

# 80. Suicide

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## Suicide and freewill

Salumet reminds us that freewill can interfere with the natural order of life. He then goes onto explain that our thinking in unhealthy ways can shorten our lives. There are no hard and fast answers to these questions. (8/11/99)

Colin: I know you have been asked this question before, but if as I am led to believe, that nobody goes before their time and suicide is a transgression of natural law, **(Yes.)** then how does that fit into the equation that nobody goes before their time?

**Because, my dear friend, what you are overlooking is the matter of freewill. Each soul which comes to this planet is endowed with their freewill. Each has a course to follow as you have stated, but mankind is not always so out-looking as far as truth and knowledge go. Therefore they do have—and I will say this to you strongly, each one has within them the power of their own living. So I would say to you this, my dear friend, that man alone has the power over human existence. If he wishes to destroy his time upon this planet, then he has to face the consequences of those actions.**

Colin: Putting aside suicide, **(Yes.)** are there any other circumstances whereupon somebody went before their time, not through their own choice—I mean obviously how you live your life *is* your own choice, **(Yes.)** but apart from suicide—I don't really know how else to explain it.

**Yes, there are occasions of course when mankind has destroyed another of your kind before their time is up. We have had recently—and you would not be aware of this, my dear friend, of a gentleman of many years, who ran this group on many, many years and was in full knowledge of Laws of Spirit, but because of the Power of Thought, he actually**

passed to this life before his time was up. You must remember, and I will state it once more and without apology to my dear friends here, the power of your THOUGHT is the most powerful *thing*, the most powerful thing that you possess. Therefore, the Power of Thought can create for you, many situations in life which are not beneficial to you. Do you understand, my dear friend? (Yes.) Therefore, people have power over people, as you are well aware from the, what you call, catastrophes of your world. Mankind goes against his own kind. Therefore there are many, many times, when people come to us before their chosen time has arrived.

Colin: Thank you. Can you be sure then—an example, say of a plane crash, when a large group of people are killed. How do you sort out in your own mind whether all those people were brought together in one instance, because it was *their time*?

**Well, how are you to know? (Exactly.) Yes, I would say to you my dear friend, you are creating within yourself many questions, which you will never truly fully understand the answers to, until you do join us in our world. It is as I have taught, or tried to teach my dear friends here: who are you to know what is good, what is bad, what is wrong, what is right, without the wider knowledge of that Spirit that is the true *you*. You have to look within for all of these answers. *You* will never have an answer to these many questions, which will be clear-cut. It is not so simple; I have stressed this on many occasions. Are you happy with my answer?**

Colin: I thank you

## Carlos Casteneda

Paul asks about a group interested in another way of dying. (30/7/01)

Paul: I would like to ask a question. It is about the work of Carlos Casteneda. Reading his books, it is very inspirational the way he shows the potentials that seem to be hidden for people and then his particular group, their aim seems to be to die a different way from normal people, whereby they cross over without —I'm not sure exactly—they call it crossing over I think, into the '*third attention*'. I wondered how different that kind of death is, where they appear to instantly skip into a Spirit world?

**Yes. There is no secret about this my dear friend, but firstly let me say, always you will be drawn to many different aspects of living, because that is the Spirit's way of finding truth and knowledge. And because each one of you is so individual, you will become interested in various aspects of what you call *spirituality*. What I would say to you my dear friend is this: There are those in your world who have the capability of slipping from this life to ours. To those people it is a natural process. To others, there is shall we say, an '*ego trip*' to try to develop these powers. I would say about this group of people that you speak of, that they are in fact no different from those in your world who commit what you call *suicide*.**

Paul: I can't understand the connection there.

**Because they are attempting to come to a dimension to which they do not belong. It is an analogy, do you understand?**

Paul: Yes I can see that.

**It is an interference, perhaps that is a better word. Is that clearer for you?**

Paul: A case of learning to run before they can walk?

**Yes, perhaps they is wiser words for your understanding. I would not say it is wrong in the sense of suicide, but it is something they should be aware of, that if they are not careful, they can go from one dimension to another too quickly, and in fact, they can expel their physical living far too soon. Do you understand?**

Paul: Yes I think so.

