

SALUMET — 11th June 2018

After our healing prayers, we were discussing Salumet's previous words, when Lilian noticed he/she was with Eileen—audio link:

http://www.salumetandfriends.org/app/download/9154748/2018_06_11+salumet.mp3

Lilian: We are very pleased to have you, once again. Good evening, I have listened carefully about your words this evening. I am pleased that you are recalling my words from time gone about the dissolution of the churches, or the beginning of such, of the fact that young people will have a fuller part in the world to come. It is so interesting, my dear friends, that you have recalled our conversations of the past, and yes, progress may seem slow, but let me tell you, it is going at a very fast rate now. Human beings are listening to their inner voices, of course they are, or there would be no change. So I thank you, my dear friends, for your discussion about these matters.

As we continue over this New Year, I wish to say to you that you must be aware of all of the things that are happening within your medical world. Great steps are being taken in all aspects of recovery and cure. This, my dear friends, will continue and I can tell you that there are one or two conditions which will amaze some people that is coming up not too far in the distance; I will not tell you what they are, because I would like you to have the element of surprise. Also, I wish to tell that there will be more discoveries at the bottom of your oceans; a little has been spoken of, but not enough. And all of these people who look into all of these matters are quite excited at the moment—not only the oceans, but we look up into the skies; there will be announcements of new stars, which is happening all the time, but you are not always aware of it. So, my dear friends, look out for all of these things to come, because your world is in need of them and we will utilise and help those who are willing to help themselves.

Paul: Will these discoveries in the ocean have uses for us?

Of course, what would be the point otherwise? Of course you will benefit from all of these things that bring 'new' knowledge, and although I say new knowledge, of course you know it is not new.

Jan: The source of our energy, main energy, will come from the oceans first, (Yes) as well as healing? Yes water is a most powerful agent, yes.

Graham: It seems almost as if everything is accelerating at the moment, with discovery of space and our planet and it goes on everywhere. **Yes, I listen to you speak about 100 years, that is blink of one eye, but of course to you human beings, 100 years seems forever.**

Sara: It's a life time.

Di: It's a good lifetime, 100 years.

Yes, and it is becoming the normal life span and that is because of discoveries and medicines and attitudes of people—the changing of all of those things.

Jan: Will we solve our pollution problem in the oceans with our plastic, Salumet?

Yes, we have been trying to help you for so many years, but just the recognition now on your planet has become much greater. I will not say at this moment that you will solve all problems, but at least, you have the inside to do something about it, and with the help from our world it should be greatly improved over time.

Jan: Good.

Sarah: David Attenborough has done an awful lot to make people aware and these animals that have given up their lives through eating plastic has also shocked a lot of people and that's good.

Yes, without knowledge you cannot change anything; that is why it is important that these people work hard to bring to you, I will say common people, but that almost seems like an insult to you, you are not common people, you are spiritual beings who want to gain more knowledge. But you need people who will lead the way.

Di: I think famous people who aren't politicians, I think the common people take more notice and find it more believable when it's not coming from a politician, as with David Attenborough; I think that is really helpful, because people take their heads out of the sand and realise it's up to them to do something about it, not everybody else.

Yes, but do not dismiss your government people; they, most of them are good, kindly people who are trying to help and support others. So, do not dismiss them too much, give them the *benefit of the doubt*, as you would say.

Jan: I have a feeling, my feeling is that the world's waking up to the fact that we've been so greedy with our resources. A hundred years ago, perhaps we were rather ignorant of what we were doing to the planet, (Yes) because the industrial revolution was galloping ahead at that same pace as we're trying to improve what that caused, if you know

what I mean? The seas were dirty then **(Yes)** with effluent and waste throughout the industrial time, and then oil, we all remember the oil slicks etc. during my childhood that seem to have been cleaned up; so the last bastion of the cleaning process, *one* of the last bastions, seems to be the plastic. **(Yes)** So in such short space of time, again, we've created the pollution, but we're also going to clear it up. **(Yes)** So I think we're an amazing ... our evolution and our learning has happened in such a short space of time.

