

## **SALUMET** — 20<sup>th</sup> February 2017

Soon after healing prayers, Salumet spoke—audio

link: [http://www.salumetandfriends.org/app/download/6497654/2017\\_02\\_20+Salumet.mp3](http://www.salumetandfriends.org/app/download/6497654/2017_02_20+Salumet.mp3)

Sarah: Good evening and welcome.

**Good evening.**

All: Good evening.

**As always it is good to join with you, my dear friends.**

Sarah: It's good to have you too Salumet.

**We would like to give a welcome to the dear lady who visits here this time and we shall give her the opportunity, if she so wishes, to ask questions; but before we go there, I wish to say to you all, my dear friends, that this coming year of your earthly lives will see many changes, many changes and discoveries of all kinds.**

Sarah: That's good to hear.

**Your Earth planet is moving at a very quick pace, so I would like you, my dear friends, to be aware and to try to comprehend whatever news comes before you. I can only say that those of us from spirit are doing our utmost to help those with the knowledge.**

Sarah: thank you—yes certainly with medicine they're already coming up with a few things; just recently putting people in a coma can help stop cancer from growing—so definitely the words you've given us before and they're finding that products from the sea are helping us, which is what you told us a little while ago.

**Yes, beneath your seas there lies many answers to many questions, but as always, patience is needed, because we can see the fuller picture.**

**You as human beings need to be convinced and that is what we try to do.** (Thank you) So, I think because we have a visitor I will take some questions this time.

Sarah: Do you have a question Corinne?

Corinne: Yes—good evening Salumet.

**Good evening.**

Corinne: It's lovely to be here with you and all these friends. Could I ask, you've spoken before about illness—in the case of myself and my own family we have what doctors describe here as 'Genetically Inherited Disease' of kidneys (**yes**) and I wondered if you were able to say whether this would be a karmic debt that we have chosen to repay, rather than—some sometimes you've

said illness can be connected with a state of mind perhaps, (**yes**) if I understood that correctly.

**I understand your question. Let us just go back a little—where I have said that when you are born you choose your parents, not because of who or what they are, but rather what conditions you will attain from them; and very often people use this way of choosing parents in order to clear any debts that they may have. So what I am saying to you, yes, but what you must do with karmic debts is to allow them to clear and for yourself to be free from them. This means that you must use your spirit, your mind to clear these debts before you return to any life here upon the Earth. But although you are already here and there are many problems, you can even now begin to work upon them. It matters not whether you know what these debts are, but you can call upon those in spirit who work, and work to help others with these conditions. So I would suggest to you dear lady, that you begin to work with your mind and see the power of healing, because it is *there* for you to clear if you so wish. Do you understand just a little?**

Corinne: Yes, thank you Salumet...

**...but you must work upon yourself first, and then you can begin to help others; and what we find when this is a genetic condition, which it *is*, then you can then have a rebound effect onto the others in your family. (Yes) So yes, but do not assume that every physical conditions within a family is a karmic debt, it is not, but for you it is—you understand?**

Corinne: I do thank you, thank you very much.

**I hope that helps you just a little.** (Thank you)

Sarah: So if Corinne has passed this genetic problem onto her children, have you Corinne? (Yes I have.) So can the children themselves not work on...

**Yes, but they have to have the awareness that this can be done. As you all know, my dear friends, it is not just random thoughts of saying: 'I do not wish this condition', you must go deep within and ask those in spirit who can help, to help you to, allow you to help yourselves; and then what should happen is that in the next generation, these problems would disappear.**

Ben: So presumably, James, who has inherited the condition, would have chosen that path before he incarnated?

**Yes, whoever comes to this world knows already what they are, or should be striving towards, and the condition is part of the 'contract', as I call it, the contract between those on Earth and those who are to come. But all things can be changed—the whole of this planet could have good health if only their desired strong enough.**

*(Pause) Then...*

Jan: Sorry Salumet, can I mention my daughter Cheryl at this point, because when you first met Cheryl you said to her that she had a karmic debt to pay while she was here, **(Yes)** and she knows this and she's had, as you no doubt are aware, has had some really serious problems that she's overcoming; so she *is* able to repay *her* debt **(Yes)** in this lifetime?

**If she continues as she is those debts will have been repaid, because if there is no debt, there is no karma, you understand?**

Jan: I do, yes.

**And she, my dear friend, gets great help from you—in just speaking the words that you do, she understands, even if it is not an outward sign, she knows within her heart what has to be done.**

Jan: Yes, her addiction was clouding...

