

SALUMET — 11th April.

Lilian: Good evening—welcome.

A substantial pause followed before it became clear that this was a Salumet visit—audio link: http://www.salumetandfriends.org/resources/2016_04_11+sal.mp3

Good evening.

All: Good evening.

How happy I am to join with you once again.

Lilian: We're very happy to have you with us.

As always my dear friends, your love for your fellow man is obvious to all. You ask for healing and upliftment for many, and (for) this we are always grateful to you; but I have told you this on many occasions, and I will continue to do so as long as that love for your fellow man continues. I was listening to you all speak before I came to you and I wondered, my dear friends, if you realised the complexities of communication which take place. Because your energy is so light I find it a little easier than once I did to join with you; but always I knew this to be so. So many people are confused by communication with us here in spirit. They believe it is just like looking at another person and all will be said and all will be shown. I have to say to you my dear friends: there are complexities with communication, but we have achieved it well and we have very few problems when I come to you now. And of course, each and every one of you play your part in the giving of your loving energies. So I thank you all, whoever may be here and to those who may be absent this time, I say: thank you.

Sarah: We should thank you too Salumet, because I think you've had to adapt as well to be with us, so I think it's probably a combined effort. **Of course, I would not be here without your love and your energy. No doubt you remembered in earlier times when the words were difficult to convey, and that is no longer the case. I believe I still speak more slowly than many who have addressed you, but that is only because I have come a little further.**

Sarah: But it's also good for those who don't hear so well when you don't speak so fast.

George: I can vouch for that!

Sarah: So it's just right!

George: Yes, it's good that your speech comes through clearly and not hastily and I thank you for that.

Yes, there is no need to give thanks to *me*. The thanks lies with all of you—it is a joint effort, and the work that you have given to others in describing the work—and believe me my dear friends, it is a work of spirit that you have created. We give thanks for all of it, and thank you so many times when we hear your thoughts and your words for other human beings. You know of course that the word 'love' is the one that I have used most often, because without love, what would we be? And there is love missing in your world today. But we strive at all times to be positive and to help those who live in negativity and are negative about their own way of living.

George: It surprises me just how much militarism is in the world (yes). It seems to me that there is so much purely physical thinking and lack of love in that.

Yes, the negativity would dissipate if only people allowed the spirit to come to the fore. I believe you all know and understand this, but a great number of people in your world are afraid to speak of what is deep within their hearts, and you know, without love there is cruelty—cruelty from human kind to one-another, and this we should not tolerate. We should always give out love. Do you remember my words and that of many people within your scriptures who say: give love?—yes.

George: And this of course is the only effective way to counter what I have referred to as 'militarism'.

It is the best way to counteract all of that negative expression that is being used. But of course you know, I always try to bring to you, my dear friends, the message of being positive. That will always overshadow the negative side of your lives. So, not only must you try to achieve this positive energy in your own individual lives, but you must send it throughout this Earthly world—out into the reaches of other universes; after all, you are not just people of the Earth, you are spiritual beings that are part of the many universes that exist. You understand?

(Affirmed)

Paul: And I think you've said before that the love you give out comes back to you (**yes**), so what's given to these other universes—there might be more exchange of this beautiful energy.

It is like the circle of life—the more you give the more you receive—the more you receive the more you give. If you can think of it in that way, you can see how this love energy grows and multiplies.

George: I think this might be seen as the essence of creation—

Yes, of course—of course. I am always surprised, when I have to use physical words to express something that is not physical. But I know my dear friends, your understanding has grown so much that it is unnecessary for me to constantly remind you. But for this time I needed to let you feel 'love' that surrounds you in this small place of union. I know you can feel it and the more you feel the more you give. So that is my message for you this time.

(Thanks expressed)

So, do you have any questions this time?

Lilian: Yes, could I ask one for Eileen, your channel? Last week, she went on a journey into spirit—she was carrying something heavy. That's about as much as she could recollect—she was carrying something heavy. She wondered why that was, and also when she came back she had a slight headache, for which I gave her some healing, and I felt I was maybe pulling something out—I don't know if that's just imagination. Could you explain that a little please—where she was going, or why?

Thank you—yes—yes, I believe that you had been taken on journeys as individuals (yes), where you were given someone to recognise or something—as is my understanding. Because she is a little more experienced in the communication side of life, *her* journey was not a meeting here upon the Earth. Her journey took her a little further than she has been before—different from when I use the instrument, because she is placed to one side when I speak. This journey she was aware of, as you mentioned; and it was I should say—the word you would use on Earth would be 'honour' that she was allowed to take this journey whilst still in the physical body. The heaviness she felt was the heaviness of the Earth whilst her spirit

soared. Yes, that is the reason why she felt that she travelled backwards. It is a great joy in spirit that this is easily done by those who allow themselves to leave their bodies; after all my dear friends, each and every one of you leave your bodies when you are asleep; whether you realise it or not, the spirit leaves the body and the spirit is free for a certain amount of time. I am sure some of you may recall feeling lightness at times. That is when the spirit is released; and the reason why she would come back with a headache—you said— (yes) yes, was: the experience ended a little too quickly, because it was the first time for this kind of experience. Although we were completely in charge of her spirit, we allowed the return to the physical to be a little too quick—that is all. It was not dangerous as some people seem to think. We often have thoughts on: should these things take place? I say to you always: if you are in that condition, you are well looked after by us here in spirit. It was a journey she will probably not ever forget, because it is given to only a handful of people. So you may tell her my words (thank you).

