

SALUMET — 6th November 2017

We had a good long list for healing prayers this week, before Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/8260463/2017_11_06+salumet+%28smaller%29.mp3

Good evening.

All: Good evening Salumet.

It is good to be with you once more my dear friends.

Thanks

Sarah: It's good to have you too Salumet.

I do not intend to stay long this time, but I wish to speak with you about so many people who are suffering from what you call depression. It is noticeable in your world where there is Winter-times, how low people can become. I say this to you my dear friends, they need to cultivate the vision of sunshine within their bodies; this would help to raise whatever is troubling them. I understand it is a very wide issue to discuss and many reasons for it, but again I will say to you that each and every one of you takes the responsibility of how your mind and your body, how they are working together. Many in this world would say: 'but I do not wish to be depressed', but they are allowing it to happen to themselves.

Paul: Yes.

You agree?

Paul: Yes, just sort of anecdotally, we heard about a lady called Louise Hay who passed to spirit this year, and I didn't realise, but she had a *very hard* childhood life, but it didn't seem to have the effect of depressing her, it seemed to spur her on to have a *very positive* life.

Yes, because the *mind* was *strong*; if you allow the *mind* as well as the *body* to feel low, then you are fighting a double-cause, if you like. You need to visualise, you need to feel *love*, and you *need* to feel that love for others, to allow the spirit within your physical bodies to become stronger. Do try it my dear friends and you will begin to understand my words. Practice every day to love yourselves, to love the bodies that you are in; remember it is but a cloak that can either keep you warm and secure, or opened wide to the world, can allow you to become *chilled*. I cannot simplify it any more for you, but we come back to what I have always told you

that *the mind is the most powerful thing you will ever possess*—and really the word 'possess' is not the correct one, because it is a state of being, but for earthly language I will use: 'what you possess'. I hope each one of you can take in your own ways what it takes to be stronger, to give out love and also to *receive* love, because that is another aspect that depressed people are not very good at, in *receiving Love*; because there is so much negativity around them, or they *feel* they are surrounded by that negativity.

Sabine: Not loving *themselves* enough.

Not loving themselves enough...

Sabine: ...so they don't feel worthy of the love that's being given.

Yes that is quite true.

Sarah: You have also told just in the past Salumet I think that depression can be caused by thinking too much about yourself.

Yes, it is what you would call an ego—too much ego; yes there is of course a *very fine* balance. I make it seem simple when I tell you what you must do. For those who suffer with this depression it is very difficult to raise yourself, sometimes on your own, but there are always those who love you, whether it be a parent, a child, a friend—someone who could encourage you, to uplift you, and what better way for upliftment than your daily 'dose' shall we say, of meditation.

Paul: Yes, absolutely—that always steadies the ship. I think that's so important doing it every day, (**Yes**) even if you don't think you'll need it, it has to be practiced.

It is part of your being; if only mankind would realise how important it is, I think they would be shocked to know just how much help we can give; if only they will put themselves into the Great Creator's hands.

Paul: I've literally experienced where I've been worried about something and it's just dissolved into a big smile, (**Yes**) with meditation.

Yes, because in meditation you are first and foremost Spirit; the body should almost disappear from your consciousness, it is just a state of being.

So my dear friends, I hope I have brought a little comfort and I am sure those who are feeling low will soon find the way to help themselves.

Thanks

Sarah: Could I just say one thing Salumet, there was a programme on television where they were talking about depression and they were saying that they're treating it now using the immune system—there's a 'rogue something or other' in the immune system and when they treat it that helps with this.

Yes, there are many ways to help and medication is one of them, but the fact still *remains* that those immune systems have in some way been impaired by the thinking of the person. You understand? Of course, we are helping doctors and other people to help anyone who is in need.

Sarah: I think they were talking about treating this 'rogue thing' with stem cells, not with pills.

Yes that has been a way of helping people for many of your years now; but yes, whatever helps, whatever helps the soul can only be good.

Paul: In a way that perhaps isn't quite ...

That is not the ideal.

Paul: ... better to deal with the mind.

Yes, it is much better if the individual can see for themselves what is happening—and what is happening is that they are going further away from the Great Creator when all help is available to each and every one of you.

But I do not wish to make it sound as if it is like a magic wand. Many people who come to this planet suffer for all of their lives because they have not yet found the way that suits them. You understand? (Yes)

So I hope I have given you just a little more to think about.

Agreed!

Paul: I don't know if you could just quickly clarify—I think I understand where *suicides* are concerned, they have to come back and redo what they were 'running from', sort of thing—escaping from, in another life. One of our readers would like to be assured that their son who recently committed suicide, *will* still be able to be in contact with other deceased relatives—he won't be sent straight back to Earth I think, will he? **(No)** He'll be allowed access to his mother, who is in spirit?

