

SALUMET — 19th February 2018

After prayers, there was feedback about the clairvoyance last time, concerning Amy and Emily and how the messages had been of great help.

Salumet then spoke—audio link:

http://www.salumetandfriends.org/app/download/8736343/2018_02_19_salumet.mp3

Lilian: Welcome to you.

Good evening.

Greetings

As always, I am happy to be with you, my dear friends.

Jan: And us here with you.

Agreed

We give a welcome to the dear lady who visits us this evening.

Corinne: It's lovely to be here, thank you.

As always, I have listened with great attention to all your healing thoughts this evening. We wish you many thanks for these offerings and I know that you ask so often and with love and with dedication to Spirit; and for this we thank you.

At this moment in your earthly time, there is still so much unrest, so much dis-ease, and I wish to say and to reiterate once more, do not be afraid, my dear ones; do not be afraid of what is happening, not only on this planet, but further afield. I know sometimes that it is difficult to question that all that is said is quite correct, and I am here to reassure you that all will be fine. I hope you take those words and really believe in them, because being Angels of Spirit, we do not need you to dwell upon negative thoughts; in that way, you are extending your Love for good, for the betterment of all mankind. And this is what I wish you to try to cultivate more, as I'm sure you will.

Paul: I think we're learning to appreciate that *all* is fine, whatever the outcome, whether you pass to Spirit, or whether you stay on Earth, still learning and experiencing here—it *all* is fine. It's sad when there's suffering and pain, but we know these are part of evolution and growth, so there's good reason for it all.

Yes. You were endowed with these physical bodies for very good reason. They are what causes you grief and pain, as well as the mental capacity that the physical body has. So many

ways for you to feel unsettled and to feel ill at ease with yourselves. But I say, live only in this moment, forget what has *gone* and look forward to what is ahead. I cannot say this enough to you, my dear friends. I cannot say to you to forget everything, because that is not quite the way to go either, because you also have memory. But what I am saying is that you must remember, but then allow it to pass. Do you understand?

Agreed

Di: We need to learn from what's happened and go forward. **(Yes)**

Sabine: Don't we say that your body is your best friend, so that the disease is kind of reminding you that you should think differently?

It is the housing of your Spirit, (Yes) and after all, do you not look after and maintain your physical homes?

Agreed

Jan: You've just described Salumet, what happened to me in the shower, and I shared with the group a couple of weeks back, where, when I was showering, I found myself being able to look out of my eyes as if they were windows, **(Yes)** where I met myself, **(Yes)** and I thought to myself, this body is literally just that, and I have to look after it better than what I have done, **(Yes)** but it was like three of me: The real me—the number 1 me, the personality me (2), and then the machine (3), in which I am. **(Yes)** And I met all three at once.

You have described it very well. Of course the Spirit is the highest power you will attain, so when you discard these 'physical housings', as I wish to call it at this time, when you discard this housing, you feel free, you feel whole and you feel much loved.

Jan: I did—just from my experience, everything you say, it was just that for not even minutes, it was seconds, **(Yes)** my whole being was: Wow! Why do I need...I don't need to worry about this or this or this, because this number one Jan, was just full of this pure love and energy...

...which you are, all of you.

Jan: Yeah, and it was an amazing feeling—amazing!

You have to bring that aspect of yourself to the fore, and then you will begin to understand just

a little, what Spirit life is all about. You understand?

Jan: Yes I do, having experienced what I did, yes, I've had much more clarity, since that experience.

Yes, you should all by now, my dear friends, excepting the ones who've come recently, you should by now know yourselves very well, you should know that Spirit within is the ruling part of all of you. And of course, you have to be respectful and caring about that body that you have been given; after all, did you not choose to come in that body? You see already, you had to rely on your own knowledge to take care of the physical being from the very beginning; but you need to grow, you need to continue to grow.

You understand this?

Agreed

That is why you must live in the moment, forget all that has passed and focus to whatever future you bring to yourselves.

Jan: We do create our own futures.

Your future is not static, it is ever-moving.

Jan: Exactly.

So of course, you may have a view of what is to come, but remember Time even can transmute itself, as also *you* can; so try to remember this also.

Now, do you have any questions this time?

