

## **SALUMET** — 13<sup>th</sup> March 2017

*After our healing prayers, Eileen mentioned the British astronaut Tim Peake and how it was interesting to hear that he misses seeing the Earth from space.*

*We sat in silence and Eileen soon noticed a feeling of unsettledness within the group and after enquiring, a sitter mentioned she had been feeling stressed. Help was given to this loved one and Sarah soon noticed that there was one with Eileen. This one didn't stay long, but simply stated they were helping to clear conditions in readiness for the one who was to come—to our delight, Salumet followed—audio link:*

[http://www.salumetandfriends.org/app/download/6630664/2017\\_03\\_13+sal.mp3](http://www.salumetandfriends.org/app/download/6630664/2017_03_13+sal.mp3)

Sarah: Good evening Salumet.

**Good evening.**

All: Good evening.

Sarah: It's good to have you with us, thank you.

**As always, it is good to join with you all again this time. It was just a little necessary to clear the conditions, but we have been dealing with that and I wish to say to the young lady, we will help her to clarify things in her mind, which of course will help her in many ways.**

**What I would like to say this time, my dear friends, there was talk of your planet Earth and how an individual was keen to see that picture again. (Yes) All planets are beautiful, but your planet has an extra sparkle about it; that is why your astronauts are so impressed with where they come from. I wish to tell you, my dear friends, that your astronomers are making great strides finding more knowledge and relating it back to the public people. At one time it would have seemed impossible to talk of such things, but now it is becoming a more occurring theme. There are discoveries still to be made, to satisfy the curiosity of the human mind. And you will become aware of this; in the same way as your seas are giving knowledge, so too is the vision beyond your planet giving knowledge. So I say to you, my dear friends, take heed of these words, take heed that all that is said will occur. There are many more planets in this solar system to be discovered.**

Paul: It seems like there's a very bright outlook in lots of ways with these discoveries to come, in

lots of fields of science—new energies. There's a lot of hope for this planet to get cleaner and...

**Yes, it is the responsibility of all of you humans to play your part. We know you cannot all be astronomers and men of decision, but you can send those good thoughts to all who dwell on this planet that they may make choices that are good for all. (Yes) It is a great responsibility—having knowledge is a great responsibility; but this you know, but it is up to each one of you to endeavor to make these things come to fruition.**

Paul: And it very much has to be like a peaceful revolution of non-judging and gently persuading. Well, 'persuading', maybe that's not the right word, but encouraging everybody, including ourselves—working on ourselves to *share more* and *give more*.

**I would say only this to you: As you love one another, take that love and allow it to behold the beauty of your world. Give it as much love as you would a small child or a loved one; don't allow it to become a separate issue.**

Graham: I think people are developing a sense of awe about our planet as our understanding about our planet increases (**yes**) and the extraordinary things, such as the just amount of water on this planet; (**yes**) if there was less it would be absorbed into the rocks and would be chemically bound and if there was more there would be no dry land—and the amount of difference between those two extremes is tiny; and the fact that this planet lives in the 'Goldilocks zone', between being too hot and too cold and many, many other things, people are beginning to realise with awe, just how incredible the gift this planet really is. **Yes, it is the perfection of the Creator; (Yes) there can be no mistakes when this work is at hand—that is what you must remember. You may say we live on an imperfect planet—no, I disagree, you are living in a perfect planet with little hiccups.**

*Chuckles*

**And those hiccups again are your responsibility. (Yes)**

Sarah: A perfect planet with imperfect people living on it.

**Well, I cannot fully agree, but yes of course, the inhabitants of Earth have been given great chance to alter many things, which have gone wrong in your pasts; but if you take the**

**opportunities offered, it could be so much better.**

Sarah: I think people are becoming more aware of the planet now and want to look after it more now than before (**yes**)—I think we were abusing it a lot, (**yes**) but that's getting better and if we can just keep peace that would be even better still.

**Yes, it is the positive side of all—if you can focus on the positivity of life you can only go forward with much better footsteps, yes.**

Mark: There seems to be at the moment very big pressure going on in many countries to satisfy the needs of industry and productivity, and it's affecting the way we're running of schools. They're cutting out subjects which they see as irrelevant to material productivity, like Music and Drama and DT (*Design and Technology*), and things which give children a bit of breathing space and creative time to use their imagination and it seems to me a rather sad way to go.

