

## **SALUMET — 18<sup>th</sup> January 2016.**

*Our prior conversation concerned some of our planetary problems, problems arising from our plunder of the seas, animal extinctions arising from climate change, the need for and likely benefit of upcoming generation etc:*

Audio link:

[http://www.salumetandfriends.org/resources/2016\\_01\\_18+salumet.mp3](http://www.salumetandfriends.org/resources/2016_01_18+salumet.mp3)

Lilian: Welcome Salumet.

**Good evening.**

All: Good evening.

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

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

Lilian: It's wonderful for us as well.

**If only you could realise how many listen to your conversations before we begin, you would indeed be surprised; but that is not new to your understanding—of course you know. There are many changes in your planet that are happening right now, and we have spoken of some of them. I wish to say only that: please do remain optimistic in all of your thoughts and dealings with this planet. No matter how dismal events may appear, I want you my dear friends, to look beyond that and to look to the positives in life. In that way you expand and you grow. So just, my dear friends bear this in mind. On this, another of your coming years we will not dwell so much on the negatives, but on the positive aspects of living and of development of yourselves. For a number of years, we have begun the year saying: we must develop our own selves. But my dear friends, these things take time, and no matter how slowly, as long as the steps are clear and you know where you are going to, this can only be good. So once more I will say to you: to look forward to your future; of course, you must accept what is happening in the world, but we have always had problems. So, therefore my dear friends, be positive in your own individual attitudes to life and you will find that the rest will follow. Someone mentioned children—children are indeed the future of this planet, and yes it would be wise to try to guide and steer them in the right**

**direction. It is not always easy, because they are surrounded by *so much* negativity, but if every individual parent were to take on board that job for a child, there would be great changes made upon your Earth. I wish you my dear friends, to go within, to listen to that still quiet voice which you all have. It is that part of your spirit which is mainly subdued whilst you live your Earthly lives, but I would like you to sit whenever you can and listen to those who are trying to help. The more you do this the more you will hear their voices—those helpers—those Angels—those teachers who come from our world; they are all waiting to help. Now I do not wish to sound as if I am preaching to you—know that would never be what I intended. Therefore I will say only: if you have any questions, then please let's discuss them now.**

Serena: Could I ask a question about what was mentioned last week, about the healing?—‘if we could see what our healing thoughts are doing we would be surprised’ (yes). *How* is the best way to send them and what should we really do to get the maximum effect from our endeavours? **Your thoughts must be made in love and dedication to the knowledge that it is being received by those of us in spirit who wish to help with the healing. I would say ‘love’ is the utmost thing to have when you are sending thoughts for another.**

Serena: So we send to spirit and spirit sends on, rather than sending to the individual? **Spirit will deal with the thoughts—yes—yes. I hope that that helps you** (yes).

Sarah: Did you want to say something Lilian? Did you want to mention to Salumet?

Lilian: Yes—so, we do ask for healing, ask for thoughts, for my youngest grandson, who is being a bit of a worry, especially to his mother at the moment. Are we doing the right thing? Is there anything else that we can do to try and make life a little easier?

**If you are not trying to change the life plan of that young person, then of course all thoughts will be taken into account. You must remember also my dear friends that it is not permissible to interfere with another's life once you have come to the Earth plane. But yes of course, loving thoughts are always dealt with; but as I have told you previously: you do not always have the**

**results that you want. When we receive healing thoughts, whatever is best for that person will be fulfilled, and that is not always what you would wish for; you have to understand—you understand, don't you?**

Lilian: Yes (yes)—it does seem hard at times, but—

**Of course, that is part of your life's pathway. When things are difficult for any one of you, do not immediately say: why me? Because why not you? There is a whole world of people, and most I would say have encountered problems and troubles at some stage of their lives. We in spirit are here to help, I have told you often that you must ask for that help before we can give out the help that is needed—you understand? (Yes). Let us for example take: if everyone is praying for someone who is ill, and you have interfered with the passing of that loved one. That is not what you would desire would you?**

Lilian: Well I hope not, no.

**No—so therefore it is best to give the loving thought and allow us in spirit to deal with it.**

Lilian: Yes I see.

**And I wish to say one more thing about this, that it takes only one loving thought, if it is genuine and sent with love, for it to be dealt with. There is no need for the repetition of thought (ah!). You seem surprised my dear friend—**

Lilian: Yes, sometimes you feel a little bit desperate, we do tend to—

**Then what would happen is that those who are dealing with loving thoughts would try to help you also, because you have difficulty with accepting what is to be.**

Lilian: Yes, I know my daughter has a bit of a tough time.

