

SALUMET — 27th March 2017

After prayers, Eileen sensed someone around Mark not feeling quite well, who needed healing prayers. Eileen then picked up an unsettled feeling within the room, around one of the setters, which was quickly smoothed out. Salumet then began—
audio link:

http://www.salumetandfriends.org/app/download/6723780/2017_03_27+salumet.mp3

Paul: Good evening.

Good evening.

General welcomes

I am happy to join with you once again.

Sarah: Thank you—happy to have you.

Firstly, let me welcome another seeker of Truth—the dear lady who joins with us this evening, we welcome you.

Di: Thank you.

Now I wish to speak to all of you, because it is true for all of you that over the past few of your earthly years there have been many changes, and these changes are ongoing. It may not always be, my dear friends, what you would want or wish to accept, but let me say to all of you it is what is best for your spirit. (Yes) So, no matter how uncomfortable your lives may feel at times, I say to you find the acceptance, accept the knowledge that we in spirit come to try to uplift and uphold you at all times. I would like you all, my dear friends, to think about your individual situations, to recognise, if you will, what is happening in your earthly lives at this particular time. Dear friends, do not forget to ask for help—none of you are very good at it; somehow you feel that it is good to ask for help for others, but not so much for yourselves. After all, are you not emissaries of spirit?

Agreed

You work diligently, quietly and for this we are always grateful to you. So, I ask again that you think upon these things.

Sabine: Thank you for reminding us.

Yes—I will take questions this evening.

Paul: Thank you—Di, do you have any questions?

Di: I can't think of any at the moment—it's all a bit new to me really. I've been reading the books that I've been given by Serena, which I've found absolutely amazing that it's all chronicled and documented and I do think it's an amazing way

that we can pass on to other people what's happening here and because I know there are some people that think it's all a bit potty, but there's such a lot of actual fact in there that even the most cynical people can realise that you are Salumet a spirit from the light.

Yes, if only more people could understand more, but you all are developing at different rates, so all that you can do is to provide what you know and what is the truth and it is up to every other individual to find their own pathways. If only more people could *sense* and *feel* rather than *think*. Do you understand? (Yes) Allow themselves to sense what is being given to them, rather than to analyse all of these things; but every individual on your planet is at some time given the opportunity to look further and to understand. Hence why people such as yourself dear lady, feel the need to look just a little further than where you are at this moment in time.

Di: Yes, thank you—it's so true.

Sarah: I think we've been extremely lucky having you Salumet and I sometimes feel with people that once they've been given the little bit of snippet of information then they do go ahead, but it's just finding that person or that book that's going to give them that little bit of knowledge to help them on their way, because I do find a lot of people I speak to, and I normally try if I can to bring you into it, and it's surprising how many people actually take it on board and are already on that sort of beginning of those pathways. So, I think we are changing as a population, beginning to Look more spiritually again.

Yes, like all good gardeners you need to nurture those seeds; when they are given to others it needs to be nurtured and looked after, but that is up to every individual, that becomes their responsibility. I speak often of responsibility, because having free will creates responsibility. That is why you cannot judge another, because unless you can see into their hearts, you cannot know them truly. But you know and I have said often, how grateful those of us in spirit are to *you* for spreading the word of truth. If people wish to deny it or do not wish to try to understand then that is their right, and you must let them go and not continually try to prove anything to them.

Sarah: I think you get a feeling **(yes)** when you're not going to get there and you just think well OK. **Yes, that is the time to let it go.**

Di: That is very good advice for me, because I know my partner thinks there's just this life and that's it, **(yes)** so it could cause a lot of problems if I kept trying to...

Yes, you must stand back, (OK) drop the seeds occasionally and you will find that eventually one little part may start to germinate and grow.

Ben: It's quite sad in a way though that so many people go through this human experience, without finding that truth—so their lesson, that we all come here to learn—whatever their lesson is, they won't really get that is the benefit of that until they return back to spirit?