And that has been the purpose of Spirit to do so, that this past century of your time has been one of great knowledge, or greater knowledge, for others to use, and that is what you should be doing, but what we wish to expand now, is the spiritual *mind*, the *spiritual mind* that will give you all details and facts which you can then utilise.

Jan: Which comes back to what we were talking about, the churches as well, **(Yes)** because as everybody becomes closer in their spiritual thinking, **(Yes)** and bettering of the planet, then it will gallop ahead at an even faster rate. As you've said to us, the power of thought, even in this room, if people have enough power to heal my leg, along with Spirit, imagine collectively, every soul on the planet, **(Yes)** thinking with spiritual eyes, what we could accomplish.

That is why, the churches in some small way also benefit, because they come together in prayer and hope, but the problem with the religions is that they try to influence people to *their* way of thinking, rather than allow the people to join in with the beauty of their singing, the beauty of unity together. You understand?

Agreed

Di: They don't encourage people to go inside themselves and find their own way, because they want to tell them...

Yes, it is a power struggle. But most people today on your planet are beginning to think for themselves. (Yes)

Jan: Those of us that watched the royal wedding—he did go on a bit, bless him, but there was a pastor from America, who spoke about Love. That was broadcast to so many millions of people around the planet, and he was so inspiring, that it made you feel as if the whole world was listening.

Yes, such a small word with such a big meaning. (Yes) **Yes, and I have said to you, my dear friends, many, many times, *the Power of Love, the Power of your Thought* and your *Thinking*; and I cannot reiterate those any more than I do, but if you**

always go back to *Love*, you will not go far wrong in your lifetime. Yes.

Paul: I think you've said in the past that, as these older religions gradually go, there will be new ones. Will it be a case of far *less* religions and then, after a while, they'll just merge into *one* religion for the whole planet, or something like that?

This is what happens when you come to Spirit; no matter what you believed or how long you have believed that at a certain point in Spirit, your mind changes, you begin to see the Truth, and this will apply to *all* religions, whether you believe that yours is the *one* religion or not. All people who come to Spirit are faced with the facts that there *is* only one religion, and that again, is Love. It may take many lives for them to believe that, but it, I can assure you, will happen.

Paul: We had a question I didn't manage to put last time by Marvin Naylor who is a musician, and he's written a few songs inspired by the words in this group. He asked about religions on other planets and whether they have the same thing or are there planets who have already evolved to that point where there is just one religion?

Some of the planets have evolved, others have not, but it would not be the same religion as you experience here; what you experience here is for Earth people only.

Jan: I can understand that. **(Yes)** Other believe systems on other planets I would imagine? **Yes, these religions have been created by mankind from the Earth planet. I would only say to you and to the gentleman that when you pass to Spirit, all becomes clearer. But there is no doubt that upon the Earth planet that most of the religions as you know will gradually abate and many disappear, maybe even in some of your lifetime.**

Sarah: It seems that some religions are becoming more fanatic though, aren't they, instead of dying off?

Jan: I've been following the pyramids Salumet, with lots of interest; there is so much at the moment in the media and your words are coming exactly true. Scientists now believe that extra-terrestrial spiritual beings must have been involved. **(Yes)** That's really exciting to listen to—I found myself shouting at the television and my husband: '*Salumet told us that, Salumet told us that!*' So that is becoming almost mainstream now.

Yes, eventually our influence will reach those who are able to discuss it with a wider audience. Yes, you are correct, and of course, we in Spirit know that as human beings, even when you accept

something, you have the problem of fear and doubt; it is a big thing for you all to accept that sometimes you live your life with some little fear. I say to you all my dear friends, let go of all fear, because there is nothing to fear.

Sarah: Salumet, I was looking through some papers the other day and I came across one that somebody had written and he said he was explaining what had happened when he had actually died—he died and he said his body was beginning to stiffen—rigor mortis was kicking in and all the things he said I could well believe was true, but he wouldn't *actually have really* died, would he, because his chord couldn't have broken and then been put back together again?

You are speaking about near death?

Sarah: It was near death—it wasn't death...

No, until that chord is severed, you still have an attachment to the earth plane.

Sarah: But he'd said he'd stopped breathing and all this, **(Yes)** but he wasn't dead?

