

2023/05/15-Salumet

This evening, we were joyful to have Salumet, who'd clearly been around during our discussion—audio link: http://www.salumetandfriends.org/app/download/12239682/2023_05_15+salumet.mp3

Good evening.

All: Good evening.

I will not stay long this time. We have been engrossed in the unhappiness of others. It is a recurring thing for many, many people. There are many aspects to being unhappy. What would you believe to be the main cause of a person filled with unhappiness?

Sabine: Losing the connection to Source.

Yes, there are many reasons of course. I would say to you only this, my dear friends: Happiness must continue at all times, even although it is difficult for you and your families. God has created for us, the ability to smile, the ability to listen, the ability to help and comfort. So, I say to you my dear friends, chose whichever options you will, but each and every day, you must give thanks to that *Great Creative Force*, which is the engine for us all.

Do any of you have any specific ideas of how you can help? And I know that you do it with your healing thoughts, but is there anything else you feel should be integrated into your sense of living? Would anyone wish to speak?

Sara: I know what I like to do that works for me. I try to share with as many people as I can, the tips that work for me, which are meditation—giving thanks in that meditation for all the blessings, and doing what we can to help people every day, using our abilities, our gifts, if you like, and that brings us joy then—and taking opportunities really.

Yes, being only one person, you would imagine that it was too difficult to help someone singularly, but it is not. Again, I repeat: Smile, Feel and Touch your brother man—there are so many different ways.

Sabine: It's just being *there*, isn't it—there for the other?

Eve: Listening to their problems.

Yes, but sometimes it needs a little nudge from those who are around you at all times, yes. But we understand from here in Spirit, what it is all about. It is a *loss* of Love from the *Great Creative Force* and you must rebuild it, if you wish anyone to become more aware of the Love that surrounds you.

I could not help but come to you this evening, without any warning!

All: Lovely surprise/a joy!

Sara: And we can share your words too, **(Yes)** when they are transcribed, which will reach many at this time, because it is what people need to hear.

Not only will it benefit others, but it will benefit you yourselves—remember this also.

So, that is all I wish to say this time—and forgive me for the interruption.

All: You weren't interrupting/thanks

Now I will leave you to continue with your evening.

Sabine: And I'm sure good friend Lilian has reached you safely?

Yes—I will withdraw, I leave you with my Love.

We expressed our thanks and Love, as Salumet withdrew rather quickly, probably as the power dropped off.

As Eileen 'returned', she had a feeling of deep gratitude for us all. Everyone voiced their heartfelt gratitude for Eileen also, and all the pivotal work she's done over the many years.

*We also send our gratitude and Love to dear Lilian, who recently made her special golden journey **Home**, where she'll be so very warmly and lovingly welcomed by so many.*



Keep up the BRIGHT THOUGHTS:

You must send your Love to all things upon the planet; it is not the only planet which is going through some trauma, but you must always be *hopeful*, you must always be *positive*, because if only you could see the brightness of your spiritual lights, I have said this on many occasions, but I feel I need to reiterate it, you must always *think brightly* with good thoughts and *know*, not just hope, KNOW that all can be well.

Salumet 2020/01/13