

## SALUMET – 13th August 2018

After healing prayers, Salumet spoke—audio link:

[http://www.salumetandfriends.org/app/download/9328245/2018\\_08\\_13+Salumet.mp3](http://www.salumetandfriends.org/app/download/9328245/2018_08_13+Salumet.mp3)

Lilian: Welcome Salumet.

**Good evening.**

All: Good evening.

**As always, we are pleased to join with you this time.**

**We welcome the lady who has not been in my presence before.**

Claire: Thank you.

**I will say just one thing to her, that as much as she desires to know more, her brain and thinking is a little too active. You need to, my dear friend, just slow yourself down a little; whatever you seek will come to you in time.**

Claire: Thank you.

**Now my dear friends, I wish to take this evening's opportunity, to remind all of you, no matter your circumstance, to live in the moment, to live in the here and now; and although some of you feel that you already do, let me assure you that you are not quite there. We know that your lives are quite diverse and that is good to have in a group such as this; it has given you the opportunity over the years, to come to realise that you are all individual; but I am here this evening to tell you all, live in the moment; and I know some of you will be saying, 'but how can we? Life is so busy.' Yes, but you are missing out on life as it should be. Every sacred moment counts. You can achieve whatever you wish and you can have the health that you desire, but do not rush, my dear friends, into something far ahead, to forgo and leave behind what you should be learning. Do you understand my words?**

Lilian: Yes, hard to stick by them all the time, (Yes) but yes, I'll try and do it more and think about it more.

**That is all that we wish for you, that you attempt to live in this manner.**

Sarah: It is difficult, because you need to do some sort of planning in life.

**Why? Why do you? Does not each day follow the last one? (Agreed) Does not each day follow forward and become the next day? (Yes) Does life not look after you in that way?**

Sarah: Yes it does, but—if you're only living in the day...

**...You are enjoying life, if you live in the day.**

Sarah: You are, I agree, but you...for example, I was thinking of me going out to Australia—there are certain things that you need to organise, you can't just live in that day—I suppose the day you're living in, you're doing things for the next day.

**You should be living life, each second of the time.**

**Your move to another country, of course, it is part of**

**living, I am not saying that, but you can deal with each step of life as it comes to you, you can enjoy each step of life, or you can deal with the problems of life. If you are ahead with your thinking, think of how many days and hours and minutes that you have lost, never to be recaptured. I am not saying, do not think of other things—that is not what I am telling you; but you find it difficult, I feel from you all—how can you possibly just live in one moment, in one minute?**

Jan: I suppose, if you have your dreams and aspirations, and they should be put to one side—not removing them, but I think what you're asking us to do is that particular day is to be conscious of every minute (Yes) of that day (Yes) and not worry about tomorrow, because tomorrow doesn't exist, has not existed, so it's just to work towards your goals that day, with a very open conscious mind.

**Yes, you have captured my words very well, I am not asking you to be so insular that you do not think ahead at all, that is not what I am telling you, but I am saying, savour every second of the life that you have here and now.**

Sarah: Yes, so whilst you're, for example, Jan's going on holiday, so it's no good waiting till the day she goes on holiday to buy the ticket to go on holiday, she would have to do that in advance. (Yes!) So while she is buying the ticket, she's enjoying buying the ticket. (Yes) I can understand that.

**Make every moment count.** (Yes)

Di: Enjoy where we are, doesn't mean don't look ahead, (Yes) enjoy where we are, but don't just look ahead, enjoy...

**Yes, but be conscious of the here and now.**

Sarah: Yes, okay, I can accept that, yes.

**Are you happy with that? (Yes) Thank you my dear friend. I am sorry I interrupted the lady.**

Jan: When we live in—I forgot what I was going to say now, isn't that dreadful? Dear oh dear... very human.

Sarah: Enjoy that moment!

*Giggles*

Jan: Yeah, enjoy the moment of forgetting...

**Do you not feel the laughter and the Love that is now in this room, at this moment? (Yes) You do, that is what I am trying to help you achieve.**

Jan: Yes. I know what I was going to say, you used to tell me for years and years that I was very fearful and when you live in the moment, the fear disappears, (Yes) because there's nothing to be fearful of.