**Yes, but when you say you feel sad, you are allowing the negative feelings to come to the fore. Always there will be struggles in your world, this I cannot deny, but as you also know, think of it as a pair of scales finely balanced, sometimes down, sometimes too far up, until the balance is reached and people reach the understanding of what is best for them. (Yes) You must always find the *balance* and you know you cannot have balance unless you have—I will use the regular words of 'good' and 'bad', you understand? (Yes) Whether it be behavior, whether it be the children of the world, it matters not, but the balance will eventually reach that point of perfection. It may take many hundreds of your years, but you only have to look at this last hundred years in your world, to see how much progress has been made.**

Mark: Yes there's been great progress in tolerance of people—people tolerance—there's a lot more of that...

**...to come, yes.**

...different kinds of people, (**yes**)—that's definitely got very much better.

**So you need a little '*cup of patience*', as you may say in your world; yes, you cannot make things right in a second of the clock. You understand?**

*Agreed*

**Now, if you have any questions for me I will take one or two.**

Sarah: I was just interested actually because there's been a case of—this isn't the only example, but a man who, I don't know if he was hit on the head, or he went into a coma, and when he came out of the Coma, he could play the piano. He'd never learnt to play the piano before and he couldn't play it before, but then suddenly he could, so what is happening there?

**You have to remember you are a body of genes, you understand? (Mm) Yes, genes also hold memory and you can go back many hundreds of years and still retain the memory within genes; and I believe you said a knock on the head...**

Sarah: Yes, I'm not quite sure, but I think he did. **...yes, was enough to 'un-trap' that knowledge.**

Graham: Good heavens.

**It is more simple than you would imagine.**

Graham: That's fascinating. (**Yes**)

Paul: So it *wasn't* a past life then that somehow got...

Sarah: It must have been.

**It—no, it is memory that is inherited all through the generations. A memory does not disappear.**

Sarah: So it's not what *you* have done in a previous life, it might be what one of your ancestors has done? (**Yes**)

Sarah: Ah, right OK, thank you for that Salumet.

Sara: Can I ask, do you know if my musicality comes from my genes?

**It has to have some effect—when you are here in a lifetime, to have that knowledge whilst you live has to come from recent times, but the case the lady is speaking of can go back hundreds and hundreds of years. So you see what perfect specimens you are!**

*Laughter*

**You just do not realise it.**

Paul: There must be another way to unlock it then, rather than a knock on the head?

**We would not advocate knocking each other on the head, no.**

*Laughter*

Paul: Is there a more gentle way?

**It is not meant to *be* really; it is better that you come to life with no knowledge really—you understand? (Yes)**

Paul: To focus on *this* lifetime.

**That is what you are meant to be doing.**

Sarah: Because there are children who are what we call geniuses, they've come with some knowledge.

**Yes, and they may not be physically able, but within spirit they can, and they can bring it forward.**

Sara: Yes, like the children at Graham's School—some of them—savants. (Yes)

**Yes, you are all intelligent beings—don't ever doubt that, but as the gentlemen has just said, you are here to focus on this one life time. It does not matter what has gone before, unless it is causing you a physical problem; and I have said to you, my dear friends, if that is the case then you can do something about remembering that troublesome time, as our dear friend sitting next to me already knows.**

Sarah: Yes, that's right.

*(Salumet was referring here to Graham, who healed himself from the supposedly 'incurable' Dystonia)*

Sara: Could I ask a question about something else? It's a friend of mine who recently told me about Sun-gazing and she discovered some health benefits if you gaze at the Sun but with closed eyes at certain times of the day. Would you comment on that?

**Yes, your Sun is so important to life on the planet—that is not disputed. When you speak of feeling better by gazing at the Sun—and I hasten to add, WITH EYES PROTECTED—what is happening is that you become more aware of the energies and the rays that exist in your planet, which come not only from your Sun, but many planets, many moons; they are invisible energies, it is only when they are focused upon that people realise just how powerful they can be.**

Sara: She felt her eyesight had improved (Yes) since practicing this regularly.

**There is nothing wrong in feeling those energies; in fact all of you would do well to focus more upon energies outside of yourselves. That is why people hug the trees, people lie prostrate in the grass—many things that humans do, is to build their energies, you understand?**

Sara: And relating to that topic, she also mentioned that she thought some Indian Sages were keeping themselves alive with the energies of the Sun, whilst going without food and water. I

know we have touched on this many years ago, (Yes) we talked about 'Breatharians' not being able to last for long in general, but I wondered if it is possible with the energies of the Sun?

**They can last longer, but there comes a time when they have to go; that is all I can say.**

Sara: Yes, that's what I thought you would say, thank you.