It is the *beginning*, but until the chord is severed, you are still, let's say, 'part' human; that sounds very odd and strange, but I'm sure you understand what I am saying. (Yes)

Jan: Did he feel being pushed back Sarah, you know, pushed back to Earth?

Sarah: He was just explaining all the things that had happened and then suddenly he was back in his body.

Yes, he would have returned quickly, yes.

(Sarah said she'd bring the article next time)

Yes, because do not forget that when you reach that point, the Spirit has partly left the body, so you are able to describe what is happening.

Sarah: It makes sense, but I hadn't even thought about it in those terms, yes.

I hope that helps.

Lilian: I was thinking, would it be similar to, while you're here talking to us, you're in charge of Eileen's body, her Spirit is away at the moment—so it's a similar situation?

She is away, but she is still connected, she is being looked after by another with whom I work sometimes. But yes, her Spirit is not with you at this moment.

Sarah: Last week, she said she went deeper than she thinks she's ever been, and she was crying when she came back, she didn't want to come back.

Sara: I attended a talk recently by a lady who had an NDE (*Near Death Experience*) and she was very upset to have to return, partly because she was grieving for her husband and she'd met him in Spirit

during the NDE. But it seems quite common that people feel upset to return because...

Jan: There is so much Love.

Sara: The Love...

Yes, you have to experience that—it is intense Love. The body is dismissed, if you like, and only the pure Love remains, but if it is not your time, you will not come to us; you may get so far but you will be returned, yes. I hope that helps you.

Agreed

I thank you, my dear friends, for listening to me. I have been most interested this evening to hear you repeat the teachings I have already given, which tells me that sometimes you must listen.

Giggles

Sara: Yes, I've been reading them as well at home.

Sarah: I think that a lot of the things you say Salumet, they ring so true that it's hard to forget. Obviously we do forget some things, but those sort of words that you give us we don't forget.

Jan: I think you're right Sarah, our short term memory might be quite bothersome, but when it's needed, we can recall all those important messages.

Yes, that is why I tend to repeat them for you, because I know the human memory is not the greatest.

Jan: Well, it will be one day.

And it has before.

Jan: Yes, I'm sure we'll get back to that.

Paul: Do you have any tips for improving our memories?

Just to go forward in Love, and believe that all is good when you come to our world.

Thanks

Jan: I have an inkling that Alzheimer's / dementia is going to be one of the healing subjects or the cures that are going to be spoken about.

I will leave you with your inkling.

Laughter

Sarah: Did you say, you see I've forgotten this bit, did you give us any timescale as to when these two things would happen?

It will happen and you will be pleasantly surprised. And that is how I wish to leave it.

Chuckles

Sarah: I was just curious to know how long it was going to be.

As human beings, you are very clever at trying to manoeuvre what I am saying.

More chuckles

Graham: It doesn't work though, does it?

Thank you.

Jan: But it's also quite nice for us to record these feelings, **(Yes)** so that we can gain a little bit of our own proof, I suppose, because human beings are very nosy and even though we believe, we still would like to receive proof all the time, don't we?

Yes, well, there is nothing wrong with that.

Jan: No—and we still get excited when you know it, in your hearts of hearts, you know it in your mind etc., but when it's presented to you as fact, we still go 'woo'!—yes, we knew that!

Yes, and as I have said from the very beginning of our coming together, whatever you cannot accept, do not accept it. I have always said that to you—do not believe my words, then, let them go.

Jan: I don't think that any one of us here has done that—has not believed...

Sarah: That's what attracted me in the beginning to this group, because there was no pressure to be here or to believe, or anything, it is purely, when we are ready for it...

And that is the best teacher, that when you feel that you have learned, then that is the right time.

Jan: When we come into the room, our egos disappear. **(They should)** Yeah, we've mentioned that lots of times, haven't we? (Yes) I know I have, with Lilian sat next to you, our egos just disappear—we're just one.

Yes, you must open up your mind, of course, but you must let the ego go. Yes, that is imperative and we like when we come together and come to agreement. Yes.

Jan: Lovely—beautiful evening, thank you.

Now, I thank you for your questions and discussions.

