

## **SALUMET** — 05<sup>th</sup> June 2017

*During healing prayers, we gave thanks for all the good things in our lives and the world in general and the Light-workers. Our wonderful guide*

*Salumet then spoke—audio link:*

[http://www.salumetandfriends.org/app/download/7251521/2017\\_06\\_26+salumet.mp3](http://www.salumetandfriends.org/app/download/7251521/2017_06_26+salumet.mp3)

Sarah: Good evening to you and welcome.

**Good evening.**

All: Good evening.

Sarah: Thank you for coming.

**I have listened to you all, my dear friends, this time. Since last I came, how different your attitudes and thinking have been. This evening all of you have given thanks for somebody or something. What I wish to say to you, my dear friends, is you *are* Light-workers, all of you; so when you give thanks you are giving thanks to yourselves. That pleases us greatly, because each one of you, as life continues, puts yourselves forward to *be* those Light-workers of Spirit. A single touch, a kind word, an understanding—all of these things are what good human beings should be about. No matter the traumas, the hurt that happens in your world, you must stand firm and continue with those positive thoughts; and this I can see within you, all of you.**

**And we welcome back also the dear friend who has been from us for some time—we welcome her back.**

Emily: Thank you.

**It matters not how many miles you travel on this planet, you cannot escape the bonds of Spirit, those ties which tie you to the Great Creator of all life. So, I say to you this my dear friends: continue as you are, be kind, be thoughtful, be blessed with all that you have, because in doing so you are that Great Spark of Eternal Light. I hope you understand my words.**

*Agreement + thanks*

**I will this evening take any questions you may have.**

Graham: Last time we were talking about returning to humans eventually in the far, far future, returning to the Great Creative Force, and I went away thinking about that and then I started to expand that thought to, you have said in the past that animals follow a different

evolutionary pathway to us, and I couldn't help thinking in their different evolutionary pathway, they too eventually will reunite with the Great Creative Force; it seems to me that that would be a natural thing to happen.

**Yes, you are quite correct in your thinking.**

**Although the initial pathway is slightly different for the animals of your world, eventually all energies will come together, yes, but it of course takes eons of time. (yes) Yes, this is what mankind finds so hard to understand; 'time', it is a difficult subject here on your Earth and also in our Spirit world, especially for those who do not make any great changes; but eventually there can be no dispute, all energy becomes as one, yes.**

Graham: Yes, that's fascinating. I just wondered whether that would extend to mineral and rock and ...

**... to all energy.**

Graham: ... all energy, to all the universe, all the cosmos—everything.

**Yes, if you can perhaps see it as a 'Pulling Power' and drawing all of the energies towards this Great Creative Force, that may be a little easier to understand.**

Graham: Yes, I like that analogy, yes.

**But yes, most people will confuse themselves in reaching that point of thought, but as you continue into Spirit, all things become clearer and lighter and much less important.**

Sarah: You did tell us once Salumet, at least I thought you did anyway, that there was no time in Spirit. So, if it takes eons of *time*, that is a *time*. **From your point of view, from the physical sense of time.**

Sarah: Ah OK, thank you.

**Yes, if we started to delve into what you call 'time', there is a happening, but it is not really time, as you would understand it, it is just a force which exists.**

Graham: It's very difficult for us to understand Spirit world time, (*SWT*) because there must have been a time before where you are at that point and what's about to happen—it's impossible for us to think about time being the past, the present and the future, as one.

**Yes, that is one of the things that confuse human beings especially, because your brains are not capable of the information. So, there is no point**

**in struggling with these thoughts, just accept that you are made of the same pure energy, which is part of Creation. (yes) And then things will seem to be clearer.**

Graham: Yes, we can accept that I think, yes.

Paul: I think you've used the words 'Cycle of Time' that past, present and future are all one; so, it's all happening at once **(Yes)** and we're--I don't know if it's worth thinking about—we're just on one part of that cycle at the moment.

**You are part of linear time, so therefore you could not fully understand past, present and future in its true state.**

Sarah: Is time just for us humans or do other planets have it as well—other beings on other planets?

**Yes, on other planets they have the same issues, maybe slightly different; but no, time on planets which are evolving in the same way that you are, and there are many my dear friends, no matter what your astrologers, astronomers say, you know it is so different.**

Paul: I expect they all perhaps either count the cycles of the sun, **(Of course)** or maybe they've got 2 or 3 suns and it's slightly different ...