Those of you who know and understand this work—it is always distressful to human beings when another takes their own lives; there are many aspects and thoughts and thinking about

this subject, but I have to say to you only what is truth, and those who shorten their lifespan here have to at some point, and I stress 'some point', will have to—to say 'pay' for what they have done makes it seem unkind—it is not meant to be, (no) because most of them, their minds are in the wrong place at the time of taking their own lives; but they do have to recognise that what they have done is against all things meant by The Creator. (Yes) But they will never be alone—I have said before there are always people there to uplift, to guide, to help, and until they come to the realisation, they are buffeted from all things, until they realise that what they have done was not the best plan of action.

Paul: Yes, it's almost—they'll have to forgive *themselves* for doing what they did; **(Yes, of course)** others will of course be able to forgive them.

But as soon as they realise that, and I can tell you that generally it is very quick, and they understand very quickly, so that does not stop communication with other loved ones.

Paul: Ah, thank you—that will be reassuring I'm sure, to the family.

Yes, that is why it's important with people who are depressed especially, their minds are not in the right place, and although it is not the best result, it is in some sense understandable to *their* minds. (Right, yes) It is freedom from pain and suffering; that is how they generally look at their lives.

Paul: Right, and of course they probably aren't aware of the spiritual truths that we have been given.

Yes, because most people who are depressed will tell you: 'I do not want to be depressed,' but in a sense they are feeding from that, because they are not recognising the truth of what they should be doing. But please do reassure the gentleman that his son will be available to him as soon as he can.

Paul: Wonderful—yes, he's on the reading list, so he'll get the full words. **(Yes)** Thank you, thank you very much.

I will take my leave my dear friends and hope that my words have brought you some kind of comfort for many that you can help in some way.

Thanks

As always I leave you cloaked in my love and until we come together again, please, please be sure that you give time to your meditations.

Agreement + thanks

Our dear Cho then followed—audio link:

http://www.salumetandfriends.org/app/download/8260558/2017_11_06+Cho.mp3

Hallo!

All: Hello Cho.

You are all very quiet.

Sarah: We were just thinking about what Salumet has just told us.

Yes, you're very lucky.

Agreed

Sarah: I was just going to say did you hear Salumet's words?

Yes, we were all listening. (Yes) It is very uplifting when we see teachers speaking to people on the earth plain.

Paul: Salumet seems to be such a wonderful teacher—really wonderful.

I don't know, I'm sure he is—many teachers.

Paul: True—many good ones, I'm sure.

Sarah: He's been very loyal to us he's been coming for many, many years now.

Anyway I come and say you, there are people here like to talk to you.

Sabine: That's very nice.

You want to practice again?

Agreed!

Shall I leave one of you in charge?

(Paul agreed as Lilian wasn't here tonight)

Paul: So we'll just say as usual if we get any impressions or feelings.

I got to go now, I've got to go chase them all.

Chuckles

Paul: We'll make sure we get our bubbles of protection sorted out, before we open up.

Yeah, you're very good, aren't you? You want my job?

Laughter

I'm not coming back here! (Ah!) I only joke.

Sarah: Thank you for the message anyway.

Yeah, I not mean to be rude lady.

Pause

Oh, before I go I have to say: 'William'—I leave William with you—I don't know what it means. (Sarah suggested Prince William, which caused more amusement)

We then sat in silence trying to tune-in to who was around us. Several sitters began to get clairvoyance, with either pictures, words or smells and Diane got a whistling wind noise. Sabine felt tears rolling down her cheeks, but her cheeks were dry. Eileen saw a baby and got the words 'Chubby Chops'. She also got the word 'Jamestown' (In Virginia—first English settlement in USA—1607)

Natalie got the name 'Marcia', which seemed to trigger one through Sabine—audio link:

http://www.salumetandfriends.org/app/download/8260561/2017_11_06+Marsha.mp3

That would be me!

Eileen: Good evening!

Good evening, it was nice to listen; I've been depressed all my life.

Paul: So you were listening to Salumet earlier then? **(Yes, yes)** So why do you think you were depressed?

All things were always wrong—when I wanted to do something, it was never done right.

Eileen: You were a bit of a perfectionist were you—nobody could do it as well as you?

Maybe, but people kept on telling me I was wrong—they perhaps were the perfectionists—nothing was good enough.

Paul: Do you remember roughly when this was? **It was a long time ago; does that mean anything to you?**

Paul: Well, it means a little bit, but I was wondering, were you Marcia then?

