

SALUMET – 25th March 2019

After healing prayers, Salumet gave a simple and yet undoubtedly highly profound exercise to practice, when sending healing prayers —audio link:

http://www.salumetandfriends.org/app/download/9950627/2019_03_25+SalumetI.mp3

Lilian: Good evening Salumet and welcome to you.

Good evening.

All: Good evening Salumet.

Always, it is a good to be with you once more.

Lilian: Well, it's certainly good to have you. *(Agreed)*

I wish to say welcome to our long-time friend, (Jean—Graham's mother) and she can be assured of upliftment at this time and I wish to say to all of you, my dear friends, that it brings so much joy, so much happiness when we hear your thoughts and your prayers of healing. It is difficult to explain the reaction of those involved with the people that you care about; so you see, it is not just words for help, but it is an extension of the Love of the Great Creator. It is almost like, I believe you would call it 'fireworks' that explode with Love at these times.

It would be good for all of you to think about deeply when you are sending thoughts of healing, and try to feel what it is that is deep within yourselves, because I want you to know, my dear friends, that each time there are words of healing, thoughts of help, no matter what, that you as individuals also receive that help of healing. So imagine how it must spread throughout all of eternity, when these healing thoughts are sent.

Next time you wish to send thoughts for anyone, include yourselves in the reaction of the words—do you understand?

Agreed

It is time, my dear friends that you learn to expand as Spirits, to allow that side of your being to come forward, to allow that part of you that is eternal, to pass that to others; and I know you will be saying, but we have always done that—indeed you have, but there is an even more powerful part of you that needs to be explored. Do you have any questions this time?

Graham: What about somebody who's not well, but nobody knows that they're not well, so therefore they don't ask healing prayers for them? Spirit world obviously knows that that person is not well, (Yes) so, when we do ask for somebody, presumably that is an extra amount of energy that that person would receive, (Yes) above and beyond what they would get from Spirit world alone?

Yes, no request for help is ever denied, but as it is with what you call 'group healing', and that is

what you do here, (Yes) the energy is lifted that much further. So yes, you are correct in that assumption.

Graham: Yes, because there are so many lonely people around that are not well and nobody knows—it's sad, that happens, but we all know it does.

We need the interaction with you very good people on Earth; we can do so much, (Yes) but we need the input of Love from you also. Does that answer your question?

Graham: Yes, that's what I expected you to say. (Yes)

Paul: Sometimes I think Les used to do it in the early days, offer prayer to 'wherever it is most needed'; perhaps some of those prayers reach people that are not aware that they are ill?

If you are healing individually, of course it is a great Love that you send to anyone who is unwell, but of course, there are many factors to healing, there are many factors to sending good thoughts and even thoughts which are not quite so good; so remember that, that there are always complicated issues afoot. You understand? (Pause) No.

Paul: There are complicated issues, yeah, I sort of understand that it is always a little bit tricky with words.

Yes, but if you use general words like 'to all who are concerned' it will always reach that person.

Paul: Because there are *Angels of thought*, directing our thoughts?

Yes, that is part of 'complications', rather than a very simple answer. The workings of Spirit and those of you on the Earth has never been, what shall we say, simple; there have always been more complex issues; but, do not dwell on it too much, but just continue, because what is healing after all, if it is not Love?

Paul: Right, yeah, maybe we don't need to know the complexities of it, (No, you do not) but it's inspired me to go further with our healing prayers. **Yes, I would like you to take great notice of what you are feeling at that particular time—you may be surprised.**

Paul: And that can perhaps strengthen the thought? **It can, it depends on how strong your particular thought is; you know very well, as I have said to you long time passed, that your thought is the most powerful thing that you will ever possess, and that carries back Home to Spirit.**

Lilian: And possibly the first thought, when someone tells you that they're not feeling well, we

call it sympathy and so on, but that thought would be the most powerful, **(Yes)** the first one?

And because it comes to you naturally, to wish that Love for another. Do not think Love as human love, people become confused between the two; spiritual Love is all consuming, spiritual Love knows no boundaries. So you see, spiritual Love from Spirit is even *more* powerful, when it unites with you as humans.

Di: When I'm sending that Love out, I always see it as a real brightness rather than if I'm thinking of some love on a more personal human level; it always seems to be—there's a lot more energy in it, **(Yes)** than just the physical love between two people.

If you focus on Spiritual energy, you are on the right pathway to know what you as a human being, but also as Spirit, you begin to understand what it is about—yes, *Energy*.

Graham: Sometimes, when we feel very close to somebody, or somebody who is part of our family or close friend or something, I think perhaps sometimes some emotion creeps in; I don't know if it is necessarily a bad thing when we allow our emotions to...we are very emotional.

Di: It's a human thing.

