eileen then saw Sara in a big apron and old style dress, with white lacey cap/bonnet, carrying something wooden on her shoulder. She picked up the name ‘Margreth’ and the date 1842. She saw Sara staring at the ocean in a trance-like state.*

*Jan then got the words ‘friends united’ and wondered if anyone had reunited with old friends recently. Sara had indeed been talking about looking up some old friends.*

*Sara got the words ‘swallows and Amazons’ which is a book that Paul had been thinking about recently and Paul got the words ‘Tooth fairy’. Sarah had in fact been thinking about her teeth and one of Eileen’s teeth had fallen out over weekend.*

Notes:

*So, whether we feel the current world leaders are up to the task or not, if we step back, we may see the process of evolution unfolding, as we slowly but surely progress towards purer Love...probably. And those special children are coming...*