Yes, that's my name.

Paul: Right, because we've had times in our history where women weren't treated very respectfully, but it's not quite so bad today in this modern world.

Sarah: Did you work in a big house—were you a servant?

I did work in a big house and I didn't like it.

Sarah: No, and I think people who worked in some of these big houses, they didn't have a good time at all and I don't think the people of the house liked the fact that you perhaps were perfect, so they were always going to find fault in you. So I think that's the problem, there was nothing wrong with what you did...

They didn't understand certain things I was doing; it made more sense to do them this way than the way they wanted.

Eileen: And that made you feel very depressed, did it?

Well, after a while yes—you're trying to help and it's not seen as that, it's seen as that, it's seen as deliberately doing things wrong.

Eileen: So how did you feel when you passed to spirit? Did your depression go, or is it still with you?

It is still a bit with me.

Sarah: It doesn't have to be anymore.

It's not feeling understood.

Paul: So yeah, have you been given advice and things on how to make that better?

Sarah: ...since you've been in spirit?

I have seen people, but I didn't agree with them.

Sarah: Maybe that's the problem. Maybe if you try and look at things in a different way, try and look at it the way other people are telling you and see if you can understand that, maybe life would be a little bit easier for you, because we all have ideas of what we think is right, but it's not always. So maybe that's what you have to do to try and think, well why are they thinking about doing it that way, or why did they think that? And then maybe you'll understand a little more.

Perhaps, but the words I heard tonight were helpful.

Paul: Good, good, yes Salumet always puts it very well, these things, and the answers are all inside us, aren't they, so we can we can change the way we react to others. And we are responsible for everything that goes on in our minds, so we can literally change our thinking.

I suppose it's never too late.

Paul: No I mean it sounds ... do you do meditation?

Do what?

Paul: Meditation—Salumet mentioned it as being important.

What is it?

Paul: Well, I hadn't really thought about whether it's done in the spirit realms, but down here we sit quietly and ...

Di: ...open our minds ...

Paul: Yeah and almost look at our *thinking* and see how we're thinking and monitor the thoughts and feelings, to make sure they *are* positive and happy thoughts.

Well that's what I think and do—a happy way ... happy things—but it doesn't seem so.

Paul: But there's still a bit of ... would you say there's still some negative thoughts in there then?

I don't know, I just don't feel completely relaxed.

Eileen: Can we ask what you do Marcia, in spirit? How do you spend your time?

I walk a lot.

Eileen: You like to walk, yes.

And I do not want to brush all the silver again. (Referring to her work whilst a servant on Earth) So I'm walking away from that.

Sarah: Do you talk to other people?

I just walk.

Sarah: Maybe you could find some people to talk to, just to chat, not to tell them what to do or for them to tell you what to do, but just to chat. So if when you're walking and meet some people, stop and have a chat with them and that would help you, because it would help you to think about something else other than what ... because I think you're still thinking a little bit of what you didn't like which is a negative thought—now you've got to think about the things you'd like to do and think positively.

Yes, I like to look at the flowers.

Eileen: You can talk to the flowers.

Can I?

Eileen: Yes, and they can make you feel better.

That sounds a bit silly.

Eileen: And have you seen the waterfalls—have you seen any waterfalls?

I haven't gone that way.

Eileen: You could walk through the waterfalls and that would make you feel much better.

That's a bit scary.

Sarah: Nothing's going to happen, because you're completely in control.

But if I fall in the water ...

Sarah: But you won't because you haven't got a physical body—you can't fall in the water.

I'll give it a try then.

Eileen: Give it a try, I'm sure it will help.

Anyway, I've got to go now. Thank you for all your kind words.

Thanks/farewells + come again.

Notes: *We've been told many times, how the thinking/the mind doesn't suddenly change when you lose your physical body and return to spirit. Certain things become clearer, but you remain the same person, though so many amazing things are*

available when the time is right—but our freewill has to decide what to do, and Marcia it seemed, had not yet let go of those memories of her previous unhappy earthly existence. It was a good example of the responsibilities we have for our own thinking and how wonderful it would be if we can, much like the example of Louise Hay mentioned earlier, come to terms with our past hardships and work on our thinking and with daily deep meditations transform ourselves now, rather than taking our earthly woes and pains with us—so much better to deal with them here and now and thereby help others and planet Earth at the same time.

There was then a period of further clairvoyance, including a message from one of Mark's granddads to look after his back (stretching was good—look after it—be wise—not to do anything 'bloody silly')

Finally another spoke through Eileen—audio link: http://www.salumetandfriends.org/app/download/8260479/2017_11_06+Charlie+the+Formidable.mp3

Hello there.