Ben: I've got a question please? **(Yes)**

It was about on the 8th January we spoke about my relationship with Zusanna and you were kind enough to confirm that we were indeed Soul-mates, **(Yes)** and you have explained in the past that there is a unique bond there and we're created from the same spark and we'll spiritually be linked together for eternity. **(Yes)** You said that we had a higher purpose for coming together during this incarnation, but that it was for us to work out the reasons for that; and we both have given this some thought and we wondered whether our meeting was to rescue me from an unfulfilling marriage in this lifetime. I also recently had my Angel-cards read and I was told that my chosen life lesson or karmic debt is one of heartbreak. Is this information correct, and if so, is the pain that I'm feeling from losing Zusanna part of clearing that debt? And could that lesson of heartbreak also be part of our mission together? Can you comment on that please?

It will only benefit you if you recognise what is happening and then as I have just spoken of, to let it go. Even although you are Soul-mates—this is the misconception amongst humans, that because someone is your Soul-mate, that you remain together forever in one lifetime. That is not the case, you may only need to come together for a very short time, but it does not break the spiritual bond between you. Whether your lives go in completely different ways, that matters not, it is the strong spiritual bond that is important. Yes you may be paying a karmic debt, but you must allow yourself to be free from it; and to be free from karmic debt, you have to recognise it as such and then to let it go.

Ben: So do you think my debt will be paid now?

Not whilst you are in a state of uncertainty, which you still are. But I will tell you, and I do not often speak of personal things, I will tell you that this period of your time, you will look back upon and realise how much you have gained from it—then your debt will be paid.

Ben: OK—and also, just very quickly then, I wondered if, there was an event on the Wednesday afternoon and I wondered if that was necessary to create the closure that I was looking for? Do you know about that?

I would only say about this matter that it has not created closure, because your mind has not allowed it to. You wanted in some form or other to have closure, but let me tell you, you have to work on it for a little longer; you have to forgive, not only your Soul-mate but yourself, and then the cut would be, how you would say, clean? And you will find happiness once more.

Ben: OK, thank you.

You *will* be happy, I can assure you.

Ben: Feels like a long way away at the moment.

Yes, but that—you are speaking of physical emotions; what you have to do my dear friend, is to allow the Spirit to talk to you, the Spirit within; and then you will have all of the answers that you request.

Ben: OK, thank you very much.

I hope that has helped you just a little.

Ben: It has yes, thank you.

All of you, when you come to earthly life, in human form, most of you I am sure have experienced some form of hurt in your lives, whether it be yourself or someone close to you.

But what we cannot do for you is to live life for you—we are not allowed to come so close to you that we may do that, but we will try to help in all the ways that we can. You are not the only one who is suffering from a breaking heart. I have to say that the lady you speak of, although it may not be said in her words, is also suffering; but she too will find happiness. But just know that your spiritual bond is strong and you will come together again at some point.

Ben: So is our mission together in this lifetime completed now? I know she has free will, (Yes) but it's finished now, is it?

It should be finished, but I feel that the onus is on you—you are the one who is clinging on.

Ben: Maybe that's another life lesson that I need to learn as well?

Yes, life is full of lessons, not only for you, for everyone within this room. You all have something to learn. You may not recognise it, you may not feel it attaches itself to you, but let me assure you that each and every one of you has felt the tugging of the heart strings.

Agreed

The human body is a beautiful thing, but it also creates much unhappiness. But you have to take it as part of life's journey; and I know that's not words you wish to hear at this time, but your journey ahead is fruitful, your journey ahead is blessed and there are many in Spirit who are behind you.

Ben: Thank you, it's very reassuring.

Jan: It's, in my simplistic terms of putting it, it's number two person that creates the problems with the machine; it's number two who has the personality and who the heart is connected to and that causes the problems with the machine. Number one is trying so desperately to guide in the right direction with just pure, pure Love and those two battle—you know—in a nice way of putting it, they battle with each other.

Ben: They struggle. (Yeah) It's funny because it manifests itself as a real physical pain as well.

Jan: Although scientists have now proven that the heart does 'break', there is a real phenomenon called, when we say 'heartbreak', it *does*, in a way.

But it is in the same sense as the body breaks down in disease. It is all connected, it is all connected to the *thinking*.