Every individual in your Earth planet is given the opportunity to grow—because of their free will, they will either accept and go forward, or they will remain in the same position. It is normally, I would say, fear, fear of the unknown, fear of not understanding what they are being told, or just disbelievers, who will try to prove a point to you that what you say cannot be correct. Send love to those people, send them light and joy and love, because that is what will activate the spirit. And after all, whether they accept it or not, they are already spiritual beings. So, yes, as much as I understand the frustration of not being able to convince another human being, that is their choice.

Murmurs of agreement

Mark: There's quite a lot of encouragement in *wrong* directions as well. I was talking to somebody today about how quite a lot of children quite naturally don't like the taste of meat and don't want to eat it, but they're encouraged to eat it and they develop a taste for it and then that's quite difficult to undo later on. **Yes, but that child when it is older has the ability to think for themselves.** (yeah) **It may be that in their young years they are encouraged to do what is not natural to them, but they do not stay as children forever. So, all you can hope and pray for is that those adults do the correct thing by those children; that whatever they are taught or given or suggested that the child is strong enough that when it is older it will make the correct decisions for itself. You understand? (I do) Yes.**

Sarah: I was just thinking of the balance in life that you always tell us about, and just recently a man has killed several people in London driving very fast over a bridge and knifing a policeman; and one of the people that was killed was an American tourist who was celebrating his wedding anniversary. And the whole family say that he would never want any bad feeling to go towards the killer and they all feel the same way and I thought well there is that balance between the two. I was also wondering, he seemed like he was a very good person and he always wanted everybody to find the best in everybody and his life was taken from him—was that a timely death for him or should he really have carried on living? **I will say a few words.** (Thank you) **I have spoken to you about darkness and light and the attraction that light has for those in darkness; this is what causes all of these events. I am not here to judge anyone and I try to teach you also, my dear friends, never to judge. Only those who know, know the hearts of those two individuals—and I will say only one thing to you, that we in spirit would never condone the hurt of one person to another—no matter the reasons, or what people think should happen, or should not happen. It should never be that one individual takes the life of another and that is something that they will face when they come home to spirit. You understand?**

Sarah: Yes, I'd forgotten about the light and...yes, I understand that part now.

Yes, you need to always remember that all of life, all of creation, is a balance of light and dark, and it is getting a perfect balance. I hope that has helped you.

Sarah: Yes, thank you.

Jan: When you said tonight about asking for help, **(Yes)** I'm a little confused as to probably *when*, because I also remember you talking to us, I'm sure it was yourself Salumet, that said that it's not always necessary to ask all the time.

No, if you *truly* bring it from your *heart* and *soul*, why would the Great Creator need to hear it more than once? (Mm) **But what happens is like all religions everything becomes monotonous and the feelings and the love behind the words are not there.**

Jan: Right, I think I know where you're going.

I know you understand, but, yes of course, you must ask for help whenever it is needed, but if you truly ask for help...

Jan: ...it's a genuine asking for help to come from the heart, isn't it?

Yes, like I have said previously here, you need to sense rather than think—that is the way of prayer. I hope that has helped you.

Jan: It has, that's clarified that, thank you.

Sarah: Jan's leg is going backwards a little bit and I think that's...

Yes, I believe there will be a few words when I have left. He is not allowed to come through just yet, but he is anxious to speak with this lady.

Murmurs of delight as we understood Cho would have some words for Jan.

Jan: He's my friend.

Chuckles

Yes, I cannot allow him to come whilst I am speaking to you.

Jan: No, of course not, he must learn to be patient.

Again, a word of tonight, 'patience', yes.

Sarah: I don't know if I mentioned this last time Salumet, but you said to us that we would need to look to the sea—we would learn a lot from the sea (**Yes**) and I read the other day that they're putting fish skin on burns. They sterilise the fish skin and they put it on people who've been badly burnt and then it adheres to the skin and then when the skin has healed underneath the fish skin just comes off, and normally they would have to bandage the burn and treat it every day, which is very painful, but they put this fish skin on and the burn heals beautifully and there is far less pain.

It is a prime example of humans listening to the information that we give to them, and yes, there is still much to come, many discoveries from the seas of your world; but it is confirmation of what I have told you previously that there will be many discoveries.

Jan: ...including the main source of energy, I understand?

Yes, there is much for human beings to learn.