**Of course, and each step as you take it, one minute ago, one second ago, is the past. You leave the past behind you and you move forward.**

Jan: And there's no harm though surely in learning from those past moments, because I am the world's

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biggest procrastinator, I'm dreadful, I'll put things off that I should be doing *that* day, so...

**But do you not see that perhaps, that is part of your human make up?**

Jan: Yes, which is different to my spiritual mind, yes.

**Yes, you understand that?** (Yes, I do) **Good.**

Jan: But I have learned that it's not worth beating yourself up over it, because there's no point whatsoever—it's happened it's gone you've just got to...

**Yes, and so many people are still living in time gone by, (Yes) when they should have released those burdens, to move forward. Yes, does anyone have a question?**

Sabine: Well, I was doing a bit of reading earlier on different transcripts, because I was thinking of a question, but then my question got answered by all my reading, and then I came across something that you've said, and I would like to know if you could help me with some examples on how I can achieve that. You were saying: "*Strive forward to achieve evermore spiritual consciousness in your daily lives, in order for those spiritual eyes to be awakened.*" And I was just wondering, what could I...

**Your spiritual eyes are already awakened. (Right) You are expecting some kind of, shall we say 'miracle', I don't know another apt word to use. But when people speak of their spiritual eye opening, they have a vision of an eye, which wakens up. That is fine if it helps you to understand; but from the moment you are conceived and you are born into this human world, your spiritual 'eye', I say reservedly, is beginning to open and is already open.**

Jan: Yeah, that makes perfect sense to me.

**You understand? And you grow from that moment on, and it is only when you recognise, or *think* you recognise that this has happened, that you feel yourselves to be more spiritual. (Okay) All throughout life on this Earth, is teaching you about spiritual things, spiritual beings, all of that, and you just go with it, you go with the moment, until such time you realise another thing is happening, and you know more than you did the day before. There *is* no special circumstance that you can create for this. (Okay) Is that helpful to you?**

Sabine: Yeah, so just embrace... (Embrace it, yes) every moment...

**But I can assure you, my dear friend, your eyes are wide open, spiritually.**

Sabine: Thank you.

**And this is what happens within this room, you see the results through the actions of yourself and others, you see actions of Love towards others, and what is that if it is not the beauty of the 'spiritual eye'. You understand?**

*Agreed*

**If you have doubts, please ask me.**

Jan: It's the most natural thing ever, isn't it? **(Yes)** It's an awakening, you waken to a little more everyday as you work towards **(yes)** being in spirit again.

**Remember that you are already spiritual beings; that will never change, no matter how many lives you lead, that will never change. And it is up to you as human beings, given and helped with this lifetime, to try to expand that knowledge. And how do you expand that knowledge? Just by being *yourselves*. There is no secret formula. I am sure you must feel it as you come together in unison on these meetings, just how much you must have grown since first we began to speak, do you agree?**

*Agreed*

Paul: Sometimes it's detectable in people's voices, the way they sound, compared to listening to some of the earlier recordings, I think my voice was sort of higher and... **(Yes)** it's relaxed a bit.

Sarah: It also deepens with age as well, you know as you get older your voice deepens a bit.

Di: I think there's a lot of reassurance from these meetings and I do think that maybe it makes you feel a bit quieter and calmer about life in general, really.

**Spirit, Spirit is quiet, Spirit is loving, Spirit is all-knowing, not 'belief', but 'knowing'; and you should remember these aspects of Spirit, because you have all gone through many things in life, which you may at times not have thanked the Great Creator for, but which have been a learning curve for you all.**

**Remember always, because you are part of that Great Spirit, remember this always, and you will not stray far from the path of learning. Are you happy with the words this evening?**

*Agreed*

**It gives you time to think again about what we have spoken of before. Does the new lady have any question?**

Claire: I don't think so this time... apart from learning to slow my brain down, I don't quite know how to do that.