**...her judgement yes. That is what happens when people come to rely on any substance.**

Jan: I have noticed that while speaking to her, she has taken me by surprise lots of time and what I *have* said to her has in fact registered with her.

**(Yes)** It's just that she was too poorly to comprehend outwardly at the time, but yes, she has remembered quite a bit, so I would like to thank spirit for any help, because I have been asking for her constantly.

**Yes we can only do so much, as you know, (yes) before it begins to become *interference*; so that is why it is important for each and every one of you to understand you are the Masters of your own lives.**

Jan: This is what we've been telling her, it's her responsibility **(Yes)** and at last I feel that she's actually taking responsibility **(Yes)** for her own past and future actions and that's wonderful to behold, **(Yes)** to be honest—that's all you can ask for anybody to do.

**You can only encourage, in the same way as we in spirit do for all of you. Whenever anyone sends up a healing prayer it is taken and we do the best that we can for every individual, and as**

**you know within this group there have been many instances of good health returning.**

Jan: Definitely! Graham: Yes!

**Even when doctors have said there is nothing more we can do.**

*Agreed*

Corinne: I would also like to thank spirit for the help I've been given when I've asked—not only dealing with my own illness, but especially for my son who was very ill and nearly died several times, but I do believe that spirit was with me—and him.

**Yes, if you call to spirit they are with you; (Yes) never doubt that we would not listen to a plea for help. It may not always be in the way that you *think*, but take my word, my dear friend, that no one is ever left alone.**

Jan: It's in those quiet moments, when you're reflecting that you are giving the thoughts that come from spirit as to what you're doing, **(Yes)** but it's the panic and the fear—you just can't listen at the time, you need to be really quiet so that you can—'*ah yes*'...you're always guided in the direction, like you say Salumet, **(Yes)** not what you necessarily think you want.

**You do not always get what you *think* you get what you need at that particular time, yes.**

Jan: Yes, it's the same as people coming into your life, it's the people you *need* that walk into your life at the right time.

**And don't forget also this word Fear, how devastating it can be in your lives; when you allow fear to enter into those thoughts it creates all kinds of situations. I have spoken of fear enough I feel, but it is such a strong emotion that it pulls all of you down at times in your lives.**

*Agreed*

**Yes, so be positive at all times, find the quiet moments, as the dear lady has said, because that is when you come closer to spirit.**

Ben: Can I just ask a question as well—going back to Corinne's illness; her husband was a donor for her and I was wondering whether that might have been a decision or a choice that he made before he reincarnated that he would come back and help in that way?

**That is a possibility, but I think I have to tell you that decision was made whilst he was here. (OK) It was a choice, a choice from love.**

Sarah: Maybe that's why they got together—they met...

**They would have been guided to come together, (Yes) but not—you cannot always say that these events happen, because all of you have your free will. (Yes) People do neglect those words, that free will is powerful also; that is why so many people take the wrong pathway, because of their choice, because of their free will. You will get to the same destination somehow, but there are roads that humans take which are not the correct ones for them.**

Jan: It makes it more difficult while they're here, doesn't it?

**Yes, but I will say to the dear lady, we will give as much help as we are allowed to, to you and to your family; that is why you have been drawn here, to hear these words.**

Corinne: That's wonderful, thank you.

Natalie: Talking about choosing your parents, I always have to remind myself that I've got one in particular that gives me a hard time—I've just got my work cut out so much and at the moment it's so difficult and I feel I can't reason with this parent; and so basically if I just let their negativity **(Yes)** and their fear that they are trying to project onto me, not affect me, and just keep sending healing thoughts, **(Yes)** then I can't be brought down by it.

**You must become stronger yourself, you must bring down a barrier that prevents that negative feelings coming towards you. All of you can protect yourselves when needed. How many times have you clutched at the solar plexus when you have been in the company of people who you do not come together well with?**

*Jan sympathised*

**Yes, but you know, no one has ever promised you that life on this planet would be simple and easy. If you did not have some problems, why would you be here? Remember that and I will say this one thing to you: That you all have the strength and the ability to take care of yourselves, and without that strength you cannot help another.**

Jan: No, I think we must also remember that while we're dealing with these things we are growing, **(Yes)** and we are learning lessons ourselves. I've certainly learnt lots of lessons watching somebody who is very negative; so you

not only want to protect yourself, but it's made me very determined that I will never be as negative myself; so you are learning from somebody else.