**Yes—I hope that has helped you (thank you).**

Paul: Yes, I was slightly surprised as well, because I wondered if it was—part of sending prayers and thoughts to someone who's got an illness or a disease—you're sending—okay, love—which is an energy; and it might take—some illnesses might take several 'sendings' to help—

**If you have sent one genuine loving thought, it is received. If you continue to ask for help over and over and over, do you not see that you have created a doubt?**

Paul: I see yes—you've mentioned that before (yes) about not asking for 'help' as such (yes) but just sending love—

**And to trust in that Great Creative Force that they know what is best for that person.**

Paul: Yes, that does make sense now—so once should be enough.

**Yes, but we understand that you are human, but if you are to be doing it day and night and on and on, it is wasted energy.**

Paul: I can see that that could show your own inner doubt (yes).

Sarah: And also I remember you saying that repetition just becomes something you're saying, so you're not getting that same in-depth feeling, because you just think: I'll ask again—so you're not doing it with the same energy as the first time.

**Yes—it is a little like the religions of your world who are constantly repeating the same words (yes) and after a while those words become a little meaningless.**

Sarah: Yes, I remember you saying that—yes.

**So it is good that I have reminded you my dear friends, of words that have been spoken.**

Lilian: She does see lots of lights around him. **Yes—which to you should indicate that the help is being given.**

Lilian: Yes, I'll tell her—

George: I guess the repetitive prayer is more suitable for praying for planet and planetary conditions and for large groups of people who seem to require more awareness—

**No!—again, one prayer, if it is honest and loving and truthful should be enough. What would help is if you have a group of people sending that love energy to us. That is helpful.**

George: The one prayer from a group of people—**Yes, it has a little more what you may call 'strength' behind the thought (thank you).**

Sarah: So what we do at the meetings, asking for help for people—that's all our energies going into that one thought—

**Yes, but also not to be disappointed. So often you human beings are disappointed when your thoughts are not used in the way that you think.**

Lilian: Yes, it doesn't go our way.

**Yes, so trust—trust in the Great Creator that things will be utilised for the better.**

Paul: What happens with the thought when we just occasionally send out a thought—just send my love to wherever it's most needed?

**Yes, it will be used to help the person named and then it will become part of the energy field.**

Paul: Right—so if I don't name a person, I just allow those Angels of Thought—

**—If you can *feel* the person. If you do not know the name; if you can feel that person's energy then that is acceptable.**

Paul: What if it's just a general thought to all humanity?

**Then we in spirit will use that thought. Yes, it is all to be used. I have told you previously that energy can be transmuted. You have to remember all of these teachings to fully understand. Do you understand my friends?**

Paul: Yes, so presumably if it's a general thought for all humanity, it will—

**It will be accepted—yes.**

Paul: —and it will be put to some use (yes) perhaps in a troubled area—

**Yes, a loving thought—and this is the important word—the 'love' behind the thought will never be wasted or changed to be meaningless.**

Paul: Yes—(yes). It's simple really—we just get a bit—

**You forget my words my dear friends—yes.**

Sarah: Yes, we do need a little jog from time to time.

**Yes, but I hope it clarifies for you again, how we use your thoughts.**

Sarah: You have mentioned once before Salumet I know, but all these people that have been murdered by terrorists—were they really just in the wrong place at the wrong time?—or do they perhaps know that this was going to happen to them?

**You know we have discussed this before too—you cannot make a clean sweep of all of these events. Some will have been, but it depends on what you call the 'terrorists' as well—how their life path has changed or altered, as to whether the person killed, as you say: is just in the wrong place or it is meant to be. Be careful that you do not put everything together as being fated—that is not quite correct. And there are many explanations that you would have to try to understand. It is not quite as simple as it may seem.**

Ben: Can I just ask about negative thoughts and how they are dealt with in spirit?

**Negative thoughts would be transmuted into a positive thought. Remember that in spirit we are able to do such things, whereas you people upon the Earth do not have as such that knowledge yet.**

Sarah: So what you're saying is: if somebody sends out a bad thought to somebody—**Let us first clarify what is a thought. I told you from the very beginning that a thought is the most powerful thing that you will ever possess (yes). Yes, so the thought that comes to us has to be dealt with, and there are many souls who work with thought energy. Thought is just energy, whether it be negative or positive—you understand? (Yes). Yes, so when we receive thoughts that are negative, we then utilise that energy and it becomes more positive. You would never allow, if for example a negative thought sent to one in spirit—we could never allow that negativity to touch the spirit of one in our world; so it has to be dealt with.**

Sarah: I know you've said it's like a boomerang—thought (yes), if you don't use it wisely it comes back on you. But if you were to think something bad about a certain person—

**You are harming your own spirit.**

Sarah: But you are not changing that thought on this planet, or are you?

