

## SALUMET — 20<sup>th</sup> June 2016.

We began with quite a lengthy Salumet session—  
audio link:

[http://www.salumetandfriends.org/resources/2016\\_06\\_20+1salumet.mp3](http://www.salumetandfriends.org/resources/2016_06_20+1salumet.mp3)

George: Good evening Salumet and welcome to you.

**Good evening.**

All: Good evening.

**It always feels good to join with you all once again, my dear friends.**

Sarah: Thank you, it's good to have you back.

**I have been aware of your conversations this time, especially the dear lady speaking about her bones. Last time you had someone speaking to you all about self healing (yes). This is just a continuance of that talk. When you have separateness of anything, there is disharmony. That is why the lady has been told that it is necessary for the bones to be closer and united. This I will relate to separateness from that great energy or God, as you like to say, when as human beings you wonder why perhaps your energies or your life may not be travelling in the right direction. It is when your spiritual energy is not united with God; and I hear you say: why should this be, when we try to do all that we can to make connection? Yes, you do, but I have to tell you my dear friends that you must forget about yourselves as you are. You must allow the power of your energy to grow within, and with the help of meditations you become united as one with that great power. Do you understand what I am saying to you? (Yes). You do?—you do not seem convinced.**

Jan: What you are talking about I presume is the power of prayer, and the power of—

**All of these things together, allowing yourselves to take time to become part of the God that you recognise. I will use 'God' because it is the common name for humans to use.**

Jan: I think it was the word 'God' in this room that maybe we like to—with your teaching, it's more of an energy isn't it, it's more of a life force-power?

**Yes, it is power, and it is not power as strength as you may imagine. It is the power of energy**

**which builds within to create the unity that you need to be with God.**

George: Yes, I think we understand, but the difficulty I think sometimes is losing the connection to the physical.

**Yes, you must forego all thoughts of physical if you are to be united; after all, you are only just sparks of goodness, which you need to cultivate in any lifetime that you may have. Yes, I do not say that it is easy and I do not say that you will always capture it in one lifetime—you will not. But that does not mean you do not have to strive towards it. So, be aware of all things, but mostly have that quiet, peaceful time to rebuild the power and energy within.**

Paul: Yes, I think it's such a valuable time and from the talk last week, to be able to sort of add to the meditation time and then perhaps do self healing (yes), maybe afterwards or during—  
**Just take small steps at a time and you will be amazed how quickly you feel the difference in your energy within the human body and the connection that you make to spirit. You are all capable of it, but of course as we know, these words 'self will' always appears, does it not?**

Paul: Yes, it's *our choice*.

**Yes, but I hope it will be just a little guidance for you.**

Sarah: It's very nice when you tell us these things and remind us of what we should be doing.

**It is all too easy in everyday lives to forget who you are, and I know I repeat words often, but I feel it is for your benefit (that's good). Now—**

Serena: Could I ask a question on healing? **(Yes)**. Is it better if you're doing self healing or even healing on other people to use the finger tips, the palm? Is touch better than a slight distance away?

**There should be no difference in the result, but what you may find is that by the touch, people will react a little differently, will feel a little more secure—and then you have others who are a little afraid of the touch, so then you can use that healing power by *not* touching, but I know you are speaking about the energy in these places—yes.**

Serene: Yes—thank you. I've also been told that if you massage in a circulation motion, you *generate* and if you do anticlockwise, you *de-*

generate, so you could take away inflammation or you could add healing—

**I would suggest in that instance that you be guided. That is why it is most important to have the connection to spirit first, then they will guide you in the correct manner (thank you). But yes, in a clockwise direction you are helping what I believe you all call the ‘chakras’ (yes). Yes—anticlockwise has a different job to do, if I may put it so plainly. But my answer to you my dear friend is always to be guided by those with superior knowledge (thank you). Have we any more questions?**

George: We’ve had one sent in by a reader, Salumet, and I think I’d best read his letter to you.

**This is a person of conflicting ideas.**

Jan: So George doesn’t need to necessarily read it to you?

**Yes, I will listen.**

George: He says: “I have been reading a rather interesting book—Secret journey to Planet Serpo—a true story of interplanetary travel, which documents an exchange program. According to the book, in 1965, twelve U.S. military people were sent in an—he uses the term ‘alien’—spaceship to a planet 40 light-years away in the Zeta Reticuli star system. The journey took ten months and they were on the planet for ten years. In 1978, eight returned, two had died and two decided to stay on the planet. The material was sent in 2005 to a UFO site by a former U.S. military officer involved in the project anonymously who wanted the information to be released before he died. I was wondering if you could ask Salumet when you next meet, to confirm the story.”