**But you must accept that that is the way they feel, you must be aware that you are not passing judgement on them; however negative they may be, you must protect yourself and send some healing thoughts. So I say to our young lady friend, protect yourself well and allow others their own views—it means they are not ready for the truth. (Thank you) You understand?**

Natalie: I think so.

Jan: And they're surrounded in their own fear—you can feel it, it's so palpable, it's fear that holds their...negativity and fear seem to be the same thing in my opinion; they do go hand-in-hand.

**And fear becomes the open door for illness; (Yes) do not forget.**

Jan: Sometimes you just can't help somebody, you can *love* them, but you have to step back and you can still love them and support them, but there comes a point where you know that that person, that's their pathway, it's not necessarily something you have to be dragged along with.

**Remember that you are all individuals Souls and no matter who you love in this lifetime, however well or good the situation, you have a responsibility firstly to yourselves. After all, children are on loan throughout their lives, and partners too are just choices that have been made; but when it comes to Spirit, you have to know yourself for who and what you are. That is the question you will ask when your time comes to go to spirit: Who am I? What have I achieved? Have I been kind to others? All of the things that you already know that are innate feelings within you. So I say again, my dear friends, go into the quietness and allow us to help you more.**

Sarah: So if you think of yourself as Spirit and you're actually being unkind to your Spirit, then that would hopefully stop you from being negative if you can think along those terms, because you should be looking after your Spirit and being negative you're not.

Jan: Not everybody knows that.

**You have to be responsible for yourselves, of course, but you also have to live in this world, which is full of fear and anger and many other things, but which, I have to say, my dear friends,**

is a beautiful planet, because it is still filled with many beautiful things, many beautiful people and I am sure you all know of some examples, where goodness and light just shine from them.

*Agreed*

That is what you have to strive towards. Never to hurt another human being—as you know I have used that many times; I repeat myself so often, but it is only to help you.

Paul: And when we do come across, um, if you like, ‘wrongs’ in the world...

**Be careful of your judgement...**

Paul: Ah yeah—I struggle with this sometimes—you've used in the past the word ‘credence’, so perhaps not to dwell on certain issues, **(No)** because it *can* give them a bit of energy—a bit of credence. There's a question from one of our readers that might relate. Could you take it?

**I will take yours before I leave.**

Paul: OK, it's from—she's a regular transcript reader from Amsterdam in Holland—**(Yes)** Meike. They've got a little discussion group, so they read the transcripts and discuss them as a group—but yes, so in the group from Amsterdam apparently there're some known scientists at some of the technical universities in the Netherlands that are recommending a documentary called ‘Thrive’ at the moment. It basically talks about the attempts of scientists to find clean energies, but every time they seem to invent these clean energies, they seem to be threatened or discouraged by oil companies or other institutions. They would like to know if that's just conspiracy or if it is truth---but she also says, can she give her great regards and thanks to you Salumet, because they really value your words.

**Yes, I am not here to talk of conspiracies, or the way that people act or deal with their lives. I am here only to say that no matter what people *feel* to be the Truth, is *their* Truth. You understand that statement? Because sometimes the thought that comes from many, and especially as groups, has power to change thinking. So, I would say just to continue, if that is how they feel, they will make *progress*, but not to make comment on what is right or wrong, because we could have—let's take for example this group—there could be 3 or 4 within this group, who had entirely different thoughts from the rest, and therefore you have that clash of emotion, that**

**powerful clash of emotion, where some would feel they were right thinking and others would feel there was some kind of conspiracy against them. What you have to do is to rise above these thoughts; you must look within your heart and therein lies the truth. And that is all I will say about that situation. (Yes) Scientists will always seek ways to find new knowledge, new instances of discovery, and that is their right, that is their choice; whether you believe it or not that is up to them. You understand, you understand what my words are saying?**

Paul: I think so, I think...

**You do not seem to feel that is quite right.**

Paul: I don't know—there are lots of things in the world that perhaps we don't like, but rise above it, **(Yes)** and just look to the goodness in what *is* right—there's so much that *is* right...

