

SALUMET — 9th April 2018

After our healing prayers Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/8951003/2018_04_09+salumet.mp3

Lilian: Good evening Salumet and welcome.

Good evening.

All: Good evening.

We are happy to see so many of you, my dear friends. We thank you of course for all of the names of people needing some kind of help. As you know, we are always grateful that so much Love is sent from you not only to those here on Earth, but into Spirit also. I feel as I join with you again, I feel that there are questions to be asked and I am willing to do so this time.

Thanks

I would like just to say that as your year progresses, towards the end of this current year, there will be many “goings on”, as you would say, within your solar system; watch out for all of these, because it is a change which we welcome, because of all the disruption not only in your system, solar system, but many others. I believe I have told you that the disruption belongs not only to your Earth, but to many planets, and by the end of this coming year, this will begin to change.

Sarah: So change for the better. **(Yes)** Good—thank you.

Paul: Will we be able to perceive the change? **It will be noticed within your night skies, that there are changes and there will be many new stars to be found. So be aware my dear friends; I tell you this, only because I know you are interested in what is to come; your curiosity abounds. So remember my words and you will begin to see an easing of problems.**

Jan: So it's an energy shift, **(Yes)** within our universe-s? **(Yes)**

Sabine: It has already started, hasn't it? **Not quite yet, people have spoken of these shifts, but this is something different, this is something more powerful.**

Jan: More radical even...

Yes—so yes, there are always changes, but this I feel is good for all of you to know.

Sarah: Are these stars, are they *new* stars, or are they just new stars to *us*?

They're just unnoticed stars a lot of them. But of course, there are 'energy bursts', shall we say that create new stars also, but most of them are just unnoticed.

Sarah: Yes, they'll become more visible so we'll be able to see them. **(Yes)** Thank you.

Graham: That's fascinating. **(Yes)**

Paul: Almost like things are *clearing* in the night sky.

That is quite a good way of expressing it, my dear friend, it is. There has been so much, shall we say, 'pressure' on the Earth, but it will help immensely, so I felt that it was good for you to have some uplifting information.

Paul: Wonderful! Can you tell us anything about, is it emanating *from* the other universes?

It is a collaboration of many universes, yes, it is not one particular universe involved, but it is almost like, you as a group, agreeing for something to happen, you all as individuals, take your part in it. You understand?

Agreed

Now, we will have some questions this time.

Lilian: Yes, because I've got a friend who's coming to the end of her life, quite quickly, she didn't want to know anything about Spirit, or anything to do with religion or especially Spirit. So, me and another friend, we just didn't talk to her about it, but she's coming to the end of her life and she has shown a little interest, so that's good—partly because she was frightened of what was happening. But I got to thinking, we begin to sleep a lot as we come to the end of our lives, and I remember when George was going, you said that when he was asleep, he was already being prepared to go over, I guess for good, **(Yes)** but if like my friend, they don't have those thoughts that George had, or the knowledge, what happens when they sleep? Do they still go over to Spirit and learn?

They still come to Spirit whether they realise it or not. What happens when there is some kind of fear, is that they hold back from crossing, but they still as they sleep, as all of you do, each night of your lives, that the Spirit leaves the physical body and returns home to Spirit. It matters not whether you have the belief or not, it is the matter that you must transmute and change and believe in where you are; and this will happen eventually, whether your dear friend

doesn't want to join us, it is inevitable that it will happen. (Yes) But they will always be comforted so...

Lilian: ...and her husband has gone before her, so am sure he will be around.

And trust your own words, both you and the other friend, that Spirit will help you to find the words that are necessary for the passing.

Lilian: Yes, thank you very much, my other friend will be thrilled with those words.

Yes. If only we could convinced all people, that is a beautiful thing, but there still remains so much fear.

Lilian: Yes, she's been adamant about listening to anything we may be talking about—she really...

We will encourage you for your words to be ones of Love and Truth.

Lilian: Thank you very much, because it is rather difficult.

Yes. People shy away from it, because they find it difficult, not the person who is approaching 'death' as you say, because there are so many beings around them, that they almost become buffeted from anything that seems unpleasant. So, just allow your words to flow.