**But that is all part of human living.**

Sarah: But some of the beings on these other planets, they're not at all like us, so maybe they're less physical than we are?

**There are differences on many planets, but that should not worry you too much. What you should focus upon is this time, on this planet (yes) and what you have to achieve as a spiritual being. (yes) That is the way forward for human beings, to focus not only on yourself, but to give that love energy to others whilst you are here. Does that make sense to you?**

*Agreed*

Sarah: Just harking back slightly onto the other beings, Emily said she read somewhere that scientists are beginning to think there is alien life, so we are getting there.

**They have been aware of other life forms on other planets for quite a long time on your Earth, but as scientists they are a little wary or a little secretive, therefore they do not fully open up to their discoveries.**

Emily: I think it's NASA releasing that they *do* know about other life. **(yes)** So they do know, it's

whether they're going to make an announcement.

**There is much evidence in the human world that shows that visitors have been here from other places. It is just a matter of understanding and recognition.**

Paul: Yes, they need to be a little bit more open **(yes)** and honest about their findings and what's happened, yes. **(yes)**

Di: I think they might be a little bit worried, because of all the terrible films they put on television that people will go into mass panic if they think ...

**But that is the fiction of people's minds, or thought or brain—not their minds, because mind belongs to Spirit, and if I could say as far as human beings go, they do like to be afraid.**

*Giggles*

**But I hope that helps in your understanding of time.**

*Agreement + thanks*

Graham: When we pass back to Spirit world, does our true understanding of time develop further than where we are now or does that take us deep into spirit, before we truly understand time?

**Yes, yes you would have to be in Spirit for quite some time before any understanding would come and you see not everyone wants that knowledge; people are happy in Spirit to go to feel the love and the energy and just be absorbed by it. There is no need for questioning or looking for answers, once you have reached a stage of development that is suitable for *you*. Do not forget that you do not change so suddenly; when you come to our world, you are very much like the person you are now. So, you must just consider allowing that spiritual energy to take the hold of you that it has lost in some way by becoming human.**

Graham: It seems that becoming human in some ways causes a lot of problems, but then in some ways it accelerates us, because we learn our lessons **(yes)** sometimes quite painfully, because we do make wrong choices, **(yes)** but we do learn.

**And also remember that the task of being human is to find your way home, (yes) to become part of all things. So, however many tragedies or sorrows or lives that you lead, each**

**time brings you knowledge, spiritual knowledge. Has that helped you?**

Graham: Yes, yes it has.

Paul: Could I ask a question about sound? **(Yes)** You've said in the past that letters and words carry vibrations-energy, **(yes)** and so I was thinking, words—the word 'Love', that has a certain energy pattern when you say it. Is that because of the letters and the sounds, but it's also the meaning of the word I suppose, the intention behind the person who says the word, like 'love' ...

**Yes, I understand. Remember that language has been created when you come to this planet, influenced by those of us in Spirit, who wish to help you along your way. When you speak a word it resonates within, it should strike a chord within the very heart and soul of your being; if it does not it is a word that becomes useless in meaning. So, to speak words you have to *feel* them—that's where it resonates, from the Spirit. So when you say the word 'Love' to someone and you mean it, then there should be within your heart and soul the resonance of spirit.**

Paul: Right, so it *is* more ...

**It is more than just, yes ...**

Paul: ... the meaning of the word, rather than the actual *sound*, because I know you've also said that sounds—we did a sounding out the vowels of the sounds of your name: aa – oo - ee ...

**Yeah, and as you say all of those letters, if you focus upon your inner being, you will *feel* the energy of those letters.**

Paul: So the 'raw' letters, if you like, *do* have energy as well ...

**All have energy, every *thing* on your planet has energy, but sometimes the sound, especially of human words—after all, let us consider that it is the way you say a word, rather than the word itself. So, I am sure if you would all like to say some letters and *feel* what you feel deep within and then to say them without any feeling, you will see the difference. (yes) If you wish to try it now I am happy to listen to you.**

*Pause*

Paul: So, saying the word 'Love', for example, just saying it as an example of a word, you can make it have no resonance.

**You can say 'love'—what does that mean, there is no feeling behind that?**

Paul: But if you say it deep within your heart... **Yes, then you will experience the difference, the different energy that it creates.**

Paul: And that's what made me wonder about, a lot of people use the '*Om Mani Padme Hum,*' **(yes)** and perhaps, I wonder if ...