I understand what you say, and sometimes, human emotions can become awkward and in the way of true Love, (yes) *true Spiritual Love*. And, but that is part of your own human being, you know, but what you should do is try to recognise spiritual healing, Spiritual Love as opposed to personal love. (Yes) It is not easy, most people assume it is all the same, but it is not. Does that help you?

Graham: Yes, thank you. There was the Christchurch (*New Zealand*) incident—I think there was an overwhelming wave of Love towards the man who did it as well as the victims, **(Yes)** which was something to behold I think, across the planet; it must have been super-concentrated Love Energy, directed towards Christchurch.

Yes, that is what happens when we use the connection of Spirit and human together, because after all, you are human and you are Spirit, and sometimes one part of you takes a greater hold than the other. That is why you must become *aware* of what is happening; but please, do try, my dear friends, to recognise what is happening *within you*, when healing is sent to another. Next time I come to speak with you, I will be

interested to hear, although I already know, what has happened with you.

Paul: Right, that should be an interesting...

Do not try too hard, just allow that Spirit to rise, to let it flow over the whole of your human being as well as Spirit, and you may be surprised.

Serena: So when more than one person get together in the act of healing, that is *magnified*, isn't it? **(Yes)** So, various organisations will send out healing: 3, 6, 9, 12... could anybody just join in and add to that, already magnified...

Of course, if the thought is pure and to help of course, the more people you have, the better. That is why in your traditional religions, when you have buildings where people gather, congregate, and the energy is raised so much that it is able almost to be *touched* when you walk in; it matters not what that religion is, what is happening in those places is that there is a *unity of purpose*, a *unity to help others*. And most religions, no matter what it is, each have their own way of showing *Love*. So my dear friends, I am going to leave it with you this time.

Serena: Could I just ask a question before you go? **(Yes)** We've been told that everybody dies at exactly the right moment for their death, but, increasingly I hear of older people who seem to be kept alive, I'm not going to say 'against their will', because I don't know what their will is, but to all intents and purposes, they're not actually '*living*'? **No, it would be much better if they would let them go; and, influence would come from Spirit to help them if that is the right time.**

Serena: From their Spirit or from Spirit in general? **For *all*, each individual, there is a time when you cannot hold on to life any longer; they may try, but no matter what the problem may be, there is a time when they must return Home. Yes, your doctors have the capability of 'holding' people, and I say 'holding', because generally the Spirit is not there within that physical body.**

Serena: Yeah, they seem to be keeping the functions alive...

Yes, because they have the *will* to try to help to, they *feel* they are doing what they were meant to do, as all doctors and people who work in these establishments wish for. Do not worry, they are safe, they are well in Spirit; so you could have someone who's body is still here with functions that *seem* to be alive, but they are not, they are most of the way with us in Spirit.

Graham: Would that mean that their silver cord was still intact?

Yes, only when the cord is severed, does the Spirit leave.

Serena: Is that the same for people who are kept in a coma where their organs are viable?

Yes, yes they would still be attached; Spirit and the human form are intertwined, as you well know, but the time of severance is when they can no longer be kept here upon the Earth. Do not worry about people in comas, they are watched very carefully from our side of life.

Thanks

Now, I will leave this time and allow this instrument to return back to you; and until we meet next time, I leave you cloaked in Love, not healing Love, but just Love.

All: Thank you, our Love goes with you.

Next, Eileen was receiving clairvoyance involving a red balloon on a string and a celebration. It was Jean's 90th birthday approaching and Eileen continued to receive information about Jean. Eileen asked Jean if she often felt like a teenager and whether she used to like to dance. Jean affirmed this and explained that she used to do amateur dramatics. She said that she can't dance anymore, but Eileen suggested she can still dance in her Mind. Then Eileen was seeing a blue dress, to which Jean explained the significance. Her father used to work in the shipyards in Liverpool and one day the Queen visited and they rolled out some blue velvet carpet. After the Queen had gone, the father swiped it and Jean had blue velvet dresses ever after, until she was quite sick of them. The person left Eileen with feelings of much love for Jean.

Then, another was speaking via Eileen, with the gift of a puppy for Lilian—audio link:

http://www.salumetandfriends.org/app/download/9950644/2019_03_25+young+boy+with+puppy+for+Lil+via+Eileen.mp3

Lilian: Hello.

Hello.

All: Hello.

Lilian: Can you tell us your name please?

Why?

Lilian: Molly?

I'm a boy, not Molly...

Lilian: Oh, I'm sorry, I'm slightly deaf.

Ah!!

Lilian: Yes, it's a nuisance.

Cho said I could come for 5 minutes.

Lilian: That was good of him.

He said you are a nice lady. Would you like a puppy?

Lilian: I'd love one.

