

## **SALUMET** — 31<sup>st</sup> July 2017

*Our healing thoughts were directed mainly at suffering caused by wars, past and present and we prayed for peace around the world. Salumet picked up on our thoughts—audio link:*

[http://www.salumetandfriends.org/app/download/7553267/2017\\_07\\_31\\_salumet.mp3](http://www.salumetandfriends.org/app/download/7553267/2017_07_31_salumet.mp3)

Lilian: Welcome to you Salumet.

**Good evening.**

*General welcomes*

**If only you could see how much you have grown; it is a great joy to us to know that you can discuss many things with patience and love, without too much condemnation. I have been listening to your conversations you may gather. I would like to say just one thing about this, that wars have existed in your world since almost the planet was created; you can make assumptions about why all of these happenings occur, but what I wish to say to you, my dear friends, is that death should not be looked upon as the most tragic of things in your life. I say to you, my dear friends, that birth is the most traumatic of all, because they leave behind them all the love and joy which they have come to know. So although we do not wish man to fight against man, in speaking of death, be happy that so many have returned *home*, where they will find love and support in all things. Your world as you know, can be quite a violent place at times, but one of you said: *'not much good comes from all of these things'*. I have to disagree just a little. There is much that comes from these actions; it comes with the change of thought within people; like your good selves, where you strive to help all people, not only the Innocent, but the guilty. So I say to you dear friends, continue with your discussions and your love and heartfelt wishes for others. It gladdens us here in Spirit, to see groups such as this trying to understand, without too much criticism.**

Sarah: That was me actually Salumet, that said about war, **(yes)** but what I actually meant was, when people fight over land or fight for whatever, I do understand that good comes out of it, but they don't achieve anything—you know, they tried to take, say a piece of land and they don't *achieve* that...

**But it may not happen within this lifetime, but let me reassure you that there is a reckoning, there is an understanding of what they have done. It may not be in one lifetime, it may take others, but let me assure you that that soul will grow from those experiences, and that is what is important. You understand? (Yes) Yes.**

Lilian: And for the people they leave behind, they're learning too.

**Yes, it is like a ripple on the water, it affects all people, you understand? (Mm)**

Sarah: I don't know—my Grandmother's brother died in the war and he was 18, but actually she never got over it, it affected her, her whole life. **But she had the understanding of *loss*, which is a lesson to be learned.**

Sarah: Ah right, OK.

**I know it seems cruel to many of you on this Earth planet, but it is not. Again, I beg you, my dear friends, to look to the larger picture; (Yes) it is a way for the soul to grow. Any trouble that comes to your lives, look upon it as a learning, not as something to be despondent about, because that only creates more fear, and you know we have spoken of fear so often, it is the most negative of all emotions.**

Lilian: Yes, I was just thinking about my daughter and her family especially one of the children at the moment—well, it's not a child anymore, but with all the problems, both my daughter and myself said we are learning lessons, **(Yes)** we can see that we didn't understand until these things are happening.

**No—there always will be lessons to learn, you may not even recognise them as life's lessons, but there are many and I say only to you: try to accept what is before you, what is with you at this present time, try not to look back in sorrow and in anger, because they are emotions which are negative. Look forward with love, look forward with acceptance that life must move forward. I do not say it is easy, it is not for human beings, if it was not, you would not be here, you would be perfect beings with no need to learn. I hope you can take my words this time and try to understand.**

Sarah: Well I hope the lady that Paul was asking for help for a lady whose daughter was shot—**(yes)** so this is also—if she can take those words that would be a great comfort to her.

**Yes, it may help her. I am sorry to say that with some people they hold on to negative emotions, which then engulfs them from many of their years and this lady is one of them. But give her hopeful words, try to give her understanding that death is not the end, (Yes) death is peaceful and full of love.**

Paul: We know from all the years coming here that people have come back—even Leslie, who used to run the circle, has come back with glowing reports about the Spirit world / the life after.

**Yes, and they are only on a very low level of energy. Imagine that energy and that love surpassed by all time. It is beautiful, it is something that you will not experience for quite some time. But I reassure you that it is there, it is waiting to enfold you within those spiritual arms. Many people who wish to help and who are helping you even now upon the Earth plane. And that brings me to something that you have been made aware of recently, about the *Silence*, (yes) and going within the Silence, being made aware that all things, all beauty, all knowledge lies within the Silence. You found it interesting? (Yes) Yes, I hope that since then, my dear friends, you have allowed yourselves to enter that Silence once more—or at least try.**

Paul: Yes, I've tried a few times to be more aware of the Silence.