**Thank you. Again we touch on topics that have interested mankind for however many years. We have spoken quite a lot about space, about ‘aliens’ as you call them; I prefer to call them ‘other people’, because that is what they are. They may have different form, they may not speak as you do, but their existence is for all to behold. And yes, you upon this Earth, as I have said before, you are quite a *young planet*, and have you not my dear friends, had some proof of ‘aliens’ in different ways?**

George: We have indeed!

**Yes—so it is not necessary to always continue to try to prove. I would say to you: think about this**

**Earth planet first, and allow those whose interest is so strong to continue to find out details of what is beyond. I can tell you in simple words my friends: there has been space travel for a long time—centuries and centuries and centuries; it is nothing new to us. Whether what these men having contact is true or not—that really is not the question. But what I would say to the gentleman asking the question is: if he so believes, then so be it. I am not here to tell you or to say ‘not’ what is true and what is not. I will say this to you that if this gentleman who wanted something printed is genuine, and I believe him to be, then that is his pathway.**

George: Yes, thank you and we’ve certainly had ample evidence that others (yes) are able to live on planets that are not their own.

**Yes, this is just one small story. From time immemorial there has been space travel.**

**Whether you wish to believe this or not—that is entirely up to you. But I am more concerned for ‘mind travel’, as you know. That has always been my quest for you. But please do acknowledge the gentleman and thank him for his question, and just to say that Salumet can say most definitely that many planets and much life continues on them.**

George: Yes, I’ll certainly do that. Thank you Salumet.

**Any more questions?**

Sarah: On the subject of self healing, there’s quite a lot of ‘radon’ gas in this country and probably many countries, and it can if you live in an area where there’s a lot of it, can cause cancer. If you happen to live in an area with high radon, if you ask for protection for yourself and those around you, would it be alright to live in that area?

**If you have asked for protection, then we would hopefully help in any way that we could. Yes, you have the strength within you as human beings to rid yourself—and I am going to use our favourite word ‘fear’. If you fear a substance, then it will take hold of you.**

Jan: So that’s the same as if you fear a certain disease, you’re likely to contract that disease? **Yes, because the thought becomes reality (yes). Always remember this, but if you have asked for help from God or the angels or whomever, hopefully you would be guided in the correct way (thank you).**

Jan: Going back—I'm not struggling with what you said about self healing, but regarding what happened to my leg, I remember you once saying to me to put your trust and faith into the doctors; well I did.

**Yes, but they are human.**

Jan: They are human—I know that, I understand that. I understand I had to have intervention, and then self healing after that would speed the recovery. But in this instance, even if I had all my energy and all my belief into self healing that leg; with the intervention that happened, I don't feel I would have been in **control 100% of that.**

**Therefore there would be no healing.**

Jan: Well they told me my leg wasn't healing. **No—that is the problem, but it is a human problem, but with self healing, you need as I said at the beginning, that you need to make sure there is no separateness. In the same way as your bone has separated, so too in some way have you separated yourself from the unity of God.**

Jan: Before it broke, or after, or—

**I would say to you: quite some time before. That is another thing that I feel as humans you do not quite understand. Disease is not instant, it can very often happen years before the occurrence.**

Jan: I've been 'soul searching' for want of a better word (**yes**), and I believe that I know where and when it occurred.

**I would say to you: if you have meditated you would have united and closed that separateness to increase the energy within your body, which in turn will heal your physical being. You understand?**

Jan: I do. I lot of the non-healing on my side probably did come from fear (**yes**), and I believe that that non-healing on my side may have even come from a previous lifetime—

**If that is what you feel then work upon that. You have the capability to do so. But that is what self healing is. Last week there was someone here to try to help you *feel* the energy for healing, which I believe some of you did. Yes, it's not a simple matter, and sometimes the words to describe what you need to do, is not always easy.**

Jan: No, we go back to the word 'balance' again, don't we?—mind, spirit, physical—everything in balance.

**Yes, but you must learn to place all of those things once there is balance. You have to unite yourself with the energy of spirit, and that is the blending, healing light.**

George: Yes, with the heat from that healing, it didn't seem to me to be like a physical heat.

