

14th January 2019

This was the first meeting of the New Year and it began with clairvoyance via Eileen, from Jan's grandmother in Spirit, demonstrating that they are around and aware of what is going on.

Cho then spoke, giving an exercise for everyone to practise—audio link:

http://www.salumetandfriends.org/app/download/9777543/2019_01_14+Cho++exercise.mp3

Hello!

All: Hello Cho.

Jan: Thank you for coming to see us.

I pleased.

Jan: Missed you.

Thank you.

Jan: Do you have many for us tonight?

Lots and lots of people tonight.

Jan: Lots of people in the room?

Yes, and wanna help use you.

Jan: They want to help to use us—yes, we need some help with that Cho, don't we?

You need to try all the time.

Jan: Yeah, we do. Are there any big plans for us? Do you know who they are going to try and use next?

I do, yes; you want me say?

Jan: You can, yes, as long as it's allowed, you fire away.

I only do what allowed—I good.

Chuckles

You know, I very, very good.

Agreed

I think you choose a partner and I think you give them some information, not from you, from Spirit.

So, someone will use one of you. Understand?

*Jan clarified the exercise and then briefly asked if Cho had been helping with Graham's bad back. Cho confirmed his help for Graham and assured that he tries to help all of us. This turned into an amusing, light-hearted chat. Cho added that they try to help when they can, but: **You must all try help yourselves first, then we can help you more.***

Agreed

*Jan then mentioned that she'd felt the children, around her home during the festive season. Serena mentioned a particularly vivid dream she'd had about a boy, to which Cho responded: **He love you—we told you, he love you.***

Serena also asked: How would we know if you're around and how can we have a prompt if you're around, if we're forgetting to ask for help?

Well, you want me tell you? (Please.) You would like a little nudge, or something like that? (Yes!) I could touch your shoulder, or whatever you like.

Serena: Yeah, that would be great.

So, if you think I not around you, you ask me just to give you little prod.

Serena: Okay, fantastic, that'll be great, thank you.

Claire: A little hair pull.

Chuckles

He love you very much that boy.

Serena: Ah, great—I need to take him out of his school uniform, I think—put play clothes on...

Yeah, if only you could see ones who come round; it's not only ones you know. Anyway, I leaving know. I listening, so, who's going to be in charge, the lady?

Lady, you in charge. *(Lilian didn't hear at first, but Jan agreed to take charge, reiterating that it was the person on their right to focus on and to see what they could pick up from Spirit, encouraging sitters to breathe and relax as Salumet had explained last time) Sitters voiced impressions and everyone got something that seemed to connect well with the other person. Eileen then returned to say that Cho said: "Good work".*

Graham then took us on a meditative journey, before we closed—audio link:

http://www.salumetandfriends.org/app/download/9777547/2019_01_14+Gra+Med.mp3

SALUMET – 21st January 2019

After healing prayers, Salumet spoke—audio link:

http://www.salumetandfriends.org/app/download/9777536/21_01_2019+Salumet.mp3

Graham: Hello Salumet—welcome.

Good evening.

All: Good evening.

It is good to be with you once more. There is much to do in this coming year of your earthly lives. We always wish to encourage each one of you, my dear friends, to join together as you do here, but allow other people to know and understand all that you have learned. I would like to say to you, not only will your own spirit develop in this coming year, but there will be many reforms throughout your world; not only your world, but as I said recently, in all, in all of existence. I would like to say to you at this time, much work is needed in your world, as you well know, but we do not wish despair, but as I have told you on many occasions, we want you to be uplifting for all people. You can start, my dear friends, if possible to help the young people and the children of this earthly world, to try to inspire them to goodness and to thinking of others; to help them to understand the beauty that surrounds them and the people that surround them at all times. I have told you that the children who will be coming soon will bring a great change to your earthly world. There will be seen in these children a beauty and a strength not yet seen, and after all, they will be the ones to continue to help with the expansion of all

knowledge. So take note, my dear friends that you must take any opportunity to help young people, to listen to them, and to speak to them only the Truth of the Spirit. It is indeed a heavy burden for those of you who at times feel despair of your world, but again I say, do *not* despair, allow the Love that you feel at times when you are together, allow that strength and Love to support you and uplift you all of your lives. It may seem a simple task as I say, but indeed it is not, and we in Spirit, my dear friends, are giving you a challenge for this new year. I know that each and every one of you will uphold the knowledge that you have been given and I know that for each one of you, there are such great blessings ahead. And with those words, I will leave it for you to think about and to discuss with each other throughout the coming months. There will be signs of course, when these beautiful creatures come to your world as children, because believe me, they are *angels in disguise*; that is one of your early sayings, I know. (*Agreed*) And it is true there are many on your Earth who indeed are doing the work of the blessed angels. So now, I leave you with those thoughts and if you have any questions to ask of me, please do so now.