**You can only work towards what you *feel* is right. It's like the contradictions when first I came to you and said there was so much in the world that contradicted itself, and it is not that some people are wrong, but their concept of what they believe is wrong. It's not an easy subject to discuss, because it is in the human nature to make judgement about one thing or another, or people, or whatever. You have to reach that stage where you go within, look within your heart and *then* the judgement will probably be right for you.**

Sarah: But there's always going to be, Salumet, you've always said there's going to be an opposite, so whatever you think, somebody is always **(Yes)** going to think the opposite to you. **The whole of your planet Earth is trying to become balance; that is the purpose of it. Even if you do not understand it at this particular time, understanding will gradually take hold, and those who really are on the true pathway of Light, will go forward.**

Paul: Yeah, it won't do any good to sort of dwell on those issues.

**Not too much, do not dwell, but give it thought and let it go.**

Paul: And focus on those good scientists and those good things **(Yes)** that will pull everything out of...

**If you feel it is right, then you must accept it, but do not judge another who may deny it—you**

have to allow them—that is *their* pathway—that is *their* life. You understand?

Paul: That's right, and everyone has its uses—the oil industry *has* provided much over many years.

Jan: I think it's teaching your brain, or your mind, or your Spirit to be non-confrontational.

**Non-judgemental, yes, once you start to make judgement, you are almost saying, 'I am right and you are wrong', and *you do not have* the right to say that to another person. You can say, 'I do not agree', but I fully understand *your* journey.**

Jan: I respect your opinion...

**Yes, and I know, my friends, it is not easy as human beings; we are aware of the many conflicts that exist, but it means that I still have to continue to tell you *my* Truth.**

**And with those words, my dear friends, I will take my leave this time.**

*Thanks*

**As always I leave you cloaked in love, in order that that love may be spread from you to others.**

**And know that your words are heard.**

*Thanks*

Paul: Thank you, and our love really, really does go with you.

*Cho then came through briefly to say that one would be speaking through Eileen shortly—our friend Emma Hardinge Britten, who has been a regular visitor to our circle—audio link:*

[http://www.salumetandfriends.org/app/download/6497688/2017\\_02\\_20+Emma+HB.mp3](http://www.salumetandfriends.org/app/download/6497688/2017_02_20+Emma+HB.mp3)

**Good evening.**

All: Good evening.

***It's I, Emily.***

*General greetings*

***I did not have time last week, because I heard my name mentioned—I wasn't allowed, because I believe your evening was finished; so I thought, I have to go and see them just to say "hello", but my dear friend has departed, so who is going to talk about my hat?***

*Sympathetic murmurs*

Paul: I'm sure it's lovely!

***It's very beautiful; I only wear them when I come here.***

Jan: George did like your hats, didn't he?

***Yes, he always complimented me, not that I am impressed by men who make compliments, but, nevertheless he was very, very gentlemanly.***

***I'm coming here because you were speaking about children and being helped, and I wanted***

***you to know that my work is progressing with the women at a tremendous speed, (wonderful) and it's wonderful to see ,and I'm sure you will find in the not too distant future that women who are downtrodden, will begin to stand up for themselves.*** (Good!)

Jan: I think in our media Emily, we've seen stories like that just recently.

***Good! I'm so pleased! It is a real struggle to get them to listen, because they're so afraid, but that is what I wanted to come and tell you.***

Jan: Good, we'll watch for those—good news. ***(Yes)***

Paul: Is it in any particular country at the moment?

***India, yes, yes—all over the world there are women, but there is a large group of us who work together; but, you know, I'm just pleased when one or two respond—it's wonderful, and then when you were speaking about the children and then mentioned my name, I thought it's time to pay them a visit!***

*Happy chuckles*

***There we go, my dear friend has departed, (George) but, I'm sure I'll be able to see him at some time.***

Paul: Yes, that would be good—I expect so too. ***And anyway, as I say goodbye to you, I'm sure he'll appreciate my hat.***

*Agreeing chuckles*

Paul: Yes, absolutely

***Good bye to you all and God bless you all as well.***

Sarah: Thank you for coming.

Paul: Yes, it's so good to hear the downtrodden women are still on the rise.

Sabine: Especially in India where they don't have much place to 'be' a woman.

*One then quickly followed through Sarah, who had actually been a man oppressing women whilst on Earth—audio link:*

[http://www.salumetandfriends.org/app/download/6497694/2017\\_02\\_20+one+who+works+with+children--Sarah.mp3](http://www.salumetandfriends.org/app/download/6497694/2017_02_20+one+who+works+with+children--Sarah.mp3)

**Good evening.**

All: Good evening—welcome.