**...but if I may say to you, these things are all just focus for the Spirit; sound, noise, seeing, hearing, all your senses—that is what it is doing, it is making you *focus*, focus on the Spirit within.**

Sara: I know sometimes when I sing, if I give myself completely to it **(yes)** and I have no thought, I become the music, then ...

**... yes, you become as one.**

Then it's much more powerful, it's more powerful. **(yes)** But otherwise you could just sing it without too much feeling, but yes ...

**That is a very good example. Sometimes it is the same when people say prayers to us—they are only words, they do not really mean what the individual want them to mean, because they are not heartfelt.**

Mark: Yeah, it becomes a ritual.

**It is a ritual.**

Mark: We were asked to try and put more expression into the prayer and that does help I think. **(yes)**

Sara: Yes, because repetition and ritual tend to deaden it a little bit. **(yes)**

Sarah: ...because you're not thinking it's just rote, isn't it?

Paul: That's why I wondered, I question the value of repeating **(yes)** *Om Mani Padme Hum*.

**But for some people that focus is needed just to help them to connect.**

Di: I think there's a vibration in there as well, isn't there that helps you to meditate?

**Yes, that is the energy and it resonates; yes, you are all right in your thoughts and feelings, but it would do you all well to focus the mind, *Spiritual Mind*, when these things are done.**

Paul: Right, so as long as you do *that* and you put feeling into these words, then the sound of it can have a ... it can *add to* the thought ...

**It transmutes the energy which surrounds it; if it is said with Great Love, words can alter the way people think.**

Paul: But there's not much reason to say those 'aa'—**(no)** just chant just the vowel sounds

doesn't really have any meaning, **(no)** it has to be the word.

**For those who are just beginning out on spiritual journey, you will find that these things help, but they are not necessary.**

Di: I feel a bit like that, because I've always said the Lord's Prayer every single night for as long as I can remember, but I feel a bit like a parrot. **(yes)** Sometimes I really try and think if it makes any sense, but it's like I feel as if I *have to* do it every night.

**Why do you not say a prayer without words?**

Di: I do sometimes, but I just think I have to say that as well.

**That is just a ritual, something you feel you have to do.**

Di: That's right. I think I might try and stop that, but I'm a bit scared to really.

**Yes. *Feel, feel* what you wish to say.**

Di: Thank you—thank you Paul as well, for asking that.

Mark: The Gospel Church tends to put more into it. It can get perhaps a bit dramatic, but they do tend to put more feeling into their services. **(yes)**

Sara: They raise the energy, don't they?

**Yes, that is what is happening; the energy transmutes and is changed and people feel *joy*; that is quite a good word to use—they feel the joy of using that energy, in the same way as you do with your music and your singing. I am sure, my dear friend, that there have been times when you feel a little down and the beauty of song and words will uplift you.**

Sarah: Yes, yes.

**Yes, these are things for you to think about a little more deeply now.**

Graham: I was listening to the Bournemouth Symphony Orchestra and I was just so elevated by the beauty of the music. **(yes)** And in a way, that's thought without words; **(yes)** it's an expression of thought without words.

**That is what I am trying to tell the lady. (yes)**

**Yes, much beauty in sound.**

Graham: ... and light as well I suppose, **(yes)** although light is a higher - faster vibration. I don't know if there's a difference between sound and light?

**Well, if you speak of it on a physical level, you would be told there is a difference; I say to you**

**it is the same energy, but only showing itself in a different way.**

Graham: That's interesting—right!

**OK, is that fine for you?**

Graham: Yes, something to ponder on, yes.

**I always try to give you something to think a little more about, because as you grow, my dear friends, as your own energies expand, the more knowledge makes sense to you and in that way, there is continual spiritual growth. You understand? (yes)**

Sarah: I was just thinking when Paul was talking about the word 'love' and was it the sound or the word, because not everybody speaks English, so that word would be in many, many languages ...

**But it has the same meaning (yes) and the way it is expressed. (yes) It matters not what the language is, it is that deep inner feeling; (yes) in the way a mother speaks to a new-born child, that child knows no words, but it is the sound of the voice. You understand? (yes)**

Serena: So, one of the parts of the book that George wrote, he was talking about sound and light being able to merge **(yes)** and produce a single frequency. Can explain little bit more about that?