**Of course it will be easier when you are here.**

Lilian: Yes, definitely!

**Yes, it is much easier because of the amount of energy that you all create; and that statement is made especially for our dear friend, who you call Serena, because she was not too sure of her part in this group, but what she does not see that she gives off pure energy whilst within the room; and you all play a very big part.**

Paul: That seems to be part of the—this Silence, it almost feels like that's when you can *hear* this energy (yes) and feel it.

**It is almost tangible, yes. You should be able to *feel, hear*, do so much within that energy; and it is something, my dear friends, that will help you with your own development, because it is essential at this point that you now move forward, that you now move forward in development of your own spiritual selves, so that the soul may expand.**

**Are there any questions at this time?**

Sarah: I did ask actually within the group last week, but it might be nice to have an answer so that other people who read the transcripts can also know. I've been reading George's book (*Proof-reading the new book*) and he's been talking about the Pyramids and the Extra-Terrestrial help that they had doing it. How did these extra-terrestrials live on this planet while they were working on the pyramids, because they probably came from a planet where the atmosphere would have been quite different—so how did they manage to live here?

**Quite easily, because you see, they have (*what*) you call 'powers', that you upon this Earth do not have and did not have at that particular time—there were a few, but in speaking about nourishment and food, they are able to materialize anything. This is something you will not fully grasp, because there is not the energy available at this particular time of existence to show you, but these travellers, and that is what they were, travellers, who could go about, not only the atmosphere of the Earth and their planets, but the universe, the many universes. It is a very hard thing to explain to you now, but if you had been here when they came, you would have been so surprised at their capabilities.**

**Have you heard the story in your Christian Bible about Jesus producing bread and wine? (Yes) If you take that analysis of it, it then becomes easier for you to understand. How did he produce bread and wine? And he did, he was a very good medium and he had powers that not many people had. So you see, the capabilities of what you call 'aliens' and I call them 'soul brothers'—that is much nicer way to describe them—soul brothers—they were able to materialize whatever was needed, whatever was needed, whether it was movement or any kind of tool, or indeed their nourishment and food.**

Paul: And the pyramids themselves sometimes were materialized.

**Yes of course, what other explanation can there be?**

Sarah: But how did they breathe Salumet—they were just able to be here?

**Yes, to adapt—they adapted themselves, as they materialized other things, they were able to change their whole way of being.**

Ben: Did some of them stay on as Pharaohs, when the others left?

**I have to say 'no' to that; I know what you are speaking of, but no, they did not remain as pharaohs.**

Sarah: So they all went back, did they? **(Yes)**

Ben: Because there are some hieroglyphics with elongated skulls and things, aren't there?

**Yes, which in fact, would backup what I have just said, that they were able to change and transmute.**

Sarah: So whilst they were here, would they have looked just like the other people that were here?

**They could if they wished. You have to understand that energy is able to transmit itself into anything it desires. We are speaking of deep matters here, we are speaking of things that you will not fully understand.**

Sarah: So this is a different energy?

**No, it is the energy of Life.**

Sarah: Ah, OK.

**It is just that you have not reached that point whilst you are on this Earth, for that to happen.**

Paul: Have there been humans who *have* been able to reach that point to change their form?

**Not from this planet. There are a few people who devote their whole life to meditation; they are able in a small way to alter things and they are even able to pass to Spirit if they so wish; there are those beings upon your planet, but not to the same degree as the soul brothers did.**

Sarah: So Jesus, he was able to *use* that energy to create the ... **(yes)** he wouldn't have been able to have changed himself?

**No, he was a human being whilst upon the Earth, but he was a great medium in as far as the powers of Spirit were available to him. I hope that has helped you.**

Sarah: Yes that's very interesting, thank you.

Natalie: If these soul brothers can take on our appearance, **(yes)** if they wish to does that mean would they ever breed with humankind?