**Again, it depends on if there is interference in the life or not—there are many factors to it. You are trying to make it black or white and it is not.**

Sarah: it makes it more complicated—

**Yes, it is not simple.**

George: Well Salumet, I was *going* to say this evening that our view is so much narrower than yours (yes), while we live on the planet—

**Yes, we would not expect you to have such an open view.**

George: I was comparing that with *your* view, which is so much deeper and wider. And you clearly have full knowledge of past and present, which leads to—perhaps I could say: very firm impressions as to how the future will be. But you also are so well aware of what is being done and what can be done from those in spirit (yes), to aid the Earth, whereas the vast majority of us living on the Earth, do not have this knowledge. And I was going to say: is that a fair evaluation, and if

you would care to elaborate further—but I think you have already elaborated as much as is reasonable for us this evening!

**You see, my dear friends as you know, your knowledge is limited—it is blinkered in a sense that you can only take in so much—you can only understand so much. And yes of course, my vision of your world is much greater. But it is not my pathway to show you these visions of the future, but instead to help you as individuals to become ‘greater spirits’ if you like. You are already are spirit—you know that (yes), but what we would like is for you to develop more whilst in your physical path. That is why, occasionally I say to you: you must develop yourselves because with that development comes greater knowledge; and my dear friend, as I have said to you previously: really the past is irrelevant—the past has gone. You cannot change the events that have already gone by, but you can in some way, on your planet, influence your future for the better, and that is what is important at this time. But you will never fully understand what is happening.**

Sarah: You did say to us that the past, present and future is all one.

**It is, but that does not mean you focus upon the past—that is unnecessary.**

George: Where past knowledge is concerned, another question I would like to place is: if by any chance when in spirit, I wanted to read books in the old Alexandria library, would I be sensing the thought-behind-the-words as it were, so that translation would not be necessary?

**Let me say this first: whatever you desire is possible—whatever any one of you desire is possible, but you have to be in that state of spirituality where these things can happen; so yes, whatever you desire, my dear friend, is all that I am going to say. If you wish to look in these books, is that not possible?—yes it is.**

George: And translation would not be necessary?

**Translation would not be necessary. The understanding would be instantaneous.**

George: Ah yes—it’s a sort of semi-technical point. Yes, thank you for answering that.

**Yes, I hope it has helped you.**

Serena: Could I ask another question re healing? If you visualise someone that’s unhappy but you visualise them happy—or you visualise them in a

better state; is that the same as sending healing thoughts, or is that another way of helping them? **That is another way—you could call it ‘healing’—of course it is a healing in a sense, but it is slightly different in that the ‘visualisation’ belongs to you, so there is a slight difference. But all of those things are good. Is this something you would be able to do?**

Serena: Well I do try and do that.

**—Because I feel that you would be very good at it.**

Serena: Oh, thank you—I’ll continue then!

**Yes, yes. But what you must never do is visualise someone in a different position; that could bring disruption to them or interference in their lives. That is what you must be careful of.**

Serena: I just tend to try and see them smiling rather than unhappy.

**Yes, that is good—I would commend you for doing that.**

**Now my dear friends, are you happy at the start of this New Year?**

George: Yes indeed and we’re very happy with your evening discussion with us (yes).

Lilian: Yes, the words have been most helpful.

**Yes, I would say that working on the Earth plane is interesting in as much as the words are repeated time and time again!**

*Knowing chuckles*

**And it has been a great joy to all of us who come close to you, to join with you this evening (thank you) and until we come together again, I leave you all my dear friends, cloaked in the love and the light of the Great Spirit; and until we come together again, I will leave you.**

*General thanks*

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*A brief period of clairvoyance followed Eileen’s return, and then another was with Eileen. As will be seen, there were a few difficulties with this one!*

*Audio link: [http://www.salumetandfriends.org/resources/2016\\_01-18+rescue+toes...mp3](http://www.salumetandfriends.org/resources/2016_01-18+rescue+toes...mp3)*

Lilian: Good evening.

**Hello.**

Lilian: Hello—nice of you to drop in.

**Drop in where?**

Lilian: —to say: hello.