Lilian: Thank you.

I hope that helps you.

Lilian: Yes, very much, thanks.

Jan: Talking of finding the correct words Salumet, a couple of weeks ago, you may have even been listening to us, I hope so! I spoke to my grandson, who is very knowledgeable I feel, spiritual wise. We were talking about death and he said he wasn't scared any more after talking to me, and there were lots of *tears*, but they were tears of *joy*, that what he was hearing around him from the media and his friends wasn't necessarily *true*. But, I was *given* the words, I felt I was being impressed to use the correct word for an 8 year old. Could you just confirm that I was right on that occasion please, that I was being helped?

You will always be helped if what you are trying to do is instruct someone in methods of Love and Truth and understanding. Your words will always be true, if you truly believe in Spirit, as you do, and are used by Spirit, then never be afraid that what you say is wrong—yes.

Jan: It was a lovely moment, it was very touching, but, very spiritual—just him and I talking. I wasn't

talking to an 8 year old, I felt that I was talking to his Spirit rather than...

Yes, and you all can achieve that if you truly believe that it can happen. After all, even the smallest child is Spirit first and foremost, yes. So never be afraid to speak to children. And I am sure at times, they will surprise you and tell you that they already know what you are telling them.

Jan: He did, he did! **(Yes)** But in front of his parents, he tells me to be quiet. So, it's just the conversations I feel, we are on the same wavelength, **(Yes)** him and I. I yesterday mentioned it in front of his mum and the little boy said: "*No! Don't talk about that!*" It's just between him and I, I think he feels that his mum's not ready.

Yes, well children are never treated as adults, but in fact, they are still close to their spiritual home. And their knowledge sometimes is quite intense.

Jan: It is, yes, he knows, he knew that that wasn't appropriate, which was very ...

Yes, because he would recognise the light of his earth mother, yes. Continue to talk with him.

Jan: I will, I will indeed, yes, thank you.

Paul: I've got a few questions from the readers, but if anyone else has a question first?

Natalie: I've got a quick little one: So, when we return to Spirit in our sleep, is there a difference between, is it separate from our brain that processes things in the day, because if we have dreams and nightmares, like nightmares for instance, I don't believe that would come from Spirit—that must be a separate entity.

Yes, it is the physical part of you. After all, you are a whole of Spirit and human body and brain and mind, so of course, any unpleasant dreams comes from the 'mishmash', shall I call it, a word used on your planet—so often it has to express itself.

Natalie: Like fear coming out? **(Yes)** Ok thank you.

Sarah: I was just thinking a little while ago that we used to hear an awful lot about crop circles, **(Yes)** and now we don't seem to, unless I'm not aware of it, we don't seem to be having them.

They are still occurring in different places, but no, the first flush of knowledge of them has passed, yes.

Sarah: So have the beings that made them moved on to other places, have they?

Yes, they have done the work that they intended. Of course, there are still some, who will remain or return; but yes, I would not be too concerned about not hearing, they are still making progress.

Sarah: On this planet or on other planets now? **You are speaking of this planet, I take it?**

Sarah: Well, I was speaking about this planet, but you said they've moved on to other places...

Not necessarily other planets, but perhaps from whence they came.

Sarah: Right, OK, thank you.

Sabine: I had a question in regards of all the technology, with the Wi-Fi and all the 3G and 4G and all these things going on. I do understand that the human body can adapt to new things going on, **(Yes)** but it does seem that these things are moving a little bit 'too fast' and there's so many people suffering from all the waves that are all around them. It's a bit tricky, there are so many studies saying how bad it is for the body, and there are so many people saying that they can't sleep anymore and they have headaches and their body cannot move anymore, because of all that, and yet again all the phone companies and the governments are still building up more and building more even stronger and faster everywhere, so I don't really know how all that can be managed with everybody.

You have to remember, that all of these things have originally come from Spirit to be used for good, but as in many cases, mankind interferes too much and does not use what is giving in the correct way. What I would say, it is only part of the problem, because you have to remember you have a Spirit and a mind, who are in charge of who and what you are. So, do not blame all of the, what shall we call them?