***Forgive me for butting, but I have been waiting for quite some time now, and, I have to admit become a little impatient.***

*Sympathetic replies*

***I wanted to call in because I have been listening to all that has been going on and I would like to***

*let you know that I too help with these women. I do not help the women themselves, but I am in a position to help the men who cause so much trouble to these poor women.*

Sabine: Oh, nice.

*I was at one time on this planet guilty of such bad behaviour, and now that I have returned to spirit, I can see how I went wrong. Therefore it is my task to try to influence these men so that not only do the women have a better life, but also that the men do not have to go through the torment that I went through when I returned to spirit.*

Graham: How do you help with the men? Do you go to them in their sleep state? Or do you influence them in another way?

*I 'shadow' them, so whatever they are doing, I am there by their side. (Yes) And I do not always have success, but I do my best to influence them to take the right pathway. I know that I cannot determine the fate of these people, but sometimes, because of ignorance on this planet, people are not aware of the wrong that they are doing to these women. And therefore, just to have some influence on where they might be taking a wrong viewpoint is helpful, although they still have their free will to do as they please. It has been a long journey and it took me quite a while before I realized where I had gone wrong, but once I realised, it was so clear to me that I wished for others to have that same enlightenment.*

Graham: Yes—that's a very worthy cause, and much needed, *(Yes)* and it must be a bit frustrating for you at times, but then when you do have success, that must be well worth all the effort.

*Yes, just one little step in the right direction, is like, how would you say, winning the lottery. Understanding chuckles*

*Yes, so I just wanted to let you know that I too am doing my bit to help these women.*

Graham: Which part of the world do you work in? *I work wherever there is a problem, yes, and there are many places where they are problems.*

Graham: It's probably within families, but also within cultures—there must be many levels.

*Yes, it is mainly a cultural thing, yes.*

*Generations have had the same ideas and they pass these ideas down to the next and the next*

*generation; but this is part of my task to stop this information being passed down.*

Graham: Do you find it helps if you can influence the children? Because if they're being taught conservative values, if you could stop in at source almost, before the children become the same way as their fathers?

*Yes, that would be a good idea, but that is not my task this time. (Yes) I am purely dealing with those who are influencing the lives of these women. There are of course others who are helping the children, but I am just dealing with those in these higher, not higher, but these influential positions.*

Paul: And I suspect you work in a group, do you? *Yes there are always others; but it was my desire to tell you, because I had been listening in and I felt you might be interested to know that these women are being helped from both sides.*

*Positive murmurs*

Paul: We're building up quite a picture of it all now—all these different groups specialising in either, women, or men, or children—there is so much help being given.

Sabine: Yes, to live all together equally.

*Yes we all try to play our part.*

Jan: It's so comforting to know that work continues both here and in spirit equally on these matters; nobody is ever really left alone, as Salumet said.

Paul: We really are *learning planet*. (Yes)

*Yes, help is always at hand, but it is not easy for you on this planet to always understand what would be the best thing to do.*

*So now I have given you my message.*

Graham: Yes, thank you.

*And I will continue with my work.*

*General thanks and well done*

*And thank you for listening to me and good evening to you all. (Farewells)*

Notes:

Karmic Debt: Salumet has discussed this before and prefers the term: 'Cause and Effect'. (17.07.95)

On 27.01.2003, Salumet replied to George's question:

**I do not like the words 'lifted' as if each individual can be exonerated—that is not how karma works. It will be released when the soul recognizes what the karmic debt is. Then, and only then, of course with the Creative Force's help and inspiration, in any one lifetime or another, will the Soul come to the realization that the karmic debt must be paid and**

**released; remember free will—you must always remember that we have been bestowed with freewill, not only in this human form but the soul retains free will.**

*Healing Karma: Our group has first-hand experience of the healing that can occur, when karma has been released. Graham was diagnosed with Dystonia, a neurodegenerative disease, back in the late 90's. Those were difficult years, but a breakthrough came during a regression, where he was shown a battle scene from WW2, involving an aircraft crashed into a field, as seen from another aircraft. (NB: Regression therapy is rarely required as Salumet discussed on 7<sup>th</sup> Sept 98, but on this rare occasion it was necessary in the healing.)*

*Genetically inherited disease: Choosing parents in order to work on karma as a group, with loving family support, seems sensible and there is a bonus that if one family member is able to succeed, it can benefit the others, or as Salumet says: **have a 'rebound effect'...***

*And as Salumet gently reminds us often, it is our responsibility to know ourselves and heal ourselves, with the help available—no one is left out.*