Sarah: Thank you for the answers.

Yes. I hope at least I have brought some clarity to what you have been talking about.

Agreed + thanks

So now, my dear friends, until we come together again, I will leave you as always, cloaked in my Love, and those of Spirit.

Thanks

Next, our dear friend Cho spoke—audio link:

http://www.salumetandfriends.org/app/download/9154753/2018_06_11+Cho.mp3

Hello.

All: Hello Cho.

Jan: Nice to have you with us.

You're my friend.

Jan: I know. I was talking to you yesterday—thank you for looking after her...

There are 2 people to speak tonight—2 people.

Jan: Using 1 medium or 2?

Two.

Jan: 2 people—2 mediums. Right, OK.

You be good?

Jan: I'm always.

No you're not. You be very good. I look after you.

Jan: Thank you, as always, as you always do.

Yeah, yes. I go now, I tell you 2 people come, OK?

Thanks and byes

Pause

Oh no, I forget!

Jan: Oh no, not you! Our teaching tonight, we were talking about forgetfulness, I thought it was just us lot here!

No, I forget, one very shy, one, very, very shy.

Jan: OK, we'll be really loving and kind, yeah, thank you.

I help too.

Jan: You're gonna help too, you are gonna help from your side? **(Yes)** Lovely, thank you Cho.

Lilian: It's a rescue, is it?

No, not necessarily, just one to talk.

Lilian: That'll be nice.

Pause

Oh no!

Jan: Have you forgotten something else?

I forget say ciao.

Giggles

All: Ciao Cho.

Mark: I think Cho is pretending to forget to make us feel better.

You're funny...

Next, our shy guest arrived via Eileen—audio link:

http://www.salumetandfriends.org/app/download/9154759/2018_06_11+Shy+one+via+Eileen.mp3

Lilian: Hello. Are you the shy person? If you are, don't worry, there're quite a few of us here who are quite shy. We'd love to have a chat with you.

Why?

Lilian: Well, we're just a little group of people, did you know that? We love to have a chat together and listen to people from Spirit, and we've just had one we call our teacher, telling us future things that will happen on the planet. Can you tell us when it was when you were living on the planet Earth? **(No)** You don't remember? Was it in England? What can you remember? Did you have pets?

I had a horse.

Lilian: What did you call the horse?

Betty.

Lilian: Did you love ridding? **(Yes)** Can you still ride in Spirit, or do you just chatter to the horses and not ride them?

I like horses to be just with me—no one else, because I remember a little bit, when I was where you are, I had a mother who was very strict and she used to shout at me.

Lilian: She was domineering?

Yes, so when I had my horse, I spoke to her.

Lilian: Yes, that would be lovely, wouldn't it? Just to have something peaceful...

I try to come back sometimes, but I can only come so far and then I want to go back.

Lilian: Well, you'll go back alright, but it's nice to have a chat, I must say.

Sarah: You're doing very well this time.

This is important for me, with all of you people, but you're not noisy, are you?

Di: Sometimes...

Sometimes—I wouldn't stay if you were noisy. I don't like noise.

Lilian: I understand that. You were an only child, were you?

I was.

Lilian: Yeah, I was too, so...

Did you have a horse?

Lilian: No, I wasn't lucky enough to have a horse. I had a dog and a cat, and a rabbit, a few ducks...

That's all right—I don't know about ducks.

Lilian: Yeah, you do get used to the quiet, I haven't thought about it much, but you're right.

But, I'm told, I have to overcome this.

Lilian: Yes, you will.

Jan: Are you shy in Spirit, as well?

Yes, and I have to overcome it, and I'm told I either have to have another life, or I have to speak with children or some people who are talkative; but, I have to overcome it.

Lilian: Yes, I'm sure you will, you are not doing too bad now.

Jan: Do you have to make the decision whether you're going to come back to Earth? ***(I do)*** What do you think?

Lilian: Are you not quite ready, or you'd rather not?

I don't want to yet.

Jan: So that's why they've said, to stay where you are, you've got to be more communicative, is that right?

That's why I chose to come here. Although there's a lot of people, you're very quiet.

Di: We're being quiet because we know you're a bit shy.