Jan: Which is the personality, the number two. (Yes) I could put it number one, number two, number three.

Yes, but you have to recognise that it is just part of your journey.

Ben: I think it's reassuring to know that, when we both return back to Spirit we can reunite.

But you must not hold on to that thought whilst you are here. (No, OK) I really would say to you, my dear friend that you have to let go. I know that is easy for other people to say, but what happens is, you would eventually create disease in your own body, because it is a negative, it is a negative emotion. After all, you would not abuse your car, you would not allow it to be under stress and strain? You would give it love and oil and whatever else you place within your cars, would you not?

Agreed

So why would you neglect your physical being? You must do what is best for the Spirit. We will uplift you and try to help as we do with all of you.

Ben: Thank you.

Do we have any more questions at this time?

Paul: I've got a question from one of the readers. This one's from David in Tasmania. He said he's come to understand that in his last live, he was killed on his birthday aged 32 on 28th April 1919, and he wondered if there's any spiritual significance to these dates?

Sometimes, when a Spirit comes *home*, especially when they return *home* under conditions which are not always good, they hold on to significant things of memory, and birth dates as all of you know have become an important part of human living. It is the human side of you which has created this; so yes, dates can be held on to for quite some time, for quite a number of incarnations. It is not something we have spoken of before I believe, but it is like anything else; we have spoken that people retain scars of old injuries from another lifetime, and so it is with numbers and names and all of these things. The Spirit holds on, so therefore when they wish to come into another lifetime, they wish to bring it back to the same number.

Paul: Right, they might feel comfortable about a certain date?

Yes, many reasons why they do, why they hold on; but it is one of the reasons why you should let go of any uncomfortable feelings in a lifetime, you should allow them to go free before you return home.

Paul: So, would you say, there is not really any spiritual significance?

Not spiritual significance, no.

Paul: More of an almost superstition...

Well, I would not call it superstition—that makes me smile; no, not superstition, but just the need to hold on to part of a life.

Ben: So was it a coincidence that he died on his birthday?

No, he would have chosen. You choose when you come, you choose who you come to and you choose mostly the pathways that you take.

Paul: Yes, so it's another case of not letting go...

Yes, it is holding on to something from the past. It is simple, there is no mystery about it—it is, in the same way as people hold on to things from past lives—anything from a past life can be held onto, especially if they feel it has not been dealt with.

Jan: Such as phobias as well?

Phobias, are another case of holding on unnecessarily, yes.

Sabine: Yes, or having died in a certain way, like drowning, or in a fire...

Yes, it is something new for you all to think about.

Paul: It's almost like we cling to what we know, rather than...

Yes, you see, it may also be that the Spirit feels that to be reborn on the same day as someone passed before, it is almost like a new start.

Jan: A rebirth?

A rebirth, yes.

Jan: That makes a lot of sense.

Paul: Yes, we're creatures of habit.

Di: So if somebody's got a fear of drowning in this life, is that likely to be because they may have drowned in a past life, or is it just a completely irrational human thing?

It can be either, there is no one set answer to these things. Very often, the fear would come from another time, or from the life that they live now. It just depends on the life.

(Jan then asked Lilian about a question she had wanted to ask Salumet, but she couldn't recall it)

I am always amazed how little, or how many questions are not asked when I am actually here, and as soon as I am gone I can see that your minds are spinning; but, it matters not, because there is always another time.

Jan: So actually, you hear our questions?

I do, yes.

Paul: One question I think... me and Ben actually went to a talk a few months ago, and we had our doubts about it afterwards, but she claimed to be an extra-terrestrial *hybrid*, part human and part extra-terrestrial, but we couldn't quite see any point to what that could be about, **(No)** because we fully embrace the idea that we have brothers from other planets, but the need to hybridise with human...

Jan: Salumet answered that question for us last year, when he said it hasn't happened, we haven't bred with extra-terrestrials in the past.

Do you remember when first time I came to you? My words to all that were here—if there is something I say or anyone says that you do not feel is right, then you must let it go, you mustn't accept it; so I will say only that if it gave you an uncomfortable feeling, then just to let it go. That is not to say that everything will be untrue, only that perhaps you may not be ready for that information. But, I will say to you, no, there is no mixture, why, as you have said sir, what would be the point?