Graham: Do these children that are coming, do they have history on this planet, or are they from deep Spirit?

Some of them will be from deep Spirit. (Yes) As I say, they are angelic beings, so, of course, they would come from a little distance (Yes) But all of that has been arranged with them—as you well know, there is nothing done by chance; but the object of this work is that you, as human beings now, recognise these gifts that they will bring to the world and to encourage and help in any way.

Graham: What is going to be wonderful is the fact they are going to raise the vibration of this planet, so that spiritual phenomena will be easier for all of us to accomplish in the future.

That is one gift, the other of course is to bring peace to all, (Yes) and of course we know it will not happen in an instant, it is something to work for and to encourage.

Claire: Can I just ask, it might be a daft question, are these children going to be *born* onto the planet, or is this going to appear within children that are already here, living?

Most will be born into the planet in time to come. It has not started yet, but, what we hope is that older children already here will be influenced by their younger siblings. It is something to look to, because the Love these children bring—I call them children, but as I have just said, they are spiritual beings who wish to help this planet. Is that helpful for you?

Claire: Yes thank you.

Mark: Often, when we have very good people on the planet, they end up being martyrs.

Yes that has happened throughout existence in your world, and even now there are children in places of horror who are standing up to the oppressors; you do not always know of it, but it is already happening in a very slow manner; yes.

Mark: It makes a powerful impact when we hear about these martyrs.

Yes, it always encourages people to think for themselves, because the martyrdom of one person is a spiritual act; I know that seems contradictory, but it is not. Every martyr has left behind an element of good. It is not always easy for the human being to understand the workings of Spirit, but let me tell you that Spirit works continuously, you are never left alone, even if it would appear to be sometimes that you *are* alone. So remember that also, my dear friends, that you are always looked after, you are uplifted when you are feeling down, you are helped to understand and to give Love to this world, because, you may not realise it, but all of the people who come together for good, are making the world better. You understand?

Agreed

Paul: And this is going to be it sounds like, a very well-coordinated influx of those angelic beings.

Yes, there are more this time, there has always been intervention from our world in times of stress. Your world has been a troublesome one at times and it is only because a lot of the knowledge that you had has disappeared; the knowledge of understanding, the knowledge of Love, the knowledge of Spirit.

Paul: And these ones, you said previously I think, that they are going to become many of them, world leaders, so they can give...

There will always be positions of power when these children become adults. (So they will have...) **It is only one small way to help the world, yes.**

Paul: But they'll be able to have a '*bigger voice*' if you like. (Yes) We can't reach that many people, you know, we can reach a few with the internet and everything, but...

My dear friend, many of your years ago, I said, if you touch but one person's soul you have done your work. (*Agreed*) **Imagine if each one of you made a change in another's life for the good, how quickly that would spread to all of the world.**

Paul: It ripples out, doesn't it?

Yes. So remember this too that you are not alone and we are always ready to be by your side at any time.

Sabine: Yeah, and we have set in motion, Paul and I to go on a boat and be able to talk about the words that

you have taught us **(Yes)** for a week, so it would be lovely to go and do that.

Yes, I think we have discussed places of peace and tranquillity being good for the Spirit, whether it is water or forests, no matter where, in an empty room, as long as there is Love and quietness, you will always find the deep meaning of what has been said to you.

Jan: Am I right in remembering Salumet that the millennium generation will also be the start of...

Yes, they have been one part of it, but the coming children, (Are rather more...) yes, I am struggling for the word to describe it to you.

Jan: Yeah, we don't want to say 'special', but **(Yes)** for sake of our own language it does make sense that they're a little bit more selected, **(Yes)** but the millennial children on mass were to bring more peace and understanding.