Jan: Technology?

Technology, that's the word—all of this technology is also very useful, but I understand what you mean by being too negative, affecting people. But the most powerful thing that you as human beings have is, and I repeat this once more, YOUR MINDS, your minds can surpass anything that comes your way. I have said this many times, many, many times, it is the most

powerful thing that you can have, because it is, and belongs to Spirit.

Jan: It's learning that lifestyle balance again, isn't it?

Yes, balance is a very good word.

Sara: Nature is a good antidote for technology, isn't it?

Yes, and for mankind to realise that he does not have the right to interfere so much in what he has been given.

Jan: There is some human trait of wanting to run before he can walk, and trying to rush things and that's when our free will comes into play.

Yes and you also have a very great deal of curiosity, also, yes.

Jan: There is a big movement throughout the world though to suppress these technologies and just to do it at your own pace, what feels comfortable, and you know, you don't have to be like sheep and follow the trend.

No, you have to use your own mind for what is right and wrong, and I suppose a prime example at this present time on your Earth, is the recognition of the damage that all of your plastics are doing.

Agreed

But, because of the recognition, it is being challenged and something is being done, it is a case of the mind overtaking the practicalities of the use of plastics.

Sarah: All these animals that have given up their lives, so that we will understand that; **(Yes)** there was a whale that was beached and its stomach was just full of plastic.

Yet again, we come to the balance of life, do we not?

Jan: You did say, didn't you that our future energies will come from the sea?

There is much to come from the sea.

Jan: So of course we need to look after—this is the first step in looking it after it...

Sabine: I did read about using seaweed in order to do bags, instead of plastic it would be seaweed bags.

Jan: There're lots of different theories that we can use, I mean, we should use hemp and things like that again, which we've stopped doing.

Sarah: And bamboo. *(Agreed)*

And hemp of course, at the moment, I do not know if you know, is being used for medical purposes.

Agreed

Many things from the sea are now being recognised.

Sarah: And of course, they've got the equipment now to go much deeper into the sea, which they couldn't do before, **(Yes)** so I think they're learning things from the very deep.

And this will always happen; if you allow yourselves to listen to Spirit, do not be so quick to condemn or to have voices of opinion which belong to others. Stop for a moment and just think for yourselves.

Lilian: It's really all a learning curve, I guess.

Yes, small steps lead to larger steps, yes.

Graham: You have said about balance on our planet is so important. **(Yes)** One of the big concerns of humanity at the moment is our ever increasing population and that because there are now over 8 billion souls on this planet, inevitably that is going to put extra pressure on our little planet. I am wondering whether that will continue into the future and whether we'll carry on expanding or whether there will be a recognition of some balance that's needed with that as well.

Yes, balance will always win. People have to realise that these events, these happenings will occur and it will only take time for mankind to understand what he has to do about it. For example, when you had the outcry about contraception in countries where there was none and now you find that their population has dropped, whilst others have increased. But it is really up to mankind to listen intently to Spirit—to be guided.

Ben: There is something called 'Agenda 21', I think, which I've heard about, which is a part of the new world order, to do with controlling the world's population. I think there're some quite big figures in there like Bill Gates, who've said that the human race is too big for the planet; we're sort of living like parasites, aren't we, on the resources, **(Yes)** and there's a movement to almost reduce the population.

I would say that in all of your living upon this planet Earth that there is always *problems* and the balance comes when mankind realises what

needs to be done to rectify whatever problem it is. This is a learning curve for mankind; not for the plastics, not for the expansion of the human race, but an expansion of *MIND*. And in saying those words, I feel that '*expansion*' is one of the greatest, shall we call it a '*project*', for mankind to take up. Expansion of the *MIND* ... think of those words just for a moment.

Brief pause

Jan: When we do that on a more collective basis, such as the plastics, where different countries on the planet have come together to solve the issue, there's really nothing that we can't achieve, when it's collectively—the power of the mind, **(Yes)** where we're all working in one direction.