Thank you.

Sarah: We also feel we can't hear what you're saying...

Sara: And I think we've all felt a bit shy at times in our lives, all of us, if not still sometimes. ***(Yes)*** So we all understand it.

But I've been told, if you are too shy, you are closing people out, and you can't do that.

Jan: Are you better in smaller—one-to-one, like Betty was, your best friend? Are you better? ***(Yes)*** Have you got somebody in Spirit like that, who you can talk to regularly?

Yes, somebody called Michael, who is trying to help me, because he knows I don't want another life, not yet.

Jan: You are very welcome to come, if you have a word with Cho, our little gatekeeper who is my friend—you can come and speak to us whenever you want.

He makes me laugh!

Jan: He's really cheeky, isn't he? He was pretending he kept forgetting things. I think he just likes to come and say 'hello' again. He says: *"I must tell you, I've just forgotten, yes..."* —he's cheeky. With somebody like Cho, you can't be shy around, can you? ***(No)*** He'd be good, wouldn't he?

Yes, he would.

Sara: And children are very good, because they're so open and they don't judge, they're always very innocent and I think that's helpful.

Yes, well, if I make any decision I will come back and tell you.

Lilian: ...because we all do, we all learn from chattering with other people, listening to their views.

Jan: I've got a picture of Betty, does she have a white blaze and only 3 white socks?

Yeah, can you see her?

Jan then picked up clairvoyance about the horse, which she spent much time with and loved...

...but they want me not to be with her so much, because they say I become...

Jan: Isolated?

Insular.

Lilian: Strange ... I don't think it occurred to me, I don't know about the others, that you could become isolated in Spirit; but why not?...

Well, I understand I shouldn't be, but sometimes with people, it takes a little longer and because I grew up feeling this way, it's part of me.

Jan: Of course it is; we don't change just because we've gone to Spirit, do we?

No, but can I say something before I go?

Sarah: Of course... as much as you like.

I like all of you!

Sara: We all like you too!

Thank you.

Paul: I've always thought there's something endearing about shy people, even though I agree, it can be a bit insular, but they're generally highly sensitive Souls, which is good.

Lilian: And peaceful. Can you tell us your name so we'll know when you come next time?

My name is Mary.

General comments about it being a lovely name

Sarah: You're welcome back as many times as you want to come Mary.

Thank you, but Cho's calling me.

Sara: You did very well.

I'm surprised I stayed so long.

Sara: You've spoken to lots of people.

Jan: Well done, well done Mary. **(Thank you)** Please come and see us again.

Mark: You didn't seem shy, you seemed quite talkative to me.

Jan: That's because we're a nice bunch, isn't it Mary?

A nice bunch.

Jan picked up more clairvoyance about Betty the horse, as we said our farewells to Mary

Note: Some things don't change when we return home to Spirit and Mary's shyness is an example of this. So it is important to work on our challenges while we are on this wonderful planet of learning, so we don't take them with us.

Then our second guest arrived, speaking through Sarah—audio link:

http://www.salumetandfriends.org/app/download/9154757/2018_06_11+one+via+Sarah.mp3

Lilian: You come to have a chat? Can we help you?

I'm just waiting.

Lilian: ...Just waiting for?

I'm waiting for my friend.

Lilian: I see. You know she's coming? Or he?

He's coming. Just waiting a little while.

There was then a few moments while things were being organised from Spirit.

Yes, sorry about that. He wanted to speak, but he wasn't allowed. He just wanted to give me some information. He wanted to come this evening, but he was not allowed. So, I have come for him.

Lilian: I see. Is he just a friend or a relative?

He is a friend, a friend from Spirit.

Jan: Is he doctor Klaus?

No. He did not do so well on this Earth plane when he was here and he very much regrets what he did. He just wanted me to see what it was like here now, and he is able to tap into me and see through my eyes, but he is not allowed to come just yet.

Lilian: He's not quite ready.

This is just another step in his healing.

Di: Well you are very welcome anyway.