Jan: But we do need to ask for help and the responsibility to look after our seas if this is the case, (**Yes**) because there is so much happening at the moment that's not good for the seas and the creatures within it.

Yes, I do feel that now people of the Earth are beginning to realise what damage they have done and are still doing, but as long as you have those who listen to Spirit, there will always be good work (Good) and although it seems unnecessary for some of the happenings, I would say to you, my dear friends, again patience and love and thoughts for all good men.

Jan: Yes, but sometimes we have to learn the bad to reap the good, to be balanced.

Yes, again it is light and darkness together, yes, now—well, my dear friends, I will take my leave of you this time. As always, I leave you cloaked in my love and I ask dear friends also that you love yourselves.

Jan: Definitely—that's the place to start.

Yes—you have all grown in wisdom, even if you do not feel it, I can assure you, my dear friends, that your light is ever-brighter in your understanding of our world.

Thanks

Paul: We're like little baby co-creators, I guess.

Chuckles

Thanks expressed

Cho then quickly followed—audio link:

http://www.salumetandfriends.org/app/download/6723826/2017_03_27+Cho+and+Cleo.mp3

Jan: Hello friend.

Hello!

All: Hello.

Jan: Nice to be here with you again.

You no listen me!

Jan: Oh Dear, haven't I been listening?

No, you not rest!

Jan: Oh, now I know! It's true, it's true, I've done too much, haven't I?

You done too much, you not listen to Cho.

Jan: I'm sorry, I will take it much steadier.

Good!

Jan: You have told me, yes—I started to feel much better, so I thought...

I know, I help!

Jan: I know you did, I know, and I thought, well I can do this, but I obviously can't. It's not ready yet

You know you—independent streak.

Jan: I know, I know I have, yeah—I struggle to...

You not know you have, 'cos you keep doing it.

Chuckles

Jan: Well, I suppose that independent streak is...
...OK sometimes.

Jan: Yeah—you think you are doing right by everybody else, but in actual fact, you're not.

You no looking after yourself. (No) You never mind anyone else, Cho comes to look after you and these other people.

Thanks expressed

Jan: Did you see me walking on the beach?

I see you all the time!

Jan: Did you see me—yeah, you so me on the beach then. **(Yes)** I was struggling on the beach to get back. *(Chuckling)*

If I wasn't told, I could have been quite cross, but I not allowed to get cross.

Jan: No, you mustn't get cross with me.

But I do.

Jan: I'm sorry, and you did so much with my leg and helping me to heal it, and then...I apologize, I will take it steady.

Good.

Jan: I've been told

I'll be watching you.

Sarah: Has she done any harm to it?

She 'll be alright if she listen to Cho now!

Jan: Right...OK...Mm.

We don't want you suffer.

Jan: No, it has been very painful.

I know, I know—anyway.

Jan: I will listen to you, I promise, **(OK)** I'm going to start resting it again and elevating it, instead of carrying on thinking everything's normal.

Not too high, you might get stuck.

Laughter

Jan: Oh, you *have* been watching me—yeah, I get stuck all the time!

You listen to Cho.

Jan: I will Cho, yeah, thank you.

That's all, I'll go and see who else wants to come now—I not allowed to take too much time.

Sarah: It was nice of you to come, thank you.

General thanks—Cho then said someone would be speaking through Sarah. Cho then had a little chuckle:

Jan: What's funny Cho?

I have one here very funny, he's not allowed to come first, so I told him.

Jan: ...“buzz off”, did he listen? **(No)**

Sabine: Who's listening to you?

He might come through the lady I expect. I say, 'I'm in charge', he say, 'that's what you think!' Anyway, Cho got to go.

General thanks—as Cho was leaving he got the old nursery rhyme: Sing a song a sixpence—the guest then began through Sarah:

Hello.

All: Hello.

Jan: That was quick.

My friend told me to come.

Jan: Oh, really, who's your friend?

Cho.

Jan: Of course, yes, he brought you with him.

(Yes) Have you come to talk to us about anything in particular, or just to chat?

Nothing in particular.

Jan: No, that's all right

Cho then spoke again through Eileen:

Cho: **Who said I was your friend?**

Chuckles

Well, I didn't want to upset you here, so, that's why I said that; but you are really aren't you?