If you think, to simplify it, if you can think of this group of people sitting together, like-minded to help others with their healing; how *POWERFUL* is that if it is multiplied. Can you imagine my dear friends, the power that it emits?

Agreed

It is wonderful to see.

Jan: And that's where we come full circle really, when Sabine mentioned about the internet and that was the *good* that it was created for—you can see it, because that creates that expansive knowledge, **(Yes)** that would not have reached in the way it has, to people.

Yes, there is always good and bad, yes. You have to have the good and the bad, to have the balance; I have said this to you many times before also.

Jan: Yeah, well, we know that—**(Yes)** that's now the Universe's Law, isn't it? **(Yes)** Balance is almost the first amendment...apart from Love...

And once you have that realisation that you have to *WORK* for balance, that it is not placed in your hands—that every individual on this planet Earth has to work towards *Good* and *Love* and of course *Balance*.

Jan: Yeah, the responsibility again, lies within all of us.

Yes, individual responsibility, yes.

So I say to you all, my dear friends that is my lesson for this time, to think about the balance of the *MIND*; mind expansion and to continue to Love and create Love in all areas of your lives.

General thanks

Serena: Relating to what Sabine was talking about, Wi-Fi, smart meters and that kind of thing,

how are we using the power of the mind to deflect it? Is it to strengthen our aura, or to just be positive thoughts, or...

It will naturally strengthen your aura if you begin to expand the mind, because the mind is in control of all things. So, whichever way you want to use your mind, that is down to each individual. You can use it with mind expansion for *Good* and you can also use it for other things that are not so good. But when it comes to deciding what you must do, you have to use the expansion of mind to create more love and more education of people. Does that make sense to you?

Serena: Yes it does, but how do you know when your mind's getting expanded?

You may not always know, it is something that will happen—you will recognise the feeling of having done the right thing.

Sara: I tend to find that people come to me and want to discuss something and I just go with the flow really and try to give whatever comes to my mind to them, to help them. But I don't always look for people to help, they just seem to come.

Jan: It's your light, Sara.

Yes, they are attracted by lights... everyone outside of this room, if they meet *any* of you, would be attracted to your light. You may be unaware of it, as you probably are most of the time, but to truly see the workings of the mind, it is best done in *meditation*, and then to answer the dear lady's question, (*Serena*) you *will* FEEL that something is happening.

Sara: Right, yes, we've just set up a new place to meditate in our house, which I think will be very nice. I've also noted that I've spent a lot of time studying my dreams this year (**Yes**) and I've noticed they've become really clear direct communication that can be quite helpful sometimes, in understanding, not just about myself, but it could be others too...

If you feel that is what is right for you, then of course you must continue and the more confident you become in recognising the connection with Spirit, the better all things become. (Yes) So you must continue if it feels right for you.

Sara: It feels ... it's very interesting to me, yes, anything to do with the mind, I'm fascinated by.

Yes, unfortunately there is too much thinking with the brain. And although you were provided with this encasement, this body, this brain, remember that it is a *minor part* and when the body dies, so will the brain—and the mind continues. (Yes)

Jan: I don't wish to bring in my ego on this at all, it's not how I intend it to sound, but when you were talking about our light attracting people, (**Yes**) is it OK to recognise that, because I do?

Of course! The more you are aware of your own auras, your own light—that can only be good; that means that your own mind is beginning to expand—that you *care* about *others*, that you *care* about the *planet*, that you *care* for the *underprivileged*—of course it is good to recognise.

Jan: Yeah ... there's been a shift ... I think my Spirit has come to the fore, (**Yes**) I think my Spirit has stepped forward, which is why I feel so differently.

This is why you should always be pleased to sit in meditation and *feel* yourself grow.

Jan: Yes, that goes for *all* of us, yes! Wouldn't it be wonderful if we were all born being allowed the knowledge to meditate? That would be my wish for the world one day.

***Meditation comes naturally to those who do it often*; and as long as the ego is retained and quietened, it's a wonderful feeling; and that is why I always urge you, my dear friends, to sit in meditation as often as you can.**

Jan: The other thing that goes with that, and I'm not going to ask if it's correct, because I know it is, but often when you're more in touch with your spiritual side, you become *less reliant* on being amongst *people*, you can be quite happy on your own, (**Yes**) and not seek help or reliance from anybody else other than yourself—I've noticed that in me, that's the biggest thing I can ...