Yes, they are, if you look to millennium children, they are more aware of Spirit.

Jan: They are! The ones I know who are now 19 **(Yes)** are definitely far more spiritually aware.

And the awareness of Spirit is most important, without the knowledge you cannot move forward; you can say, 'oh I know such and such', I believe that is your expression, but you have to experience moving forward, encompassing not only our world but others, which you well know, all of you. So, think on my words this time my dear friends, and know that you need but only call my name for support.

All: Thank you.

Paul: Wonderful message to start the year, the new year.

Jan: Some of us in this room may be too old in our earthly years to see this happen, these angelic beings. We will watch from Spirit with great excitement, but, am I right that some of us may not be here?

You may not of course, but it matters not, because you have played your part and you will be aware once you return home to Spirit of all that is going on, (Yes) even more so than now with all of your connective, I do not know what you call them, telephones...

Sabine: Computers...

... yes, your technology yes, yes—even that has played a part.

Jan: It has, but we are learning very quickly that we have to whittle out the untruths.

Yes that is quite correct. So my dear friends, for this time, I will take my leave and I hope that each time I come in this one of your new years, I will bring something of interest for you.

All: Thank you.

Sabine: We have been enjoying your meditation that you provided us with last time you were here and it's

been wonderful to do it over and over again on a daily basis.

Yes, you are all capable of so much, my dear friends, do not feel you can only do these things when I am here, you are able to do, I know you will say we cannot, but you can, you can do and think of everything that I have said to you. But it is up to you as individuals to move forward and to expand your souls. (Yes)

Paul: It's interesting what you said about this year, we'll be, I can't remember your words exactly, but expanding, but also the planet will be and the whole of existence—it's all so connected up.

Yes, yes, that is the bigger picture, it causes many struggles with some of the humans in your world. That is why I have always played the part of being very simple, using simple dialogue and just to allow you to think for yourselves. It is all very well to say someone is spiritual, but it should apply to all of you, you are all spiritual beings. So, cultivate it my friends, cultivate it.

Paul: We're all part the whole, of everything, so I guess everything is expanding at once.

Yes, and if you are keeping up with your meditations, the unity of all things becomes part of you and vice versa, if that makes sense to you, you'll become as a whole. Yes. (Yes) Now, I will take my leave this time and I am sure that we will come together very soon.

All: Thank you Salumet.

Cho then followed—audio link:

http://www.salumetandfriends.org/app/download/9777541/2019_01_21+Cho.mp3

Hello!

All: Hello Cho.

Jan: I knew you were in the background. You listening to me?

Jan: Yeah, I knew you were there.

I talking you this week—I talk to you lady.

Jan: You did! **(Yes)** You touched my head tonight.

(Yeah) I think you may have touched my shoulder, like I asked you to once, when I got upset or annoyed.

(Mm) I haven't picked up what you've said to me this week though, but I think you've calmed me down a couple of times.

I just talk, you get used to me—I help you.

Jan: Okay, thank you.

I help all of you.

All: Thanks.

Jan: Did you touch my head tonight?

I touch you, yes.

Jan: I thought you had, yes. On and off, it's been quite a stressful week again, so yeah; I think I'm picking up more and more when you're around...

That's what I want, I want you to know when I'm around. That goes for all of you and you all have helpers whenever you want, but sometimes you forget.

Lilian: Yes we do.

Graham: We tend to forget sometimes when we most need the help—all in the heat of it all.

Yes. I have to say something to you gentleman. You think 37 years a long time? No, no, no, no—how old is the world?

Graham: 4.8 billion years old... *(Yeah...)* Okay.

So you have little time to wait.

Chuckles

Graham: That's true.

I'm not chastising you, only telling you.

Graham: Yeah, well we're all spring chickens really, aren't we?

Spring chicken?

(It was explained that this phrase means 'really young')

I see.

Cho then gave Graham a little advice, causing more chuckles: You need kiss your wife more—I know.

Graham explained that he had had to sleep on the floor, during his severe back pain. But Cho quickly interjected: But that not stop you having a kiss!

Remember Cho told you.

(More chuckles)

Graham: I make her a fruit smoothie every morning, **Ah, nice—I might come and just smell the pot. Is it in a pot?**

Di: In a glass...

In glass—yeah—I not really stupid.