**You have to find the quiet place. You will not slow your mind down whilst your body is active, unless you have had years of practice.**

Claire: No, I haven't.

**No. What you must do is sit in the quietness and allow that Spirit within you, or about you, whichever way you like to say it, allow the Spirit to come forward. (Okay) Because at the moment, you are Spirit, but you are inhabiting a human frame, so you must practice and you must learn to quieten the mind, and then you can receive all kinds of knowledge and help.**

Claire: Okay, thank you.

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**But, I will try to help you.**

Claire: Thank you.

**Are there more questions this time?**

Lilian: Could I ask one on behalf of my granddaughter, not that she knows I'm mentioning her. Is there a free will stopping her from, I'll say, getting better, going forward? She does have umpteen problems—it's my daughter's daughter, Kathrine.

**Your granddaughter? (Yes) Yes, we have spoken before of this young lady. Life for many people is not always comfortable, and life for many people is surprising and worrying, and always deep within the Spirit is a desire for going Home, to be safe, to be sound; and it is all too easy to say, does it come from a past life? Is it perhaps something she should achieve? What I will say to you, my dear friend, is this young lady needs a few more Earth years, before she becomes, how you would call, a little more settled. (Yeah) She needs more years, because, from a small child she has struggled. (Yes, she has) She has struggled whilst on this Earth, but it is part of her learning.**

Lilian: Yeah, so that's probably why she chose my daughter as a mother to help her.

**Yes, you all choose your parents, again I have told you, it is not because of the personality of the parents, but the opportunities that can arise for you to grow in Spirit.**

Lilian: Yes, that's interesting, thank you.

**But you must, and the mother, I will say, although becomes distressed at times, that mother accepted the situation of a difficult life, which we have no need of going into.**

Lilian: Yes, you've already talked about her difficult life.

**Yes, but you, as a grandmother can be a listener for this one. (Yes, right) Do not force conversation from her, she will accommodate you when she is ready.**

**But you must give her more time.**

Lilian: Right, thank you.

Sarah: When you said she's always struggled in this lifetime, was she one of those that once she'd decided she was going to come back, then when she got here, she found it difficult in the beginning and wanted to go back again?

**Yes, that happens with quite a few; the decision is agreed upon and they wish to return, and remember, there is no *pushing* them forward, it comes from free will, (Yes) and as they come, they realise that they have lost the comfort and safety of Spirit, and it leaves, not negativity, but an *unease* that stays with them, or some of them at least. (Yes) Yes, you are correct.**

Jan: I can imagine that with the young lady you are talking about, that makes a great deal of sense.

**It is always, when it is a close union in families, that you want to help, you want to do the best for that person. But sometimes, the best thing that you can do, is to step backwards and allow them to live the life they've come to.**

Jan: That's definitely been one of my lessons, because I have the other granddaughter to Lilian, both of the granddaughters seem to have come with many problems this time that they have to sort out. Yes, I've learned just recently that I can't—well, *my* daughter affects my living in my moment, because I worry about her too much.

**You must not allow that to happen.**

Jan: And that's what I've learned just recently, I have to step back and allow her to find out for herself, (Yes) because she seems to repeat the same pattern.

**She is repeating a pattern...**

Jan: ...All the time, (Yes) because her negativity—she almost creates her own reality with her negativity I believe.

**That is exactly what she is doing, in the same way that you all create your own negativity, or hopefulness, or Love, no matter what, you are responsible, each and every one of you, for what happens in your life. And your life actions can be transmuted; remember, it is not always *set in stone*, I think you say?**

*Agreed*

Di: So, if we feel like we should be helping people then, should we just make that known to the person and then take a step back, so that they approach us rather than the other way around?

**If you are out to help other people, there is no need to tell them, you can carry on and help in whatever way you desire.**

Jan: They'll always come back to you, because they know the Love, (Yes) they always come back towards the Love.

**They should feel it.**

Di: I was just thinking about my family, my brother and sister and their children in particularly, because they've had a really bad—well, I think it's quite a few years really; we've only recently got involved, but it's like walking on egg shells, (Yes) I feel I should just be available rather than sticking my nose in really, if that makes sense?