There is nothing more beautiful than the Spirit who is relaxed and loved and feels part of all things, whilst being on your own.

Jan: Yes, that's how it is!

Sara: Yes, I've learned to love my own company this year as well, very much more. I've always liked my own company a bit, but I really have taken it to a new level.

Yes, as long as you do not become too *insular*—that is a different matter, but I know exactly what you are both saying.

Sara: ...that people always come to me ... and I have plans to share more with my music, I want to share that much more globally, so I *do* have plans...

Yes, well of course you all still have your own individual minds, and free will is quite a strong part of your lives.

Paul: When we were talking about expanding minds, I was thinking of, sometimes when you're in meditation, you get to a point where you know that if you were to think of a problem in the world, or a problem with yourself, it becomes like nothing ... you might not know the answer to it necessarily in words, but you just know it *is* just another little issue and it will go. I wondered if that relates to expanding minds?

Jan: You've put it out to the Universe, haven't you, you've put those thoughts out to the Universe perhaps?

Paul: You know that these are just hiccups that will be resolved.

Yes, that recognition of right and wrong, is one of the basic things that meditation teaches you. You know that your mind is working towards Spirit, to become *stronger*, to become more *loving*; and that is the purpose, to leave behind the troubles of the world in meditation; then you truly see what life is truly about.

Paul: That's not quite to same then, as expanding your mind?

Expanding your mind means using it *wisely*, to be aware that that is what you wish to do.

Graham: Is this how we eventually become more evolved in the far future? Is this when we start to lose our free will—do you mean by that that we just know what to do?

Yes, you retain free will when you pass to Spirit, (Yes) because it is a part of Spirit, in that sense. But eventually it is just the *knowing* of all things. You know, like the gentleman has said, that things are not an issue and you just continue until it wears away and there is no need for that will. But now you are beginning to touch deep matters; but yes, you will know all things, when the time comes to pass, yes.

Paul: I have a few questions from the readers; I don't know if you've got time to take any more?

I will, I felt there was quite a number of questions this evening.

Paul: There's one from Meika, in the Netherlands, who's been following the transcripts for quite a long time now, **(Yes)** and she would like to ask, if you or others in Spirit realm are aware of us are persons, abroad in other countries, who follow the group from a distance. And another question: what is our top priority in what we have to do each day? What would help us the most in finding our path through life?

I believe I have already answered the second question—to meditate and to grow. (Yes) And your task in life, for all of you, is to give Love. To Love your fellow man, no matter whether you feel it is not quite right for you—to strive to Love another human being is the purest form of Love; because you have fought well for it. It is so easy for human beings to say, I do not *wish*, or I do not *like* that person; that is very negative, and if you can only remember the two things that I have taught you, negativity and positivity—yes, the two opposites again, for balance. But your purpose on this Earth, is to learn to Love *all* people, all animals, all things and to do so quite naturally.

Paul: Yes, and I suppose her first question, I know you *do*—you have in the past tuned-in to individuals ...

Yes, we do not tune-in to individuals in that manner. We are aware if lights mostly, of the beauty that rises from the being. But yes, of course, we can tune in to individuals, as individual mediums here; that is how it works, the medium tunes-in to the individual and gives the message, which is to come across, if that is what she means.

Paul: I think as she's never been in the group, and there're lot's of readers now, **(Yes)** in different countries, I think she'd like to know if you're aware of them as individuals at all.

Yes, we can be aware of *anything*; in the same way as, let's for example say, if the physical body has been injured, it does not occur in the Spirit, so in that *sense*, you have to think, we cannot look at every individual on the Earth and see then as one person—it is not like that. It is difficult to explain, but you recognise the *beauty* and the *knowledge* that they *seek*.

Paul: Right, and if they were to be thinking about you ...

... if they were thinking individually, of someone like me, then of course that is a more personal connection.

Paul: ... and you would be aware of their thoughts?