This turned into a light-hearted evening, with lots of laughter and giggles. Cho's friend's name was Cleo, and it became clear that she assisted Cho at times. Cho explained that they are very good friends and although they act silly at times, they just want to make people happy. The full dialogue is on the audio. (length 15 minutes)

Eileen then received some clairvoyance for Jan, about a journey on a train, probably to somewhere in Europe (a blue and white flag) Eileen also mentioned a dark-haired baby girl, which seemed to connect to Jan's sister. There was also a little advice for her husband, that he needs to keep on top of an ailment—not a great worry, but it needed to be addressed.

Then another spoke though Eileen with an Irish accent, gave us an exercise to try—audio link:

http://www.salumetandfriends.org/app/download/6723836/2017_03_27+exercise.mp3

Sarah: Good evening and welcome to you.

Good evening.

All: Good evening.

Jan: Are you comfortable?

I could be doing with a bigger body, but I'm OK.

(Good) Yes, I'm going to give each one of you a picture in your minds and I want you to say it out loud—that OK?

Agreed

Jan: We'll try!

I'll just sit here and be quiet—and don't mind if I get a bit fidgety, 'cos I'll get a bigger body next time

Sarah: You should have chosen me, (Jan: Or me) I'd be twice the size.

Giggles

Don't be shy, just SEE and say what you see.

Sarah: Will you tell us if we're right or not?

No, I just want to see what you see.

Sarah: OK, thank you

Sabine: I see a tree.

Sorry did someone say something?

Sabine: Yes, I did, I said that I saw a tree.

Ben: I saw a tree as well.

You saw a tree?

Agreed

2 trees.

Paul: I've got a man in a sort of cow boy hat—pale with pale yellowish clothes.

Sarah: I was seeing like stars after an impact and what comes up from an impact, when something's hit something with sparks and the movement going upwards.

Di: I see some sort of furry thing with big eyes—am not sure if it got wings as well

Jan: Mine's more specific, I've got the West coast of Ireland, the Atlantic side. The waves are enormous, it could be me picking up something else...I've been a teddy bear.

Di: Maybe that's what I've got—something furry, with big eyes...

Paul: I then got a sort of pattern a bit like a butterfly's wings sort of patterns, with circular shapes on a reddish brown.

Sabine: The tree is changing into a Totem.

I think we've got one more.

Mark was prompted

Mark: Yeah, just sort of fleeting things—some arches, a baby, I think I got a tree as well, but it's very fleeting things.

Well, I think you all did very well.

Sarah: That's good to know, thank you.

Thanks expressed

Notes:

Asking for help for ourselves: As the example of Jan and Cho demonstrates well, there are many happy to help us heal ourselves. We perhaps need

to exercise our free will a bit more and if we ask deeply, from the heart and soul, this becomes more powerful.

Dark and Light: This topic has been discussed previously: 14/08/2000, 19/02/2001, 05/03/2001.

Remaining positive through life's challenges: Sarah's question about the gunman's victim's family, is an amazing example of how even when faced with such a test, it is still possible to show compassion:

<http://www.independent.co.uk/news/kurt-cochran-london-terror-attack-victim-family-utah-khalid-masood-no-harsh-feelings-us-tourists-a7651881.html>

"Last night we were speaking as a family about this, and it was unanimous that none of us harbour any ill will or harsh feelings towards this," his sister-in-law Sarah Payne-McFarland said.

"We can draw strength as a family from that. His whole life was an example of focusing on the positive, not pretending that negative things don't exist, but not living our life in the negative and that's what we choose to do also."

Fish skin heals burns: This is a nice example of new discoveries from our seas:

<https://www.yahoo.com/beauty/burn-victim-covered-with-fish-skin-for-pioneering-new-treatment-165114174.html>



And Salumet has indicated several times that there is much, much more to come and it is reassuring to note Salumet's words this evening, concerning the health of our seas/planet: **I do feel that now people of the Earth are beginning to realise what damage they have done and are still doing, but as long as you have those who listen to Spirit, there will always be good work and although it seems unnecessary for some of the happenings, I would say to you, my dear friends, again patience and love and thoughts for all good men.**