A white one. (Yes.) I've got one.

Lilian: Have you? (Yes.) What do you call the puppy?
Puppy!

Lilian: Just Puppy. (Just Puppy.) Why not?

I didn't give it a name. I couldn't think of a nice name.

Lilian: Snowy?

That's nice—Snowy, yes, I'll call him Snowy.

Lilian: Yes, they are great company. (Yeah) Do you take him for walks?

I've got him with me; he's sitting here with you.

Can't you see him? Can you not see him?

Lilian: No—feel him, but not see him. (Ah!) My last dog was called Bob.

I like Bob—I like Bob better.

Di: That's why I had the name 'Robert'.

Who said that?

Lilian: A friend who is sitting in the same room as me.

Oh, I didn't know you had friends. (Yes.) Anyway ...

Serena: Can you see any lights? (Lights?) Yes, sometimes when people come through, they say they see us as a light.

No—you must all be switched off.

Chuckles

Di: You're funny!

I am quite funny. (Agreed) I like it when people laugh.

Lilian: It's nice, isn't it? (Yeah.) What else do you do?

I like animals too. Cho said you liked animals.

Lilian: Yes, very much—a bit too much sometimes—they seem to stray to me.

They're all here—they're waiting for you.

Lilian: It probably won't be long before I see them.

Argh! You mustn't say that! I don't think they're ready for you.

Lilian: Oh, I see, I'll wait till they're ready.

Okay—it's nothing to do with me—I'm only allowed to come here for 5 minutes.

Di: With your puppy.

I wanted to give this lady Puppy, because she loves dogs and cats and ...

Lilian: ...any sort of animal actually.

Not elephants?!

Lilian: I think they're beautiful, but I think they should be wild.

Yeah, you shouldn't sit on them, should you?

Lilian: No, it's not natural, is it?

What would you have, lady, what would you have?

Lilian: What, out of any animal?

A pet, yes—what would you have?

Lilian: I think a cat is an easy one—they're easy to look after and so on; and dogs—you do have to walk dogs, they like to go for walks.

How about something like an alligator?

Chuckles

Lilian: people do have them as pets, but...

...most people don't like them. I feel sorry for them.

Lilian: I think they should be in their natural habitat.

Di: I think we're all a bit afraid of them.

Lilian: Some people *do* have them in their home, (**I know.**) which doesn't seem right.

Mm, so you don't know which animal you would have—only a cat or a dog?

Lilian: Yes, I must confess, I just like all animals. It's nice to see the ones in other countries, because we've got television and so one.

What about an owl?

Lilian: Yeah, they're beautiful.

Yeah, when you're awake at night, you can go, 't'wit-t'woo!' 't'wit-t'woo'!

Lilian: Yes, they are nice.

Some people find them quite scary.

Lilian: There have been stories made about them, in years gone by.

Di: Some people think they are ghosts, because they're white and shiny in the night—barn owls.

Barn owls—anyway, I'm going to leave my little dog with you.

Lilian: Well that will be nice, I'll look after him.

And you can call him whatever you like. (Thank you.) **Yeah, and you'll look after him.**

Lilian: Is it a boy or a girl?

It's a boy, I think, yes, it's a boy.

Lilian: Well, thank you.

You will look after him, won't you, (Yes) because I'll be coming back to check. (Right.)

Di: It's very kind of you to leave your dog.

It's a present for the lady.

Lilian: Well, it's nice to have met you.

Yes, nice to have met you too. Cho's saying, 'Come on, come on', because I don't want to go.

Lilian: Well, you can come again.

Thank you very much. Bye!

All: Bye!

Finally, Sara took us on a meditative journey—audio link:

http://www.salumetandfriends.org/app/download/9950633/2019_03_25+sara+med+journey.mp3

We're going into a pool of water; it's a big circular pool, I'm just seeing a very blue—everything around is very blue and beautiful. I think we're just sitting in this big pool and

floating, and I think what we've got to do is just feel our body, feel everything as weightless and flexible and it's to do with movement. So moving your body around, arms and legs in ways that you normally can't.

So you're wiggling around a bit and you're swirling around, twirling in the water—it's all very enjoyable. You feel very free, very happy and you want to move, do sudden movements, and just enjoy the thrill of being able to, without any restriction. Just really enjoy that movement, just wriggle around anyway you want to.

As you do it, imagine that your mind can do the same, that you can take on new ideas, and imagine yourself in different scenarios with ease—maybe they're different scenarios from your everyday ones, but just as your body wiggles around in that water so freely and easily, you just imagine that your mind can do the same, and you don't always have to think in the same way that perhaps you do with your routine's every day.