Yes, of course. It is difficult for us to tell you how we communicate, how we know things altogether, just by being here—it's not easy to explain.

Paul: No, to put it all into words.

Yes, but all of these things you will soon discover for yourselves. I would say, try to develop your sense of just BEING. That's where Truth comes from; to recognise and acknowledge that what you are doing is Truth and Light and Love. Not to allow egos to step in, because that is what will hold you back.

Paul: Mm, we've got to be humble, (Yes) and loving; yeah, we've got to follow the little children really—the ones that are loving and humble. (Yes)

Serena: It's easier said than done sometimes though, isn't it, because when you see everything that's going on, (Yes) it's just *so hard* to believe that people in power are capable of doing certain things, (Yes) which actually make no sense and they're *not good!* And then you sort of think, well, is it just the way I'm thinking, is it me that's mad?

You do not help if you constantly criticise, because what it is doing is making that negativity stronger within yourself. (Mm) And I know and I understand and we see it so often, of all the struggles of mankind, and the hatred and the killing and I have said to you as a group, do not focus upon those things, but to focus on the positive parts of life, the positive people; and then in that way it grows stronger, the Love grows stronger and it becomes an entirely different kind of situation. You understand?

Agreed

Yeah, it is difficult not to judge your fellow man; we understand that and you are only human, but my wish for all of you, my dear friends, is that as individuals, you strive for the very best that you can be—you can do no more.

Sara: Sometimes, if we focus more on our own life and what we're doing, than what's happening out there, that can help us also to be ...

It can help you to send Love to the situation, which you feel is not good, and I know it will not change overnight, of course not; it has taken so long for this planet to evolve, and you as human beings, to evolve. So perhaps another word for you to use would be a little 'patience'.

Sabine: That word 'patience'...

Sara: It's also easier to BE, concentrate on 'being', when you're not *doing* so much. I used to be so busy that I was *everywhere*, but not thinking so much about myself, always about other people. But this year I've had more time, and that's helped me to *be* and understand about *being*...

Yes, because you have found a better balance of life.

Sara: Yes, it's a much better balance.

Yes, that is all it is.

Sara: Yes, but I'm not saying I regret the things I've done, because I really enjoyed all those things, (Yes) but I feel that it's a good phase now to go within more and understand things on a different level.

Yes, you must always continue to seek and to search as an individual, because, after all, you are individuals, you have your own feelings and thoughts and I am sure, even within this room, there are many different opinions on different subjects, and that is how it should be, as long as it is given with Love. And that is your own responsibilities.

And now my dear friends I feel it is time for me to leave. As always I leave you cloaked in Love, in understanding, in patience, in all the words I have expressed to you this evening.

General thanks

Paul: Wonderful to have you again—thank you.

Cho then followed—audio link:

http://www.salumetandfriends.org/app/download/8951010/2018_04_09+Cho.mp3

Hello!

All: Hi Cho

Who touched my hair?

Lilian: I just brushed your hair, yes.

(Lilian had placed her hands on Eileen's head, which sometimes helps her return after a Salumet session)

I hear you but I had to wait.

Jan: I know, I know you were in the background, I could hear you. When I say: "Hello Cho", you answer me sometimes.

How are you?

Jan: I'm very well, thank you.

You are all very quiet tonight.

Jan: We've had a very busy time.

I know, I in charge.

Jan: You're in charge? **(Yeah)** That brings me on to a question Cho. **(Go on then)** Well, my lovely friend to my left here, *(Sabine)* she's had one or two people use her in the past couple of months, and they seem to have jumped in a bit quick.

Yes, I don't have any control over that. (No?) No, I not feel they should do that, but sometimes it happens, but generally not, cause I'm the Boss and I try and keep everybody out.

Sabine: I'm trying to tell them: "Wait for Cho's green light", **(Yes)** but it doesn't seem to be...

Yeah, you mustn't jump in, cause lots of people, yeah.

Sarah: I remember Salumet saying, or Leslie, I can't remember who said, if somebody's coming and you want to hold them back, to cross your arms.

That protect yourself, if you're by yourself.

Sarah: So not in the meetings.

