

~22nd January 2024~

Our healing prayers included individuals that we knew personally as well as to the ominous war zones and those who encourage them, always returning to the *Love and Light* needed to break-up and disperse those dark clouds of fearful thinking at the root of such conflicts: Salumet then spoke—audio link:

http://www.salumetandfriends.org/app/download/12432462/2024_01_22+sal.mp3

Sabine: Good evening Salumet and welcome.

Good evening.

All: Good evening.

Paul: Lovely to have you back again to speak.

I was pleased to listen to what you all have to say at this particular time. The Earth planet for the last few years has been troublesome for many. I still come to you with news that what you fear the most will *NOT* happen. (Salumet first stated that modern wars will *NOT* lead to nuclear Armageddon in 1994 and has reassured us several times since.)

Yes, there is so much you can do as an individual—and you are already doing that quite often, where you are offering yourself to understanding and to Love.

I believe last time that I said: *Have faith in mankind*—and only the best can come from that action.

I know my dear friends that all seems dire at times, but let me assure you, not only Earth feels like everything is going wrong—and again I repeat: Be happy, be cheerful, extend *your Love* to ALL People, until such time as that person can look another in the eyes and say, '*I LOVE YOU*'. Without that *spiritual Love*, you will fall, without that *spiritual Love* you will be unsure, without that *spiritual Love* you will be travelling the wrong pathway. So I say to you my dear friends, continue to do what you are doing, by giving *your Heart, your Soul your Love*, all that you own and possess. I know my dear friends, there must be doubts at times, but do not allow it to overtake what you are trying to do.

I want to say also that this coming year, and I spoke of it a while back, that I would speak to

you, there will be and will come a time, when I must withdraw from you for a while. I hope I can do more good by returning *Home* for a while. So, I wish you to take over what I have said and do what you do in *Love*.

Paul: Yes, I think we understand—but it's nice that it's '*for a while*', you're not going for ... we'll see you again sometime.

I will be around, do not be concerned—our *Angels of Love and Health* are by your side always, but there are certain areas where I must attend.

Paul: You've got *other places* I suppose that need you?

You have grown so much my dear friends—who would have believed, to listen to your words and not feel grateful that you have had this *growing*, this *knowing*, this *Pure Love* within you. I would like you to continue to work with *me* and all of those in *Spirit*.

Sabine: It will be an honour.

Yes, but we have been together for quite some time now and I feel I have to leave you just for a while; however long that may be is not for me to judge, but please my dear friends, continue to give your Love to all that you make acquaintance with. (Agreed)

Paul: You've given us so much to put out into the world—all the Love and it's made a difference to all of our lives I know and if we can *better things* for others on this planet, we hope to do that.

Jan: If I can use a term, I think you've made us your '*Disciples*'.

Mark: Yes, you've opened our hearts.

Yes and you see, you understand this without my having to tell you—that is a great step my dear friends and we will always have you in our hearts—and I know you have relied upon these words, which you know by now is not a selfish thing but remains a *conglomerate*, (Salumet is not one being, but a conglomerate...) who work very hard for all of you. (Agreed) But I don't want you to dwell too much on all the happenings in your world, don't let it overcrowd the *Love* that you are.

Jan: You've always taught us that.

Mark: Yes, you've always said where you turn your attention to grows, so we don't want to look

at negative stuff and make that grow—we want to grow the positive stuff...

Yes, but I know you understand those words now, whereas at the beginning of our journey, you were not always so sure.

Mark: Definitely not, I was very confused, but you've clarified so much and I'm so, so, so grateful.

And I also, while we are talking, like to say to those and our dear friend's book, 'words on pages' I believe you would say, (Yes) we thank you for this, it is another *Opening of Understanding*.

Paul: Thank you, it's an honour to do it, it's a team effort like everything in this group, your side and our side.

Yes, if you have any questions this time, I will try to answer them for you.

Jan: Do you have a question Jean?

Jean: I don't know quite how to put it.

Jan: Jean is new to the group as you know Salumet. **(Yes)** and Jean is *full of Love* all the time for everybody, but she feels she's often been put in the situation where someone's needed that voice of *spiritual Love* and I said to her that she's a *natural messenger*. Would I be correct?

Yes, all of you within this room are followers of all that is good—and *humble* and *helpful* and so many other of your adjectives. Yes, she would be used because she has made the connective link, she will have felt that *Power of Love* within her. (Thank you) I would say to her: Jean, feel the **Love that you ARE, not what you would like it to be, but what you ARE—and you will find that life brings to you a lot more judgements and Love. So I say to you my dear friend, continue what it is you wish to do with your life, and we as *Messengers of the Great*, will always look out for you.**

Jean: Thank you.

Now my dear friends, it has been my joy to join with you again: Feel the beauty and the Love, feel it now while you sit together and if there are any more questions, I will take only one more.