***Are you new? I don't know your voice.***

Lilian: No, probably you wouldn't recognise my voice, but you're still very welcome. We could have a chat.

***Very welcome? Who are you?***

Lilian: You're welcome to the house.

***You come to do my toenails?***

Lilian: Is that what you want done? (**Yes**). I see—and you're waiting for someone to come and do them—

***Like little knives in my toes.***

Lilian: Yeah—okay. I think we can soon have—

***Where's Doris? Where's Doris?***

Lilian: Is she a friend of yours?

***No! —stupid girl!***

Lilian: Is she your wife?

***Oh my God—do I look like a man?***

Lilian: Oh sorry! (*Chuckles*) I'm not doing very well am I?

***Somebody needs to get rid of you!***

Lilian: So you think you're in your house waiting for someone—

***No! Where are you getting this drivel from?***

Lilian: I'm just trying to find out where you are, or where you *think* you are.

***In the lounge—everybody's here, can't you see them? Can you see them?***

Lilian: Who are they? Can you tell me their names?

***There's George over there (yes), Michael, Amy and Clive.***

Lilian: I see, and you all live together (**yes**). Lovely, but have you been feeling a bit tired and unwell?

***I've been feeling dicky for years love.***

Lilian: Did you ever think what would happen to you when you die? Did you think that that would be the finish?

***Well I won't be sitting here will I?***

Lilian: Well, you *are* sat there and that's what I've got to tell you.

***I'm not going anywhere till you've cut my toenails.***

Lilian: Well we'll see to that, but something has caused you to die; but you think you're still in your home, don't you?

***No—this IS my home.***

Lilian: Yeah okay, but something—did you feel unwell for a moment or two, or did you just feel tired?

***Yeah, tired—I'm a bit tired.***

Lilian: Tired—and did you—have you never thought what would happen when you *did* die. Did you think about going to heaven?

***I'm not sure if I believe all that stuff.***

Lilian: Well it's true, and that's where you are going to have to go now.

***How do YOU know?***

Lilian: I just know.

***Who—what's your name? (Lilian) I think they should throw you out Lilian!***

*Chuckles*

Lilian: Perhaps they will! But if you'd listen to me—you're beginning to feel nice and well and fit and your feet don't bother you anymore.

*Attitude changed*

***Well I'll be blessed—how d'you manage that?!***

Lilian: Like I say: something's caused you to leave your body. You've finished with that old body and you've taken on a new one.

***About time!***

Lilian: Yes, and if you look ahead of you, you'll see a light, and in that light you'll see someone you'll recognise. Give it time. And you'll begin to feel really good and peaceful.

***Oh it's lovely to have my toenails cut—I know that. I don't know about all of this.***

Lilian: You'll soon get used to the idea.

***Oh my word!***

Lilian: Who do you see?

***I see Jim!***

Lilian: Lovely—he's waiting.

***He's my brother you know—Jim. Good friends we always were. What's he doing here? — Because he IS dead.***

Lilian: Well that's what I mean—now you've got to join him. He will explain much better than I can.

***Oh my word!***

Lilian: We can't die really—the spirit can't die. We leave the old body behind and take on a new one—a spirit body.

***Well it can't be any worse than the old one, can it?***

Lilian: It should be better!

***Are you coming with me?***

Lilian: No, I've still got a few jobs to do before I join you.

***Oh look at Jim—he's got that waistcoat on—never did like it.***

*Chuckles*

**Oh my word!**

Lilian: And you're happy to go with him?

***I tell you what: I feel good*** (yes)—***I feel lovely*** (good). ***Oh—what's your name?*** (Lilian) ***Lilian—well—well I never—Jim. I AM going to go with him.***

Lilian: Yes, that's right—a grand reunion—you'll have lots to talk about.

***And a little tippie*** (yes).

***Well, thank you Lilian*** (you're welcome). ***I don't know you, but thank you!***

Lilian: I'll probably see you one day.

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**NOTES:**

**1: Salumet's need to repeat some words.** Some of those words that need repeating have been around for a long time—'Love thy neighbour', 'Thou shalt not kill' for example. But as Salumet says, frequent repetition can devalue, and looking at the world's war zones, it is as if those fundamental tenets of religion no longer exist!

**2: Terrorism—not a simple matter.** So many motive considerations must be taken into consideration, so that there is not one simple black-and-white answer. And perhaps we should define who exactly is a terrorist—those who instil terror? That surely includes those conducting thousands of airstrikes? Terrorism, as Salumet says, is not a simple matter—neither, I would say, is it simple to define!

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