All: Hello.

Is it ok if I pop in for five minutes?

Sarah: Pop in for 10 if you like.

I was just listening to the last one and I don't know why I can't do that—use naughty words.

Chuckles

(Referring to Mark's granddad's phrase: 'bloody silly')

I don't think it's very fair; and no sir, you don't change very much when you come here. (Right) So if that's true why can't I say that 'B' word?

Chuckles

Di: You're too polite!

Oh yes, because there's ladies present—they're the worst ones.

Giggles

I don't know—I wouldn't dream of it.

Sarah: But you used.

Who's that? You know me so well!

You're a quiet little lot, ain't ya?

Sarah: Sometimes we are. (**Sometimes?**) I think when we're waiting to see what we get—if anybody wants to come through to us or what we're saying; so if you talk through all that then you don't get the information.

Di: You can't concentrate.

What you mean I'm alone nobody?

Laughter

Is that what she's saying, I'm a nobody...

Sarah: No, not at all!

You are a cheeky one, you are!

Chuckles

Not many people talk to me like that, you know.

More chuckles

Sarah: I didn't know I was talking adversely to you, I was just speaking...

She's REALLY cheeky, I quite like her!

Laughter

I like a woman who'll stand up to me, yeah.

Paul: Were you quite a formidable character—well, you still are probably.

A what?

Chuckles

Paul: You sound like quite a formidable character.

Oh, don't give me any of that big tough talk!

(Chuckles) Formidable—what the hell's that mean?

Di +: A strong woman.

Oh, I'm not a woman!

Di: Oh, sorry—a strong man.

Chuckles

See, we got another woman here—see what you've caused? You've caused nothing but trouble.

'Formidable' I'm going to take that back with me, because I'm a formidable.

(More laughter)

Sarah: You're not 'a' formidable you're a formidable character.

...All these long words ...what about the ladies down the end, they're not saying much. Come on, let's be hearing you.

Serena: I thought I heard somebody like you in my meditation this morning. (**Did you?**) I did yes.

Well, you best come out of it quick then my dear.

Chuckles

Sarah: She's too young to come over, (**Yeah**) and the other ladies even younger next to her.

Yes, she's quiet, isn't she? Go on, say something my dear.

Natalie: Hellooo.

Oh, she's sweet, isn't she?

Chuckles

Di: You've put it on the spot now.

Hello my dear—don't you be listening to any of these 'ladies'.

Di: A lot of innuendo going on here. (**Yeah**)

Sarah: And then there's one more. (*Sabine*)

Oh, she's nice, isn't she?

Sabine: I think you like to tease a little bit.

Di: A bit of a flirt. (*Agreed*)

No, I can't be that AND formidable.

Chuckles

You're a cheeky bunch, I can see that.

Di: Well you've just cheered us up and made us all chatty now.

That's right, that's what I like.

Sarah: That's what you came for, is it?

I like a bit of fun, especially when the gentleman said you don't change much when you go over—here's my chance!

Chuckles

Sarah: So what did you do before you went over?

I was formidable.

Laughs

Di: What were you formidable at?

Oh, don't complicate matters dearie! (OK) You're a troublemaker—a little troublemaker, I know...

Sarah: We won't tell your wife.

Anyway I've cheered you up, haven't I?

Agreed + thanks

Do you know what, every time I'm back I twiddle my thumbs and I'm doing it again—must try and stop it.

Sarah: That's all right. Do you come back very often then?

No—I won't forget you dearie.

Sarah: Well, I look forward to meeting up with you sometime then.

Then we'll be 2 formidables—the formidable duo!

More laughs

I really must go now. Thank you very much for all my cheek.

Thanks

I might even come back one day.

Sabine: Please do. (*Agreed*)

Sarah: There might be some other formidable people here then, because there are some more of us—some people aren't here today.

I don't tell many people my name, but you can call me Formidable Charlie. (Laughs)—That's got a nice ring.

Sarah: Or Charlie the Formidable?

...No, Formidable Charlie...I have to go, they're calling me.

More thanks and byes.

Notes:

Salumet has talked about depression previously: 21/07/2003, 05/11/2012 and 15/12/2014

Perhaps this evening has encouraged us to heal ourselves NOW, here on Earth, which is after all, our kinder garden/planet of learning, where we can learn to love ourselves more fully and everyone else too, with the help of our daily "dose", as Salumet says, of meditation to tap into that upliftment and healing spiritual love. And between meditations, maybe there's time for a nice little song or 2...

<https://www.youtube.com/watch?v=51UJidMhkIM>

<https://www.youtube.com/watch?v=cFoXcO8IINI>