Jan: Rather than a question I think, I would like to *thank you* for helping many of us in this room, with our loved-ones journeys to Spirit—without the knowledge that we've had, I don't think, from

a personal point of view, I would have coped with what's happened and I want to *thank you* for that.

But you *have* coped my dear one, you *have* coped (I have.) and there is no shame in feeling *deep feelings*—you will be *fine*, as you said at the beginning, you all feel like *Angels of God*. Yes.

Jan: I think that goes for a lot of us that have been in this group in years gone by as well, the *knowledge* has helped to know that our loved-ones are *well* and *happy* and *close-by* and *always with us*.

Yes, that is the way to look and understand and *feel*.

Di: Just to know that leaving this life is the *beginning* not the *end* now. *(Agreed)*

If only you could understand, your life has never had that beginning you think, because *YOU have always been* and this journey for all of you has been to allow you to prepare for the next stage of your spiritual development. I hope you understand my dear friends how much you are loved from *Spirit*.

Jan: Yeah, we *feel* that.

Paul: We *do* and though you will not be *speaking* for a while, I guess you'll still be around sometimes?

Yes of course.

Jan: I'll talk to you wherever you are! *Chuckles* Yes.

Paul: So you can still receive our *thoughts*.

Yes, this does not mean you won't speak with me, you *will*, but the uncertainty is there at this moment in time. (I see.) You see?

Paul: Is that partly because of difficulties coming through? **(From whom?)** Well maybe coming through to the Earth or is it because we...

I do not believe—In this level that you are on now, you should never stay still—as a Spiritual being of all that is Good and Mighty, you will be helped throughout the rest of your lives; it is an honour for you that you can recognise these things, you understand? *(Agreed)*

Paul: Yeah, we just can't put the words, for our gratitude for 30 years nearly that you've been coming. **(Yes)**

Di: It's like leaving our parents and going out into the world by ourselves.

Mark: Yes, it does feel like it a kind of *Coming of Age*, doesn't it really?

But all you are responsible for is your own *Spirit*, your own *Soul* and know that you are *Perfect Beings*. And I for one will always be by your side. (Thank you) Do not think this is a severance of people, it is not, it is to let you know that you are moving forward—but not to worry if the time-scale seems a little long.

Paul: It could be the analogy of sort of our *potty-training* phase is over and we can maybe get by a bit more on our own. (Chuckles)

Yes, you see even how your humour has developed?

Paul: Not very well actually ... Giggles

I want you to know we are always with you.

Sarah: I seem to remember that Salumet has returned Home once before, so it's just another time, so we know what it's like. (Salumet withdraws for a few weeks during the festive period—December/January)

Jan: This one might be a little longer—those were little holidays.

Mark: This is a bigger journey.

Paul: Well, we wish you well on your journey, you're going Home are you Salumet?

Yes, I like to say going Home, because my 'equals' if you like are in Spirit. And when you are used as I have been for so long, as a conglomerate, it's surprising how much you learn, even myself having been in Spirit a little longer than you. But I want to say to you all, thank you for listening to my words, and I know you never doubted them for long, but I know you did doubt me—that's why at the beginning I always said, if you do not believe any of my words then you stop using them.

Paul: That was only at the beginning, we soon began to completely trust and embrace everything you told us. (Yes.)

Sabine: It is a bit like we are social beings and I suppose it's what you are as well as a conglomerate ...

Yes, it just means more than one.

Mark: I was going to ask whether you could say 'tribe' instead of conglomerate?

You have to remember, I will use the word of some of us when they say you have reached a different level. You cannot turn around and say, 'I am going to do that,' that is not correct, there are higher energies who are even tonight waiting by my side to help us talk. (I see)

I think now my dear friends, it is time for me to leave you, I know I will be back, but I can't tell you when.

Jan: Our Love goes with you as always, and we are cloaked in yours, until we meet again my dear friend.

The Great Creator will always be with you.

Jan: Can we just say we Love you?

All: We Love you!

I know that is an earthly thing, but I want to say I Love you too my dear friends. So I will take my leave and look to the time when I will be with you again.

Fondest farewells

Notes:

So, there's a sparky sense as we continue this gentle journey towards the Love that Salumet describes and thank all YOU lovely readers who share this voyage, helping to share this wave of Love.

As Salumet said this evening:

Be happy, be cheerful, extend your Love to ALL people, until such time as that person can look another in the eyes and say, 'I LOVE YOU'.

So, that's our Home Work, while Salumet takes time out ...

Let's wrap things up with a song from the great Paul Robeson, who Mark enthused about earlier in the evening: He rose above racism and injustice, becoming a successful athlete, academic, performer on stage and film, musician, author and international activist, striving for equality, peace and justice.

<https://www.youtube.com/watch?v=PHew1ozkM1w>

I LOVE YOU