Paul: Yes, yes that's nice to know, it's one of those things that is said...

There are many of these people I know, who are confusing others, but that is not to say there are not what you term 'aliens'—I would rather call them brothers of the universe; but you must accept in yourselves what you feel to be true and helpful.

Paul: Thank you for clarifying that, I think that could be nice for the readers **(Yes)** to hear as well.

Ben: I think that was our conclusion, wasn't it?
Agreed

Lilian: I've remembered the question, have you got time?

I will take you and then I must leave.

Lilian: Ok, thank you. It's a good few years back now, I was reading an autobiography of a well-known person, an American actress actually, but she had been on holiday with a friend in the

Himalayas and this friend who could walk better obviously than her and walked further. He had a friend that if he thought about this female, she could appear just beside him; but in the Himalayas, the mountains right at the top, was a group of spacecraft; I don't know where they came from. Would that be a true story? Can you confirm?

I will not deny that there are visitors from space, I will not deny that there are those who can appear in an instant, because there are those in other universes who are much more advanced than you. So yes, these things are possible and a mountain range, I know would be picked by quite a few 'travellers', shall we call them, who wish to be not so well noticed. That is why you hear stories of them landing in obscure places. I do not deny that they exist, but what I do not like is the assumptions that are made about them. But that is not for any of you to worry about, I feel that perhaps some of the people who speak so closely of them, are a little, how do I say, humanly unstable.

Lilian: She was an actress, so she would be used to...

It may be that she saw something, I do not feel it is untrue, but neither am I ready to say that what she saw was completely right.

Lilian: I don't think she saw anything herself, it was this friend that she was with.

Yes, but that can happen, that can happen; as you know, many things can transmute, can change their shape, their structure, so why not a being? (Yes) And after all, what is Spirit? It does not possess a body, but it can appear. So, I say to you my friends, just dwell and think on the points that we have brought up this evening, allow your brains to stretch and grow, but allow mostly, to allow the Spirit to enter and help each and every one of you.

General thanks

As always, I leave you with my Love, I leave you feeling protected and uplifted and I look forward to our time together next time.

General thanks and good byes

Next, there was a rescue through Sabine. (A 'rescue' is for individuals who have died and have problems leaving their physical bodies/physical Earth)—audio link:

http://www.salumetandfriends.org/app/download/8736349/2018_02_19+recsue-Betty+via+Sabine.mp3

Jan: Hello.

Breathing heavily

Oh, there is somebody here.

Jan: Well, yeah we're here, sorry.

I'm out of breath!

Jan: Oh dear!

Di: Have you been running?

No, I don't run! Running is for fools! Who could even think about doing that!

Jan: What were you last doing, to make you out of breath like this?

I was going up the stairs!

Jan: Oh dear. I am going to change places with the lady and I'm going to get the lady to come and help you, OK?

OK.

Lilian then moved closer and dealt with this one.

It's all dark, I think my light may have broke.

Lilian: Ok I am here to help, I will put my hand there, try to calm down a little and your breathing will get better.

It's so cold.

Lilian: Yeah, OK, you should be feeling a little warmer, as I'm giving you a little rub there.

I was just getting a bit of coal.

Lilian: Can you tell me how old you are?

Yeah, my birthday is tomorrow.

Lilian: You will be?

I'll be 86.

Lilian: Right, it is quite a good age, isn't it? ***(Yes)*** Is it getting easier?

My ears hurt—behind my ears, there's something warm in there. Can you touch behind my ears? Yeah, right there.

Lilian: It should be easier now.

It does feel wet! Oh my hands, feels like there's ants in my hands.

Lilian: But your breathing is getting a little bit better.

Yeah, but my body is not right.

Lilian: No, no. Did you ever think about what would happen to you when you die?

When you die? I don't know.

Lilian: You never thought about it?

No, you just got to get going. But this body doesn't work anymore. Oh my hands, they're just all fizzy and buzzy—I don't know what to say.

Lilian: It may be a little bit of a shock but you'll soon recover. Something has caused you to die, maybe falling on the stairs or something, but you've died and you couldn't figure out where you were. Did you ever think about a life after death?

After, after what?

Lilian: When we die, our spirit goes back to heaven.

Do I have to drag this body with me? It doesn't work anymore?