**No it isn't. It is a spiritual energy (yes). If you are healing properly you have to be guided by those with more knowledge, and when you have that unison that togetherness, then healing is simpler.**

George: Yes, to use a physical word in attempting to describe it, it seemed to me to be like a 'misty heat' and not physical.

**Yes, it need not always be a physical sensation, but there may also just be a feeling of great peace and understanding and a oneness with all things—that is a true healing. Perhaps that is a better way to describe it for you (yes), to become as one with the Great Creator, and then you see that energy builds within the human body and all things can be healed. But being human, I don't want you to think that it is as simple as that. I am more interested that you have the understanding of it, in order that at times you can help yourselves. But I would suggest to you my dear friends that diseases and illnesses do not happen within five minutes of Earth time.**

Jan: Yes, the culmination of thought (**yes**) can be a long time, even from infancy.

**Yes, and you know I have always said to you: the power of your thought is the most powerful thing you will ever possess. And I'm sure you could name instances in your lives when you feel that has happened. Now—**

Jan: It's more feeling powerless for other people that you care about, and even though you can think of positive good thoughts, which we've spoken of before and visualising for them (**yes**), it's not a quick fix, because like you've just said, you could actually be battling—it is really like a battle. Your thoughts could be the complete opposite of the person you're trying to help.

**Yes, and if it becomes too fearful or does not feel right, then you have to leave it; you have to step back and allow that person, whoever it may be, to continue on their own pathway, because there comes a point sometimes when there could be interference and we do not wish that to**

happen. Each and every one of you has trodden this Earth with a pattern of life, and it is not up to other people to interfere in any way, unless they are on a destructive pathway which then calls for help from those higher beings—and that I believe is what you are speaking about.

Jan: It is—so I should really be putting my asking for help—

**That the right and correct help be given (yes). Yes, that is right.**

Sara: That helps to remove the anxiety within us. **Yes, because you're giving it up yes—and that applies to yourselves as well as others.**

Jan: So some part of our self healing is the same—is to give up—

**To give yourself, yes—to become as one. Yes, that is the easiest way to put it.**

Sara: It is disturbing when loved ones are behaving in a way that seems self-destructive—it's quite disturbing, but I think probably we can only really detach.

**But you must always, each of you, show by example. That is why as individuals you have to build your own strength, your own energy, your own knowledge—before you can help others.**

Sara: And I think follow your own joyful pathway (yes), because if you somehow stay in your own bubble of joy, the things that bring you joy personally, that brings its own detachment (yes), which is also an example at the same time, even though you don't know if they're taking any notice (no).

Jan: It's keeping that negativity at—keeping yourself secure from other people's negativity as well that can be so destructive to—

**You can protect yourselves at all times when you are in the state of meditation. Those are the times when you ask for help for others, because in the proper state of meditation you are united with the God force (yes). That is the time to ask for help.**

Jan: Not when you're doing the washing up for example, like I often do!

*Chuckles*

**No because although all thoughts are caught, there are some much more powerful than others.**

Jan: Yes, it's not the right conditions to send for help.

**No, but your thoughts are never ignored or wasted.**

Jan: Just not quite so strong in the signal strength-wise (yes).

Sarah: When people are at the end of their lives, do sometimes spirit help them on their way by making—I'm thinking of my father actually, because he did say he felt insecure and afraid when he was dying, and he probably created the (fear) problems he had—

**Yes, but they are never left alone, so do not be concerned that that fear will last for any length of time. We would always reassure, and you should understand, because you do rescue work that they are never left alone when they are ready to come to us.**

Sarah: I just wondered if spirit was helping him on his way. I think he was afraid of going (yes) and maybe the problem he had was enough to tell him now he actually wanted to go.

**Yes, there would have been with your father—your mother was there, as you well know.**

Sarah: I'm sure she was.

**Yes, she would have assisted him.**

Sarah: Ah that's kind, yes. I saw her to the left of my face (yes). There was also a hare in the garden. She liked hares and we never have hares in the garden—and I'm sure that was mum as well.

**Yes, we always leave some kind of sign for those who are left behind, because it becomes a comfort to them, and after all, being human you all need to grieve for a short time—and mark my words: a short time.**

Sarah: And then be happy for them that they've gone back to where they belong.