**There are many descriptions and stories—yes, they would have been interested in the way that the human reproduced, and there are many tales of this happening, but I have to say, that is not something I can confirm for you. As far as I**

**know, that is not the case, although they would have been interested in the workings of the human body.**

Ben: Do the soul brothers, are they walking amongst us at the moment—if they can change their appearance and fit in with us without us knowing, are they actually amongst us at the moment on Earth?

**Yes, I would have to say 'yes' to that question.**

Ben: Because there's lots of theories about certain governments having access to technology, **(yes)** such as the American government, for example, and there was also a theory that in the Second World War, the Germans were experimenting with flying saucers **(Yes)** and that sort of technology as well, **(yes)** and I wondered if that really—whether there was a link actually, whether the Germans had the technology, or were developing the technology with the help of extra-terrestrials? Is that something you can comment on?

**The technology has always been there, it has always existed, although you as humans do not fully understand that yet, because of the idea of energies being unavailable to you; but yes, the soul brothers can come to this planet, they can transmute to look like you, they *are* among you, but I do not see that any would be destructive.**

Natalie: What is their purpose for being among us?

**Interest in other planets—they are interested in life as they know it; in the same way, I would say, as you wish to travel to other countries in *this* world; you take yourself and you blend in, do you not? (Mm)**

Ben: Would they also be here to help try and avoid a nuclear war, for example? Would they interfere and step in and help us?

**They would ... I have to say prayers would reach them, but what you have to remember is they are not Spirit, they haven't passed to Spirit. So they are limited to a degree, although their powers and energy is much more potent than yours.**

Sarah: So would they take sides, for example—I was thinking of Turing, the man who cracked the Enigma Code. Would somebody like that, would an extra-terrestrial or soul brother, would they take sides, and think, well what that country is

doing not what I would do, so I'll help the other side?

**That would be entirely up to their free will. You must remember that all of you here and in other planets and in other universes, have their own free will; even when they return home to Spirit their free will is still there. So I would say, you cannot control someone who is behaving in a strange manner, let's say, about weapons, or ...They have to carry on and we have to try to alter their way of thinking; whether they be a soul brother, or a human being on this planet, we have to do 'good', we have to strive for love and peace and all of those things.**

**But I should not become too deeply involved with what others are doing. You are here, my dear friends, to find Love and Peace for all of your own human people. That is your purpose to help one another, because *you cannot beat the love energy—you cannot*. You may try to convince yourselves, or you may convince yourselves of what others can do. Whatever is done upon this planet, has to be reckoned on when the time comes for you to return *home*.**

Paul: It's a little bit like what we were talking about. (*earlier*) This circle, for number of years, tried to get phenomenon known as Direct Voice, which would have been quite exciting, with the ectoplasm, forms and voices in the air, but what we ended (*up*) getting was something *much better* than that, we got *Truth* coming from ...

Lilian ...You!

Paul: ... a very deep part of Spirit—we got Love and Truth ... and phenomenon ...

**And that is what you have to continue to work with. It matters not what happens in the growth of the Pyramids, although we understand your interest, of course we do, because human beings are full of curiosity, but first they should go within, they should recognise themselves and what they feel—that is where the knowledge and the power come from, the striving to return home as a good and decent human being who has done all to help others. It is so easy to be within a war, as you have been discussing, for many, because that is all their mind is set upon.**

Lilian: Yes, I can see that.

**Yes, it is up to every individual to be responsible for his own thinking; but I hope it has helped you a little, to understand that great need and**

**the happenings on your planet; but you could spend the whole of your lifetime wondering why—and 'why' is a word that is not helpful. You understand? (Yes) Why did this happen, why did he do that—in *all* the time you spend in 'whys', you could have the *Truth* and the *Knowing* from *The Silence*.**

Paul: Yes, it's a waste of energy.

**It is indeed, but I hope that I have brought you something to think about.**

*Agreed*

**Yes, you are creatures of curiosity; sometimes we are amused by you—you sit and wonder 'why'.**

Serena: Even our children do, don't they? (Yes)

But WHY mummy, oh WHY? (*Giggles*)

**It is true. Now my dear friends, I will take my leave of you this time. There are others to come, if you so desire to allow them to use you.**

Sarah: Thank you very much for coming.

Lilian: It's been very interesting—food for thought.

Paul: As always...