**That is something that will happen as time and energy expand. Yes, as I have said the two would be perceived as different by you as human beings, but all energy will eventually come together, it is as simple as that. There is no great mystery, it is just that when the time is right, sound and light will merge as one.**

Graham: You have said in the past that there are many, many energies and you could spend many lifetimes studying energy **(yes)** in the different forms, so what you're saying then, is eventually all these different energies that we're mostly unaware of anyway, will eventually merge into one unifying energy.

**Yes. If you can imagine as I have said that the reason for existence is to return home, (yes) and home is that energy which is all of one ilk, then you can begin to understand it is like *strings* of energy being pulled towards the Source.**

Graham: Yes, that's a good analogy—it helps to understand, yes—fascinating.

**So, you can create many questions and many answers, but I am telling you here now, my dear friends, that most things have a simple end. But**

you may never know of these things for such a long time and no-one can completely tell you what that feels like, to return home to that all-encompassing energy; they cannot, because it is too far. So, while you have lives, while you have different planets, while you have many universes, you have to accept the limitations which that brings.

And now dear friends I feel there is enough I have said this time that will give you food for thought.

*General thanks*

So always as I leave you, and I will use the word **Love**, because I know the deep meaning of it: I leave you cloaked in my **Love** until we meet again.

*More thanks*

Paul + Sara: Our love goes with you too!

*There was then clairvoyance via Eileen concerning a friend of Sabine's. (Marianne)*

*Eileen then suggested we should all try to tune in clairvoyantly. Various sitters then began reporting images/visions of people or objects—some fleeting, others remaining for some time. Emily also saw patterns/shapes. Graham had a feeling of going deeper into something, leaving him with a beautiful feeling. Sarah then saw candles for each sitter.*

*Then Cho, our dear gatekeeper spoke—audio link:*

[http://www.salumetandfriends.org/app/download/7251534/2017\\_06\\_26+Cho.mp3](http://www.salumetandfriends.org/app/download/7251534/2017_06_26+Cho.mp3)

**Hello!**

*General welcomes*

**I got you all quiet this time.** (Chuckles) **I knew I got you.** (More giggles) **Yes, you all doing very well I'm told.**

*General thanks*

**Yes, I really happy for you, I just come say, who would like to do, finish this evening off, on a mediation? Who'd like to do that this time?**

(Turning to Sara) **The lady? You lady?**

Sarah: I'm happy to do it, yeah, I don't mind. I'll see what I have.

**Yeah, I leave you know, I've been watching you quite a lot.**

*General thanks for the lovely evening*

**I not allow come when your (Salumet) came, no I am not allowed then; but I've been listening.**

Paul: That was a very interesting one. Well, thank you Cho, we'll see you again soon I hope

**OK ciao.**

*General ciao Cho!*

**Ciao Cho, I like that, I like ciao Cho!**

*Giggles*

*After a short time, Sara then began the meditative journey—audio link:*

[http://www.salumetandfriends.org/app/download/7251527/2017\\_06\\_26+sara+journey+of+thanks.mp3](http://www.salumetandfriends.org/app/download/7251527/2017_06_26+sara+journey+of+thanks.mp3)

***I think that we're going into a temple, to give thanks. It's a golden dome-shaped temple.***

***I am just standing outside it at the moment, so just stand outside it with me.***

***It's a very shiny sort of gold colour, in a dome shape that goes up to a peak at the top; it has one sort of a line at the top standing up.***

***We're going to go inside, it's a little dark as we first go in and you seem to have to stoop a little bit to go inside, but just keep walking, and we're coming into a lighter area now; I think it's in the centre of this temple. It's a very beautiful floor, a bit like a mosaic with different colours, but a lot of gold, white and an intricate pattern on it.***

***And you're going to kneel on this floor. Just go silent for a few moments.***

*Pause*

***And give thanks for all the blessings that you feel in your life; just think of things which perhaps we don't think of every day, but they are very great blessings all the same. So that's the basic things that you have, that enable you to live.***

***And then think about what you do, and your ability to do it; what you do with you days.***

***Think about your body and what you're able to do with your body—your mind, your hands, your legs and your feet.***

***Give thanks for all of those things, and then think about all your own special qualities and what you are able to give personally to people—special gifts, abilities, things you've been taught—perhaps it's things your parents taught you; give thanks for those too.***