We have worked together for some time in Spirit and I said I would come for him. I like to help him. He is so interested to see how relaxed you all are. He lived through a very tense time and he took some, shall we say, 'wrong' pathways. He is amazed at the whole planet—the tension has decreased and the feeling of Love is far greater. This is an inspiration to him, because he will in time return and the fear of returning to a fearful place is quite daunting for him. But now, he can see that not all is war and strife.

Lilian: No, far from it. Maybe, it may help if he thinks, when he does come back, it is to learn lessons, life lessons, and some we like and some we don't. So, if we can learn those lessons that we need to, it's a help to us spiritually; perhaps he could think of it that way—it will help him to grow. **Yes, I think, he may be aware of that, but of course when he returns as a human, he may well have again forgotten.**

Lilian: Yes, he may have.

Yes, but this has been most helpful and I can see a smile on his face.

Natalie: Could you tell us his name?

Yes, his name is John. (Thank you)

Lilian: We have been told that sometimes, when a baby cries quite a bit when they come back, perhaps a mother one think, 'I wish they would shut up and so on'. They are sorry they've come back, but of course, they have to stay and then they would forget all about that. But just when they are very tiny, they do remember Spirit, **(Yes)** more vividly. **(Yes)** He probably knows all that. **Yes, I believe much more is known when you are in Spirit and so much is again forgotten when you return to the Earth plane. But thank you for this time and I can hear him being grateful for this experience.**

Lilian: Well, I'm sure he's very glad you came.

And I am also grateful to you for allowing me to come. Thank you.

All: Thank you.

Notes:

Decline of Earth religions: Salumet first mentioned the fall of the papal religion and others on 28/07/1997 (see website) and this topic was returned to on 20/09/2010:

I have listened to your words about decline in the papal religion—and, yes, some time past I told you that this would be so—but the reason I have come

to you this time, is to say, that at this moment in time, in all of your Earthly world, there is much unrest in all forms of religion. In many cases, it is unspoken, but it is there for all to see. At last, your young people are beginning to think for themselves. No longer will they accept the blind faith of their parents and elders. The time is coming for *all* religions to look at themselves honestly and squarely, and to allow those followers of any particular religion to say what they feel. It is an important step in the unification of all Earthly life. I, of course, have to say to you that we are speaking of a time that is to come. But I say to you: the first steps have already been taken. For this, my dear friends, I would say to you—rejoice!—because, at last, the truth of all 'love and existence' will belong to all peoples.

And this key point was given earlier on in the teachings: 28/07/1997:

...That dear friend, is where your religions in your world have fallen down, because they have revered single men, as if they were special gods. No one man has all knowledge. Each individual must find a pathway which is right for him. Remember my words, 'Judge not.' Judge no other man and you will truly find yourself. Until mankind reaches this understanding, there will always be saviours, holy people, gods, that men will revere.

The question about religion on other planets was sent by a musician, Marvin B Naylor, who has written songs inspired by Salumet and Bonniols words. Here's a link to his website:

<https://marvinbnaylormusic.bandcamp.com/>

Pyramids made by extra-terrestrials:

Salumet has repeated that some of the pyramids were built by travellers from other planets (extra-terrestrials) for many years (see 05/05/2003) and there is a growing consensus with this:

<https://www.youtube.com/watch?v=aQq5dkOVTK4>

Near death experiences (NDE):

NDEs give us a glimpse of what happens when we die and more information can be found here:

<http://www.salumetandfriends.org/death-returning-home/>

Advancements in medicine/new discoveries:

Salumet has given us predictions regarding medical breakthroughs and discoveries in the oceans and skies for a number of years now. Many new stars have indeed been discovered with the aid of ever-advancing technology and new medical breakthroughs are announced frequently, often assisted by these improving technologies. A new form of energy from the oceans will come, and now we have 2 new medical breakthroughs hinted at by

*Salumet. There seems to be so much to look forward to at this time in history, compared to darker ages. This is the true news, which we are being encouraged to beam our attention upon and feed our thoughts with, which will help expand our minds and enlighten our planet, rather than dwelling on the problems. The future gets a little brighter with each new step, though we sometimes forget these things, with our foggy human memories, but the future indeed is bright. So, as Salumet repeated this evening: **Let go of all fear, because there is nothing to fear.***