**Yes. Remember, you are all responsible for your own lives, and remember also, this is only one life and what you are doing, or trying to achieve, is for the bigger picture. Try to focus on that, my dear friends, and you will feel that life, I am not saying it will be worry free, it probably will not be, because you are human beings; but, you can strive to be the best you can.**

Sarah: I always remember Salumet, you saying that negative thought attracts negative, and I remember, I used to cycle back from work through a dark woody bit and I always got very frightened going through there, and after you said about negative attract negative, I was never frightened again, I just went through. So, those words stayed very much with me and **(Yes)** that's part of it, isn't it? **(Yes)** If you're not frightened, if you just listen to what your body's saying, or your insides are saying, and just go with that.

**And what you have done is created a safety for yourself, and those who come to you, those Angels, those helpers, you have given them the opportunity to come closer to you. You understand?**

Jan: It's creating your own reality, isn't it? **(Yes)** The negativity—if that's what you expect, that's what you get, it's as simple as that, I think.

**Now, I feel I have rekindled your thinking again.**

Agreed

Lilian: Yes, you certainly help us.

**Yes. I hope that I have helped in some way for you, my dear friends, because without you all, you have not realised just how much good work you have done as a group, and for this, we are always thankful to you.**

Serena: I find myself sometimes, trying to visualise what I like for a person, and then I realise it's not my life! **(Yes)** It's their's!

**Yes, you have spoken very wise words, my dear friend, of course it is not your life and you must, however hard it may be, you must allow others to live theirs. And it's the realisation that you can change actions in your life; that empowers you to go forward.**

**But I will leave you now with the words I started with, about living in THE MOMENT. Please do think upon these words this time.**

Lilian: Yes, I'm sure we will.

**And I am sure you will feel the Love that comes to you.**

Paul: And, being in the moment, allows us a bit more spontaneity, and we may actually be able to help out other people more by...

**Without realising... (Without realising it, yes!) of course you will, and can.**

Paul: Having a good—setting up that vibration, it's a bit like happiness, it...

**It reverberates throughout the whole of the Cosmos, yes.**

Jan: We shine brighter!

**You can make it shine as brightly as you wish, yes.**

Sarah: But, if we are all trying to make things better, so on the one side we are making things better, but

you've said to us there is always a balance, so does that mean that some people...

**And the balance is being that you are a human being, you are living in a world which is not an easy one at times, but which we have spoken of, that we try to create a better world, but you always have balance in this planet.**

Sarah: So, does that mean if one lot are getting better, another lot are getting worse?

**No, that is too simple, we will speak on this another time.** (Okay, yes, thank you)

**So, my dear friends, I will take my leave at this time. I wish you well in your thinking and I will be interested at some point, to see what you have gained from this evening.**

Thanks

*Eileen then began to receive clairvoyance, with the name Andrea, in a school playground, around 7 years of age or younger, and she had the nickname 'Bunny'. This was a message for Claire. There was a question mark over Claire's head, which she was able to explain. There was also a key in an old door, which may symbolise the need to open up the mind. There was also mention of her son, who could see things, specifically his granddad, though there was also some fear and so the need for him to be reassured that all is well, and it would be good to acknowledge / say hello to granddad the next time he appears.*

*Next, Eileen was getting 'Madeira', though wasn't sure if this referred to the cake, the wine, or the island, or possibly all 3.*

Note:

*Salumet has spoken about living in the 'Now' previously - 1998/12/07: Remember, past, present, future belong together, but you are living in the moment with this one aspect of your soul, which is seeking growth.*

**That is the purpose of life and that is what you should concentrate your efforts upon. I fear sometimes, human beings, because of dissatisfaction within their daily living, seek the excitement of finding past lives. It has almost become in your world, an exercise of pleasure; this it should not be. So I would say to you, my dear friends, live for the moment. There is no reason why anyone within this room, should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.**

Les: There would be no point in so doing, would there?

**It is, if I may say so, it is wasting time and energy.**

**...You can in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important. The seeking of spiritual strength is what is important.**