**And then be happy that they are happy. And in turn, they will look after you as well whilst upon the Earth.**

Sarah: That's nice to know. Thank you for confirming that mum was there, because I was pretty sure she was around.

**She was there to meet him, as was another lady.**

Sarah: Are you able to tell me who that was?

**No, you can ask that question for yourself!**

Sarah: Yes I will. Hopefully dad will come back—I've told both of them to please come back to the meetings, so hopefully they will.

**Yes, he will need a little time for rest.**

**Sometimes people are under the impression**

**that you just pass very quickly and you're there and are happy and glowing like an angel, when in fact, some people need to rest, especially if they have had illness. But I can assure you that your father is doing fine.**

Sarah: Thank you—yes. That's very nice to know, thank you very much.

**Yes—now I think I will leave you my dear friends, unless there is any more urgent questions.**

Sara: Could I just ask one Salumet? **(Yes)** A friend passed me a website recently **(yes)** called 'channelling Eric', about someone who took his own life, but now works with his mother and sister to bring channelings through, of various people. I just wondered if you could comment on the veracity of that. Some of it strikes me as—there is a lot of overlap but the boy, who was about 20 when he took his own life, gives the impression that his suicide was meant to happen, so that he could then conduct these channelings with his mother even though it was painful for her. That's the bit I don't accept—

**No, I will stop you there. Suicide is never right.**

Sara: That's what I thought—

**I cannot say otherwise. What they are doing is playing God.**

Sara: That's what I thought actually.

**Yes, so I would say 'no'. Perhaps he feels now from the spirit world, it was meant to be, because he has found out that he can now help others, but the actual act is not acceptable.**

Sara: Yes, I felt that he wasn't completely sitting in his own truth **(no)** yet, but he may come to it.

**To him you see—we are touching on another subject—to him, it may be his truth, and it may be something that he has to work through.**

Sara: Yes, I think when I read it I feel he is working through things with his mother about it.

Jan: So it's his justification for his actions **(yes)** at this precise moment.

Sara: Yes, it's a form of coming to their own healing I think.

**Well we hear so many cries from your Earth about people taking their own lives. I have spoken on this before and it is never right to take your time before it is due.**

Sara: There were a lot of channeling of spiritual masters, such as Buddha, Jesus, Sai Barber and various actors and actresses that were well

known. I wasn't quite sure how true they were, but it's a difficult one to know. I haven't listened to them. I've only read the transcripts. I don't like to suggest that some of the material isn't good, because I feel there's a lot of overlap with some of the information.

**Remember my dear friend—I have said this to you also in past times, that teachers or whoever comes to you from spirit, that you must be prepared to accept what they say. But if you do not, then do *not* accept it, because they can only give you what they know. That does not mean it is true or untrue, only that it is their way of telling you what they know.**

Jan: Your first instincts are always normally the correct ones—if it doesn't sit well with you, you don't have to let it—

**And it is a form of learning to distinguish between what is right and what is wrong for each individual. You are all at different stages of development. Remember this also.**

Jan: Even though we blend as one in this room, every one of us is at a totally different stage.

**Pathway—yes of course.**

**Well, I will take my leave of you this time and see what is about to come to you. I leave you all as usual, cloaked in my love. I hear your every word, I see your every deed, and I hope my dear friends that we come together quite soon.**

*Thanks and fond farewells*

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Eileen returned to a period of several clairvoyant messages, all of which made perfect sense. And then Cho came through giving us a nudge that people were around us within the room. He also had a quick message for Paul about needing to finish writing a letter that he'd started to write earlier—audio link:

[http://www.salumetandfriends.org/resources/2016\\_06\\_20+Cho.mp3](http://www.salumetandfriends.org/resources/2016_06_20+Cho.mp3)

Finally there was one through Sarah called Jane, who announced that she liked to play jokes on people. She then gave us a little exercise involving a ball that we were to attempt to feel and move the ball with feet, passing it around the circle to each sitter. We tried to describe the ball in terms of size and shape. Jane said afterwards, that it wasn't quite a round ball—more like a flat balloon shape—audio link:

[http://www.salumetandfriends.org/resources/2016\\_06\\_20+feely+ball.mp3](http://www.salumetandfriends.org/resources/2016_06_20+feely+ball.mp3)

**NOTE:**

**RADON:** Chemical element no. 86—a quite rare radioactive gas originating from radioactive decay.

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