Lilian: No, we leave the physical body behind and the spiritual body will be absolutely fine.

So I don't have to worry about my hands?

Lilian: No, because you will be fine. Do you accept what I am saying?

Ok, I'll try.

Lilian: Good, that's good. Now, what can you see ahead of you? Can you see a light?

No, it's all dark in here.

Lilian: OK, slowly, you'll begin to see a light and it will all become light.

Oh, I can see my body on the floor!

Lilian: Well, you're leaving that behind.

Oh, doesn't look comfortable. Can I just change it's position a little bit?

Lilian: How would you like to change the position?

Well...

Lilian: You are thinking of your body, you are not quite accepting.

Well, I'm out of it.

Lilian: You know you are out of it—is there anyone that went ahead of you, who's died before in the family that you would like to see again?

Oh, I would love to see Charlie again.

Lilian: Well, there you go, so if you still keep looking ahead of you. Forget the body you've left, think of the body you are now and you will see Charlie—he'll be waiting.

He's always very slow, maybe he is a little late?

Lilian: He'll be there.

Jan: I have the name Flo, F-L-O, Flo.

Lilian: Is that your name?

Jan: I think there's somebody waiting called Flo.

Lilian: I'm sorry, I didn't say, what's *your* name?

My name is Betty. And what's your name?

Lilian: Hello

Hello Lilian.

Lilian: I'm just here to help you.

Are you still in your body?

Lilian: I am

At least it's in a better position than mine.

Chuckles

Lilian: I thought you left that one behind.

I did—you asked me to.

Lilian: Who can you see?

No one, there's just you and me.

Lilian: Give it time.

Well it's comfortable to be with you.

Lilian: There should be a light, and someone will appear in the light.

Somebody's pulling my hair!

Lilian: They're behind you.

Maybe I should turn around. Ah, there you are!

Lilian: Is it Charlie?

No it's not Charlie.

Jan: It's Flo.

No I don't think it's Flo. Or is it? I think she's changed. Did you change your hair?

Jan: She's now appearing to you as a much younger person. ***(She is)*** Like the person in the past.

Yeah, that's why I couldn't recognise you! Oh, can I come just like you? Then we can walk around like we used to when we were kids?

Jan: I'm sure you'll be able to do just that.

That would be so much fun, do you remember that time, when we walked around, in the town?

Lilian: I think there's better places than the town for you now.

Perhaps, yes, I'm sure Flo will show me, she always knows where the best places are.

Lilian: She can help you understand where you are and all about spirit.

Alright—Lilian, it was nice to be with you, but I've got to go with Flo now.

Lilian: Good. And you'll be fine.

Yeah, good bye Lilian.

Lilian: Bye bye.

Next Cho spoke—audio link:

http://www.salumetandfriends.org/app/download/8736355/2018_02_19+Cho.mp3

(Jan and Lilian had swapped seats for the rescue)

Hello!

Jan: Hello Cho!

No, you not move.

Giggles

Jan: If I had known it was you...I'm sorry—I should know you, shouldn't I—naughty of me I'm so sorry.

I come apologise.

Jan: Why?

I let lady slip in too soon, a little bit too soon, but she OK now. (Referring to rescue)

Jan: She's fine, she's fine.

It got you here, didn't it? (Referring to switching seats with Lilian)

Jan: Yeah!

What you do with your leg?

Jan: Well, it's healed.

I know!

Jan: Between the surgeon and I we've decided to give it one last shot to try and get rid of the infection.

Ah, she got favourite?

Giggles

Jan: What? The surgeon?

Cho giggles

Jan: No, you're always my favourite, but he's rather nice.

I no like him...

Di: You're jealous

Chuckles

I don't mean that, I don't mean that.

Jan: You said to me a little while ago that it wasn't quite finish.

No, it wasn't.

Jan: So I think I need to give it one last shot to get rid of this infection.

You very good—you good little lady.

Jan: Well, that's nice of you. It was so nice to see that it was actually healed; there was no gap at all, and I know we've all done that—Spirit has helped me to do that, I have done that, all my friends here have done that.

It just show you what we can do.

Jan: Absolutely, yes, it's our testimony.

Well, when the lady want her seat back, don't follow her only one foot.