Anything is possible, so sometimes when we're in our usual routines, perhaps we're thinking along typical ways, imagine that it's all wriggling around suddenly, like you are in the water; so it's like wiggly lines in your mind—anything is possible, you can shoot off in any direction on a particular day. Perhaps you often have a drink at 10 o'clock, well never mind that, it could be any time of day, you might decide to do something completely different next week, do it differently, even if you've got a job that you go to everyday, perhaps you're going to talk to different people that day in your break time, perhaps you're going to drink a different drink, or go to a different room—anything is possible, we don't have to do the same thing.

Sometimes a change is just quite a tonic.

So when you feel you've wriggled around enough in that water and you've jiggled around in your mind a little bit, just sit quietly, perhaps come out of the pool and sit quietly and see if any other thoughts come to you.

Notes:

Healing Prayers: Salumet has given teachings about this before:

11/07/1994: I want to say to you all about the power of prayer. It is only through your meditations and prayer that you begin to open up spiritually. I know some people dispute this, but it is an eternal truth. And so, I say to you all, please use the power of your

prayers. I will teach you all the proper way of prayer another time.

22/08/1994: So often we hear your pleas, your cries for help, your distress, your sorrow. But that is not true prayer.

... Firstly, let me say prayer should be a very individual thing. You cannot, *you cannot* encompass it into a sentence or whatever—it needs to be individualised. Prayer should be—I don't want to say honour, but it should be the asking of the knowledge, for the love of that light, that power that you call God. In searching for that love, then you have *all* other things—Love, wisdom, knowledge; all these things will come. Therefore prayer should be an offering, if you like, of yourself to that higher power, to be used for the good and the betterment of others.

...Prayer, therefore, is ultimately the offering of yourselves to that higher power, to be used for the good of mankind. Use it for the betterment of others, ask for help if you like, but firstly, *firstly offer yourselves for good*—that is **prayer**. Please bare it in mind always, when you speak to that higher power. I don't mean by that, that there should be any reverence, like there has been in the past to idols, to false Gods or other people. That is not what I am speaking about.

13/10/1997: But what is more important, is realisation, of the power of your prayer and what you can achieve from them. All too often your prayers, and now I speak generally about mankind, and not about any of you individually: Mankind in general, speaks to a higher source of power. All of you know and understand and I have tried to teach you, at least I hope I have given you a little insight, into the power that you all have.

Les: You've certainly given us that.

So what I would wish all of you to know and understand is this: That each individual here, comes from that same source of power. Therefore your ability is inherent, to achieve that prayer, which you speak inwards. But because of your human failings, or your denser 'power,' if you'd like to say it that way. You are speaking words to us to help, are you not? (*Agreed*) And of course, because of our extended knowledge, that is what we try to achieve for you. But it is the power of your word, which makes it happen. I want you all dear friends, to realise, whatever you so desire, you have the power to achieve. Therefore, I want you when next you use your words of prayer, to know that that power is within you. After all, each of us are sparks from the same source.

14/02/2000: Prayer should never be intermittent, prayer should be complete trust and the giving and the empowerment back to that Divine Force, which each one of you calls God. If only my dear friends, in your prayers for others, you would not use such negative words. For example the words '*if you can*'. This we hear so often from you: '*Can you help, can you help if you can*'. Can any one of you explain to me why these words should be used, because in using them my dear friends, you attract negativity, because by using the word '*if*', it implies that it is not possible and when you are offering yourselves and help for others to that Divine Creation, you should be *absolutely certain* that all things are possible. Do you understand how restricting words can be? (Yes) It is better that you use from your heart the feelings of Love towards another, that you place that love back to the Divine Energy so that all can be made whole.

07/08/2000:

George: Recently, in an American hospital, an experiment was carried out. 50% of heart patients were prayed for and 50% were not. The ones who were prayed for fared statistically better. I think you will say that this is not the way to use prayer, but nevertheless it will no doubt prove the value of prayer to some people. Have you any comment on this?

Yes, if only one were helped even by earthly experiment, then I can only say to you, this is good. You, of course, may not be surprised by these results; it is just a pity that so many were excluded. Of course, again we return to the power of thought which is indeed the beginning of prayer. We have discussed prayer to some degree in past times and each one of you I hope by now fully understands that your thoughts for another person are never disregarded. But of course collective prayer is a little more powerful, shall we say, to use your everyday words, but the same effect is achieved by many of those within your world who you call healers. Their prayers are sent to us so often for the safe and wellbeing of others. But prayer is there for each and every one to use...

Also see:

17/09/2001: *Terrorists need healing prayers too.*

02/02/2015: *Prayers for Peace.*

18/01/2016: *Best ways to send prayers.*

13/03/2000: *Edwin, a guest speaker arranged by Salumet, on Thought and Prayer.*

14/04/2001: *Angels of Thought.*