**Yes—yes that will never change, they may extend their lives—it matters not which way they choose to do that, but it is possible until such time as they must return home. All of you have a little 'leeway', I believe your word would be; (Yes) yes, when the time comes to come home, yes—but I hope that has helped you.**

Sara: Yes, thank you.

**Now I am going to take my leave of you, my dear friends, and allow others to come to each one of you, and they will focus on some thought or feeling that you have had. So, as always, I ask that you speak out so each of you know what is happening; it helps not only you, but those in spirit who are trying to impress you.**

*Thank and farewells—we then tried to sense, as instructed, what was being given.*

*Generally, there seemed to be a theme of travel in past eras, with sitters describing a stagecoach pulled by 2 horses, a big old steam boat, a steam train and an old ship's wheel and a western wagon with cloth hoops. Ben was hearing the song: 'Spirit in the sky', whilst others received images connecting with things they'd recently been doing.*

*We were quietly discussing these impressions and how they connected when Eileen noticed someone was with Sarah—audio link:*

[http://www.salumetandfriends.org/app/download/6630677/2017\\_03\\_13+candles.mp3](http://www.salumetandfriends.org/app/download/6630677/2017_03_13+candles.mp3)

**Good evening.**

All: Good evening.

***I'm going to try to bring to you a candle each. This candle is symbolic of the light that we wish you to take to a place of your choice. This is a spiritual gift to each one of you that you can use as your way of helping another. It is entirely up to you how you use this light, but I would just say to you that once you have the flame alight, the strength of this light is very strong, so please use it to the best effect. So I will withdraw and give each one of you a candle.***

Sara: So it's to give another person light?

Pause

***I will just continue: When you have this candle, focus on the wick and you will find that it will light. It is at this point that you can use it in whichever way you feel is the best and the most effective. So, thank you for your time and I will stand back whilst each one of you receives a candle.***

Paul: Thank you very much for this gift.

***It will not necessarily be a white candle, it will be of a colour that suits your aura.***

General thanks

There then followed a period of silence whilst sitters received their candles and then placed them somewhere in the world. (Some sitters chose to wait till later to place their candles) Sarah said afterwards that she'd seen the colours of each candle as it was given to each sitter in turn.

Notes:

Genes: Here's a link to the man who banged his head and then found he could play the piano, as referred to in Sarah's question:

<https://www.youtube.com/watch?v=GTHDuZo7G3Y>

Savants: An example of Savant syndrome is where a heavily autistic child demonstrates brilliance in a specific area, such as rapid mathematical abilities, vastly superior to others.

Sun-gazing: It appears that this practice can aid our awareness of energies, though the eyes must be protected of course and perhaps it should not be seen as an alternative to food and water, but could be practiced whilst also eating/drinking sensibly.

Concerning 'Breatharians', who sometimes do go without eating or drinking, Salumet has stated: **Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call 'life', I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?**

Sara: Yes, thank you.

**What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt**

**this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do. (23/10/2000)**

Tim Peake—The British astronaut recently stated he missed the view of the Earth from space, ahead of his second mission to the International Space Station.



Interestingly, Bonniol, our dear friend from Planet Aerah, has said: **We feel that your astronauts are not bringing you the full picture of space. When you fly from one planet to another, or to the moon, there are some wonderful lights ... well not quite lights ... layers around the planet...**

George: Would 'aura' be a good word?

**Yes, that is a word we could use here, yes. But its character would have these layers more easily visible, when you are flying away from them or towards them. They should be visible with the naked eye from your spaceships, and they would not perhaps, be photographed. We are surprised that this one (Paul), does not have information on this (in memory) ... the auric patterns around your Earth, that your spacemen have, or may have observed. (19/12/2005)**

Salumet has also affirmed: **If you spoke with your astronauts who have travelled in space, they could tell you much, much more than they have already divulged to the ordinary people on your Earth. (10/10/94)**

**Yes, there is much more known on your planet than the ordinary man and woman is allowed to know, but the time is fast approaching when mankind's thinking will not be stifled. (12/01/2004)**

*So we shall hear much more as time unfolds and our knowledge and our responsibilities surrounding that knowledge grow.*

Salumet also gives us an exercise to work on in our daily lives: **As you love one another, take that love and allow it to behold the beauty of your world. Give it as much love as you would a small child or a loved one; don't allow it to become a separate issue.**

Spirit in the sky: *This song popped into Ben's mind during this evening's exercise—perhaps it's a nice little ditty to finish on for this week:*

[https://www.youtube.com/watch?v=AZQxH\\_8raCl](https://www.youtube.com/watch?v=AZQxH_8raCl)