**And who needs food for Thought? . . .**

*As Eileen returned she saw a big sunflower, which seemed to connect with Di. Eileen also got the name of Di's dog. She said there had been a discussion in family—nothing 'big', but just to let her know that spirit knows what's going on in our lives in general. There was also a message for Sarah concerning a friend (Anna) who needed some healing thoughts at this time.*

*Next, Cho spoke—audio link:*

[http://www.salumetandfriends.org/app/download/7553299/2017\\_07\\_31+Cho.mp3](http://www.salumetandfriends.org/app/download/7553299/2017_07_31+Cho.mp3)

**Hallo!**

All: Hello Cho.

**I not stay long.**

Lilian: I think you say that a lot when you come.

*Giggles*

**I know, I thought you nice lady (*Giggles*) You lady in charge.**

Lilian: Well, maybe...maybe not.

**No, you ARE. There's one more who wants to come through please, with lady over there.**

Sarah: Who me? (Yes) I did feel actually somebody was trying to come through me a little while ago. Thank you.

**And then that will finish your evening, when that one been.**

*General thanks*

***I say good bye.***

All: Ciao Cho.

***Ciao.***

Lilian: It was a short visit.

***Oh, she cheeky now, I was going, now you bring me back.***

Giggles

Di: You have to make us laugh before you go.

***Yeah...***

Then the one expected through Sarah spoke—  
audio link:

[http://www.salumetandfriends.org/app/download/7553304/2017\\_07\\_31+control+via+sarah.mp3](http://www.salumetandfriends.org/app/download/7553304/2017_07_31+control+via+sarah.mp3)

Paul: Good evening.

***A good evening.***

All: Good evening.

***I have been asked to come to you to tell you that we are looking out for extra energy from each one of you. You have been given this evening some help to produce this energy that will last you for some time. With this energy we would ask you to try to use it in the best way you feel possible. We know that many of you are concerned with others, so this energy could also be used to help them. So whatever situation you find yourself in, please remember that this energy is with you and it can be used the way you feel best. It is a gift to you for all that you do in this group, and for that we are most grateful. So, with these words I will end and I understand it is also the end of your meeting. So, thank you for your time and please, use this energy, it is there for you.***

General thanks—Sarah commented that initially she'd had the sensation of shrinking, but when she started channelling, suddenly felt very big—like Alice in Wonderland.

Notes:

Soul Brothers: The topic of Extra-terrestrials – Soul Brothers, has been discussed many times over the years. For previous transcripts—website link:

<http://www.salumetandfriends.org/app/download/7566556/Salumet+on+Extraterrestrials++crop+circles.pdf>

The Silence: One through Eileen spoke last week on the Silence, which will certainly be interesting to work on during our meditations:

***I have come this evening, to encourage you all to listen to the silence, the silence that is within this room. I would like you all, if you would, to take a moment and realise how loud the silence is.***

***Within that silence, there are voices of your loved ones, of the voice of Spirit.***

General thanks

***We hope you understand now, how important it is to get to know the silence, because within the silence, lies all things. Please become a little more aware of this in your daily meditations and you will find that not only loved ones but those who wish to help you will come on that wave of Love.***

War/Death/Loss: Death (and taxes) seem to be inevitable, but our reaction to them generally needs to change to one of celebration. There is a website page about returning Home:

<http://www.salumetandfriends.org/death-returning-home/>

As Salmet said after the death of Princess Diana (01/09/97): I would wish that your whole planet could move away from these occasions of **deep mourning**. When will you realise that death is **not** for sorrow, death is to **rejoice**, because to us my dear friends, it is **your birth**, it is your birth in returning **home** to those who have **loved** and who have **helped** you throughout your earthly trials.

Les: That has given us a great deal of comfort and we do appreciate you having told us, particularly that it wasn't an act of freewill, on the part of others.

**Her time was here—her time had come.**

Les: Good. Then we wish her God's speed.

**Do not mourn her; she will know that she has been much-loved—she is aware! I do not wish you to speak of anyone who passes to this world, as if they are forgotten; they are **vibrant**, they are **alive**, more **alive** than you my dear friends.**

Les: Yes we can accept that too! (*Chuckles*)

**So, mourn not, but rejoice in the life that she has lived.**

U-tube clip of 'Iz', a musician from Hawaii, who also passed away in 1997, and whose funeral was like a celebration (see end of song)

<https://www.youtube.com/watch?v=V1bFr2SWP1I>