***And then, give thanks for all the things that you enjoy in this world, as many things as you can think of.***

*Pause*

***Before you leave the temple, feel the joy of all that you have within you, and all that you have to give.***

***Look once more at the gold, the beautiful shiny gold temple and the gold and the white floor.***

***And let them remind you of your blessings.***

### **When you feel ready, you can leave the temple.**

Pause—1 - 2 minutes

General thanks Sara

#### **Notes:**

Light-workers: Being a Light-worker, or emissary of Spirit, seems to be a journey of self-healing and being more loving to one and all. The world in general has forgotten much spiritual knowledge of what we are about and Salumet has given us beautiful pure and simple teachings on Love, Truth and the Power of Thought, and it would seem that this is a great time to re-sow these seeds of spiritual Truth ...

Animals in Spirit: Salumet has said on previous occasions (eg: 21/10/2002) that animals return to a 'pool' of energy once Earth life finishes, unless there is a love-bond. These love-bonds allow humans to be reunited with their beloved pets / animal friends in Spirit world. It is now clear that in fact eventually, after many eons of 'time' all in fact join that Great Creative Force and become ONE.

Time: It has been said previously that this is a difficult topic for us to comprehend while physical. 4<sup>th</sup> July 94

**Time is a complicated matter. But I will say, there are those of you who can see what is ahead, not because it is the future, but because it is there, it is past, it is the present, it is the future. It is *one whole*, a never-ending cycle of events.**

28<sup>th</sup> November 94

**You are on a never-ending cycle. If there is no beginning and no end, then you see, *all* must join together.**

Graham's questions this evening gave further insight into the whole process of unifying and coming together of energies, as over eons of 'time' we are pulled on strings of energy towards the Source.

Here's another quote which may also connect:

5<sup>th</sup> January 98'

**Can you begin to see that the whole of life now, is the formation of the energy pattern, the meeting of the correct energy? After all, imperfections that are there will be erased upon the unification, the joining of the correct energy patterns.**

Governments withholding information: Salumet has indicated in the past that governments withhold facts from us, not least it would seem, when it comes to extra-terrestrials:

27<sup>th</sup> July 98

**My friend, they have shown themselves to mankind; they have shown themselves as they truly are. Not only is it in the crop circles and other phenomenon, but they have shown themselves to man, to those people who they hope, will understand and pass on the truth, to the rest of mankind. Do you not know my dear friends, that many in governments in your world, have witnessed for themselves, what you call**

**'aliens'**—and I do not like that word, I would prefer for you to call them **brothers**. They have witnessed for themselves many of these beings, but because of their fear for mankind, because of their lack of understanding, much has been kept quiet. Do not assume that only crop circles are the only form of communication.

And of course, other evidence of visitors may be seen in the pyramids around the world, the Nazca lines in Peru, and of course numerous UFO sightings dating back to the Fu-fighters of WWII and way beyond.

More recent mass sightings include:

1982 - 1985, large triangular and boomerang-shaped UFOs reported over Hudson Valley by over 7,000 credible witnesses—police and officials at Nuclear Power Plant.

1989 + 1990, large triangular - rectangular UFO's, reported over Belgium by over 2,000 people, including police + military personnel.

1997, multiple sightings of mile long UFO reported in Arizona by over 10,000 witnesses, including police, military personnel and Republican Governor.

#### Sound:

This topic has also been touched on previously and connects with repetitive prayer, versus prayer from the heart. It's clear that chanting/mantras/repetitive sounds help focus and have energy, but the more we engage our hearts/feelings with these sounds, the more powerful they become.

18<sup>th</sup> March 2002

**If you take your own name and try to say those letters with love, you should find that you vibrate with love in saying those letters.**

1<sup>st</sup> December 2003

**Yes, but also, if you *sound* the name—remember what I have told you that letters and words have energy—if you break the name into syllables, you will get an energy pattern, which is greater than the Earth itself. For example: Sah-ah-ah-ooh-eh. All of these letters have energy, which you will not be aware of at this time. It is something for you to consider this time.**

27<sup>th</sup> January 2003

**We need to give thanks for what you are, for where you are, for all problems that you have and may I say to you my dear friends, we have spoken only briefly about sound, but let me say this to you: When you say 'thank you' and you mean it with all of your being, listen to the resonance of that sound. Try it now if you will and really listen to the vibration of the sound.**

Thank you