No, no, no, not in the meetings—I don't know how to say, not bad people, some just 'quick'!

Paul: A bit eager.

Too eager, yes. No, I don't like it, I in charge. That's my job.

Lilian: But tonight, when you said about stroking your hair and so on...

Yeah, I thought who's doing that? Who's doing that to me?

Lilian: It was to help Eileen come back, **(Oh!)** from Salumet, but I haven't felt that for quite a while.

Oh, well, very nice!

Lilian: He was here a long time. **(Who?)** Salumet.

Yeah I know, I not silly.

Chuckles

Sarah: You're not in charge of Salumet coming in and out, are you?

Oh, no, I not have anything to do (with) him!

Sarah: That's what I thought. It's just when somebody said we've had a busy meeting with Salumet, you said: "Yes, I know, I'm in charge"...

No I had to wait. I was one who was waiting this time.

Sarah: I didn't think you were in charge of Salumet, but though I could just ask.

Ben: Do you get to speak to Salumet behind the curtain?

Oh no, no, no, no.

Ben: Like VIP?

VIP? You're funny.

Giggles

Jan: It's a different vibration. Cho's using a different vibration to Salumet.

Yeah, I just had to wait.

Sarah: A long time today.

Yeah, long time, yeah.

Jan: So, are you going to let Sabine be used tonight by someone Cho? When the time is right, have we got anybody waiting to speak to us tonight?

I think we could have one or two at the most, but it just depends on you. I'm holding them back. There's always more than one or two when I come to watch, which I always do—yes, I'm rather over worked.

Giggles

Jan: Arrh Cho.

I like her, she always goes: "arrh".

Giggles

Jan: I do, don't I?

Yes you do, you not know, you do it.

Jan: Chuckling: "Arrh"!

It's rather nice actually.

Jan: He knows me so well!

Shall we do it together?

ARRH!

Giggles

Good job I in charge, otherwise I'd be thrown out!

More giggles and "Arrhs".

You see? You see what I mean? I know your little foibles.

Lilian: You know us better than we know herself probably.

Do I? Oh, my goodness!

Lilian: I hope not! *(More giggles)*

She big handful for me that one! She not listen to me all the time. I talk to her, sometimes she just ignores me.

Jan: Oh no! Do I? Oh golly, arrh... I was talking to you this weekend; I was asking you, I think I asked you to help me yesterday?

You always asking me, you keep me busy. (I know) yes.

Jan: I do know when you're around—that's nice, especially in the group here, I know when you're around.

Yeah, you're not really my favourite, I'm not supposed to do that, but you are!

Jan: Arrh! *Chuckles*

The others don't mind, do you?

Agreed

Fibbers!

Laughter

Jan: It's because I was able to clairvoyantly pick Cho—I could see where Cho had come from etc—clairvoyantly I could see Cho, **(Yeah)** and then the bound grows, the spiritual bound grows.

Anyway, I have to go, cause they're waiting.

Jan: They're waiting, yeah. Now I'll be in trouble for chatting to you, won't I?

You will. Anyway Ciao!

All: Ciao Cho!

There was then a rescue through Sabine, dealt with perfectly by Jan before we closed—audio link:

http://www.salumetandfriends.org/app/download/8951021/2018_04_09+rescue...cycling+from+pub+Sab.mp3

Summary:

Expansion of MIND: **So I say to you all, my dear friends that is my lesson for this time, to think about the balance of the MIND; mind expansion and to continue to Love and create Love in all areas of your lives.**

Clearly our daily meditations are a vital part of this:

You know that your mind is working towards Spirit, to become stronger, to become more loving; and that is the purpose, to leave behind the troubles of the world in meditation; then you truly see what life is truly about.

There will always be problems in the world, such as plastics and over-population, but when the recognition comes, we can turn our Minds to it and anything is possible, especially with the combined collective power of many, working for Good and Balance, which also has to be worked for. And expanding our minds strengthens our auras, which will help to keep us healthy.

Changes in the night sky:

I'm sure we shall be watching the night skies towards the end of this year and perhaps then this topic can be revisited and expanded on...