Jan: No, I won't, that could be pretty disastrous. So you're gonna be with me when I have my operation?

I'll be with you, I your little helper.

Jan: Yes, you be the little helper and get rid of that infection for me.

I try. (Thank you) ***I try, but you got behave.***

Jan: I know, I will, I will, I'm gonna rest this time.

You've been so naughty.

Giggles

Jan: I'm going to rest this time, I'm not going to do anything this time.

This time, I pull you down; (OK) ***make you sit down.***

Jan: Stick me back in my bed. Well...no you'll always be my favourite.

Oh!! You not allowed to say that!

Jan: Well, I just did.

You get me trouble.

Jan: I'm sure that's not true, you can't get into trouble.

No, I can't, but you can.

Jan: I can. Right, we'll swap places now Cho.

(Lilian is now sitting next to Cho)

Yeah, you my little star.

Lilian: Oh, thank you.

Now I got to go now, I apologise.

Jan: So you just had the one for us tonight, apart from the ones that are with us in this room?

Well, I just thought my timing a little bit out. I'm not perfect yet.

Chuckle

Sabine: Well she was in a hurry.

Jan: Yes, she was in a hurry—Salumet hadn't even gone, had he?

No, that's why I have come and apologise.

Jan: Well, no need to apologies at all.

Anyway, I go now.

Jan: OK Cho, lots of love.

General 'ciao Cho'.

Ciao.

Finally there was one more with Eileen, a light-hearted one—audio link:

http://www.salumetandfriends.org/app/download/8736359/2018_02_19+Benny+via+Eileen.mp3

(Some giggling from Eileen suggested Cho was still there)

Sabine: Are you still there?

No, he made me laugh!

Chuckles

He made me laugh!

Jan: He's very cheeky.

Lilian: So he opened the gate for you, did he?

He shoved me through!

More laughter

It's not fair! Lady he let through all nicey, nicey.

Jan: And you got pushed!

And I got pushed.

Jan: Oh, lovely.

Lilian: Can you tell us your name?

Benny, Benny—not like this one. (Referring to Ben)

Jan: Yeah, Ben is sat next to you.

Ben: A bit like Benny Hill.

Who Benny Hill?

Jan: He was a comedian back in the 70s, 1970s

I don't think I know that one.

Jan: It was before, or after your time, was it?

After my time! Chuckling

Jan: When did you go then? When did you go back home Benny?

I don't know. (You don't know?) **I don't know what I'm doing.** (More chuckles)

Jan: Maybe you've just come to give us a giggle.

Ben: Been on the spirits.

Oh, he funny guy. What's spirits?

Jan: Alcohol,

Oh, not funny.

Jan: Well of course you're from spirit, we're all spirit, so you've been on the spirits, you see—silly joke.

Yeah, I wanted to come and sit next to the little lady.

Jan: You wanted to sit next to Lilian? It's a good job I've moved then, wasn't it?

Cho called her: "little star", I call her little star.

Jan: Yes, he did, didn't he!

Lilian: I don't get called little star very often. So that was rather nice.

I don't know what I'm supposed to do! Chuckles

Lilian: Never mind, you made us laugh.

Sabine: And you're having a good giggle too.

Lilian: Can you tell us what you do in spirit?

Not a lot!

More laughter

Jan: You know, that's one of the best answers we've ever had! Not a lot!

I like a laugh, (Chuckling) I like make people laugh all the time. Anyway, I got to go, Cho pulling me back. All right, all right!

Paul: Come again.

Jan: Were you just passing by then and got pushed down the hole?

Pushed down the hole?

Jan: Well, did he just push you?

Yeah, not down a hole. What she like that woman.

Lilian: Through the gate.

Jan: Through the gate, did he just push you?

He pushed me and I got here.

Jan: You were minding your business and then you got pushed through the gate.

I hope this lady, I'm sitting on her lap—I hope she doesn't mind.

Lilian: I'm sure she won't.

Oh, I got to go.

General farewells

Di: Thank you for making us laugh.

Notes:

Lilian's question referred to Shirley Maclaine's autobiography: 'Out on a limb'.

Salumet discussed karmic debt in detail on 08/09/2003:

<http://www.salumetandfriends.org/app/download/5029930/8TH%2BSeptember%2B2003.pdf>