Laughs

Jan: Were you listening to our teacher?

No, I was ready when he'd gone and I was just told to remind gentleman 37 years is not very long.

More laughs

Jan: He was telling us about the angelic beings that will be born onto this planet, returning from deep Spirit, to help.

You know my friend, there's so much going on I don't know half of it.

Jan: You can't keep up, can you?

No. We all do our little bits.

Jan: Of course—you can't take on all the information, all the time, can you?

No, it's bad enough trying to speak English to you lot.

Laughter

Sabine: And you even tried to speak French to me.

Jan: Do you remember any of your native tongue Cho?

Who me? Well, I think someone said once I talk gobbledegook.

Giggles

Jan: Not now.

No, I not remember—I don't need to.

Jan: No of course not, not good memories anyway.

And this silly voice only comes because I come back, I not really talk like this.

Giggles

Jan: No, because it's part of you and part of your instrument.

That's right, so you know who I am.

Jan: Yes, it's very distinctive, we know who you are.

Oh wow that's a nice word isn't it? Distinctive...

Jan: Distinctive Cho, you're distinctive.

You make me sound like a pirate.

Laughter

Lillian: Do you, or *did* you choose to become a gatekeeper?

Yes. (You chose) It gave me lots and lots of help and help me choose what I wanna do.

Lillian: So if someone starts up a new group.

I not leave you!

Lillian: No, no, but, do they automatically, is someone asked to help them like you do?

Yes, it's not quite as simple as that. I think you have to advance quite a bit if the truth be known.

Lillian: So some groups might not have a keeper?

Yes, all groups have a gatekeeper even if they're not aware. Some groups not well enough to be aware, but we always try; if the work is to be successful and they sit with true Love, they will always have a gatekeeper. Some people just call them helpers, some gatekeepers—different words. (Right)

Jan: How did we do last week Cho? Were you pleased? *(Referring to the exercise last week)*

I thought you did very, very well. (Good) I think you've improved.

Jan: That's encouraging.

But like all things, you need to practice and if you want, you can do that this time, it's up to you.

Jan: Yes if that's fine with everybody else.

Sabine: So what was the exercise Paul and I were not here last week?

Ah, lady not here so you have to explain to her.

Jan: Yes, we will, yes.

So you want to try? Cho quite happy to, I don't mind pushing them back.

Jan: Whatever you feel would be best for us tonight Cho, if you want to bring more people forward...

I think you've had quite enough to think about, so perhaps good to have, I not say fun, it not really fun, but it can be fun to try to work on your visions and listening to what Spirit telling you. (Okay) And I will just sit back and try not to laugh.

Laughter

Jan: Okay—on that note, I'm not sure we are going to be able to concentrate. No we will, we will try.

(Jan then explained the exercise from last week, as outlined earlier—14/01/2019)

We then voiced our visions for the person on our right, as before.

There then followed a rescue via Sabine of a lady from times past—audio link:

http://www.salumetandfriends.org/app/download/9777539/2019_01_21+Rescue+via+Sab-white+piano.mp3

Eileen then received clairvoyance about a Miriam, known to Claire and who needed love and protection. (Eileen saw her holding her solar plexus) There was mention of a Jane and Anne or Anna who could support her.

We discussed Salumet's words about the angelic children and Jan shared her impressions that there would be a handful of world leaders and others would express their love through creativity.

Notes:

Millennium children: 20/01/2014: So much has been said and written about what you call 'millennium children'—that they have come with special spiritual gifts and so forth. I would like to say that at this time in your Earthly evolution—that all people, not only millennium children, take great pleasure in coming to this world at this time...

*18/01/2016: Children are indeed the future of this planet, and yes it would be wise to try to guide and steer them in the right direction. It is not always easy, because they are surrounded by *so much* negativity, but if every individual parent were to take on board that job for a child, there would be great changes made upon your Earth...*

Children of Peace: 17/10/2016: Throughout the world these children will appear. They will become known for their peace and their skills of being able to talk and calm. Let there be no mistake that this is a great gift from Spirit, but I wanted all of you, my dear friends, to know of this knowledge now... There will be in every country throughout your world one of these children...

And to finish on a song, here's Whitney:

<https://www.youtube.com/watch?v=IYzIVDIE72w>