Sarah: So she should be able to remember what happened, should she?

Yes, she was able to remember.

George: And what a wonderful clear explanation. Thank you for that Salumet.

Yes, she remembers what happens, but she did not know the exact reasons why. I hope that is helpful.

Sarah: Yes, so what was Lilian doing when she thought she was pulling something out of her?

She was dealing with energy. There was a lot of energy still to be removed.

Sarah: Ah, okay.

Now my dear friends, I will close and allow others to come if they so wish, and I have to tell you: they come more and more, in greater numbers, because of your goodness, your kindness and your love for others. Something to think upon this time: what would you be or who would you be without love?

I leave you all now with my love.

General thanks and farewells

Long pause. Then Lilian explained just a little of what was said to Eileen

Cho our Gatekeeper then came through Eileen. He mentioned a Jessie in spirit, who passed suddenly, but none of us were able to connect with this and so it was put to one side. Cho then began again: **Someone has ringing in ear.**

Lilian: Yes

Yes—who's that, the nice lady?

Agreement and chuckles

Lilian—I remember Lilian. Okay, lady here for you—ringing in ears. 'What do you think you're doing?', she says. She won't speak—I have to speak for her. 'What do you think you're doing in the garden?'

Laughs

Lilian: Yes, is it my mother—can you say?

Yes—she annoyed with you (yeah?) Not really—not really annoyed.

Lilian: No, I know—she knows I like to be outside. **Just looking after you—she says you never stubborn when little girl—only as you get older—yes.**

Lilian: Yeah--perhaps we *all* do.

No, she never thought she was stubborn.

Lilian: Well—

She's laughing—

Lilian: No, we had a good relationship.

Yes—she's smiling. She's calling you her baby (yes) yes—nice. Oh!—you were little bit of a daddy's child, she says (um). Yes you were, she is saying.

Lilian: I might have been when I was little.

Yes, but she says: 'He was very proud of you—but not many words to say.'—not speak perhaps.

Lilian: I always felt quite safe—it's difficult to put it into words.

She's been around a lot, she's saying—not so much you, but your children (yes)—looking out for them—yes.

Lilian: Yes, she did enjoy the grandchildren and the great-grandchildren.

She wants you—this is what she wants to say—I don't know why she doesn't want to speak, but she doesn't. She said you need to treat yourself more often.

George: Ah, that sounds good.

Treat yourself more often—that's what she wants to say. Oh—Gentleman come now, next to her. I think it's your father.

Lilian: That would be wonderful!—he was a quiet man.

They were together straight away, when they passed to spirit—straight away.

Lilian: Yes, I can imagine.

She's rather proud of you doing this work. She might have been a little hesitant before, but now she knows better.

Lilian: She didn't understand.

No, she's saying, but now she knows, and she wants to leave you now. She's smiling and taking his arm.

Lilian: Love to them both and see them again one day (**yes**). Thank you.

A period of clairvoyance via Eileen followed, beginning with her impression of two rings—one sapphire and one amethyst. These may well be indicative of a forthcoming engagement. This was followed by one via Sarah—

audio link:

http://www.salumetandfriends.org/resources/2016_04_11+Sarah4Eileen.mp3

Lilian: Good evening to you.

Good evening.

All: Good evening.

My greetings come to you from my tribe. We have again gathered together and are visiting you as a group. We were from an Indian tribe, and there was one from this group who was a member with us. This lady is very welcome back in our tribe. We bring greetings to YOU and wish to leave with you a feather from the chief's headdress. This feather has been coloured, especially for you. It is a bright green feather, and it will remind you in your quiet time of those who you were together with whilst we were a tribe on this planet.

George: Excuse me—might I enquire if you are 'Chief Gran Mancha'?

I cannot tell you, I am sorry—I do not know. All I know is that the lady was one of us.

Eileen: Can you say which lady?

You, my dear lady (ah yes).

Eileen: Nahashiwah?

Nahashiwah. You are, my dear friend, SO welcome, and we are all rejoicing at this reunion.

Eileen: Thank you very much.

When you come back to us, your friends here will also be made most welcome.

George: Oh that's lovely to hear—thank you.

Paul: We've all been blessed to know 'Eileen'—as she's known now.

And now my message has been brought to you, and I wish to thank you for allowing me to come.

George: You're most welcome—thank you.

Eileen: Thank you very much.

NOTE:

Nahashiwah: Nahashiwah and details of the complex tribal situation that existed around 2,000 years ago are given in the communications of 10th January 2005 and 28th February 2005. We were then with the Gor-Rukka Tribe, within a group of many tribes known as the Boa-Ba. In the tribal language, 'Nahashiwah' means 'Small Body, Great Spirit'.