George: I think this is something that Don Juan and the Yaqui Indians have developed and pursued. I think I am correct in—

Paul: It's not really a *Yaqui* Indian thing actually. (*Don Juan was Yaqui, but the teachings did not come from that culture*)

**No, it is different. The Indian races are quite proper in what they are doing, or what *some* of them attempt to do. What the gentleman is speaking of, is moving from different space dimensions, am I correct? (Yes.) Yes, there is a difference. This is something we have not spoken of as yet, and until we do, your understanding will not be great, but I will come back to this. You are speaking of different dimensions of time are you not?**

Paul: I guess time comes into it.

**It certainly does.**

George: I think in the book it just mentions different dimensions—

**To travel to another dimension my dear friends, time has to be involved. You cannot have one without the other. Is that a little clearer for you? (Yes.) But I assure you I will return to this for you, in order that everyone within the room understands what you are speaking of.**

Paul: I just wondered then whether you would say perhaps his group and the group that went before him were perhaps *rushing things* then?

**I would suggest perhaps, but we cannot say they are wrong, because to them they were doing what they felt is right, so we must be careful in our judgement, but if you have to have my reply, I would say that they need to be a little careful in what they are going into. Is that helpful for you?**

## Assisted suicide

Sarah asks about this distressing subject where one may wish to die due to being in so much pain. (16/1/12)

Sarah: There's been a lot of discussion recently about euthanasia—people who want to take their own lives. They're not going to do it through the power of thought, but they want to go to a clinic and end their lives, and I know you've said in the past that that isn't the right way to go about it and you've also told us that maybe we weren't ready to understand why, and I wonder if now you're able to tell us a little bit more about why we shouldn't do that. Is that possible?

**Because you are curtailing your life before your life span is finished. Why should you curtail that lifespan because you think it is right, or you are right? You do not see the**

**wider picture, once again. So therefore, why do you feel it is right to curtail that life? It is not correct. (Affirmed) It is never right, and I will stress NEVER right.**

Jan: In no circumstance whatsoever is it right—is that what you're saying?

**When the spirit is ready, they will go naturally.**

Jan: So, no matter how much pain and discomfort they are in—that is where they have to be at that particular time (yes), and, even if they were to touch one more life while they were in that despair that is their—

**Yes—very often, in the time of discomfort, does the spirit come to the fore.**

Jan: It seems to soar, doesn't it?

**Yes, and although I understand that human beings find this distressing, and so often we hear we would not allow animals—and I understand that love that you have, but you do not have the right to shorten your own lives. You can use your mind to help you along (yes), but it should be a natural end.**

Jan: So, with an elderly domestic animal—

**Animals apply to the rules of the human beings on this Earth. Yes, they belong to *spirit* in the same way that you do. So, I would say no! (Okay.)**

George: It's very good to have your firm statement on this, Salumet, because there's been much discussion in the media.

**Yes, there is much controversy I know, but always I have to say that is where I stand—that is what I know.**

Rod: Would you agree that if some people get into a deep black hole of depression and within a couple of days, they hang themselves—I can only think that something terrible happened in the brain to do this when they leave children and a wife—that something made that chap so ill—

**Of course, my dear friend, but that still does not make it right. We know all of these things are part of Earthly living. We see it all so often and you would be amazed at how many tears are shed in spirit for these beings who suffer so in that way, but it still is not part of 'universal law' (no). You understand? (Yes). I have to say, and I know that some people become upset and offended when I say that suicide is the most selfish of acts.**

Jan: It is—without judging them—it is! (Yes)

Rod: Somebody said that to me only the other day—that was a selfish act—I said to him: you can't say that—but he was right!

**No, it is a selfish act and also—often, I only wish you could see the despair they feel at what they have done.**

Rod: When they go over?

**Yes.**

Jan: You can't turn back.

**You cannot run away from a life given.**

George: Can I indicate a rather special type of suicide undertaken by some Tibetan monks who deliberately torch themselves as a matter of protest against their country being taken over by another? It's a political act. In that sense it's not selfish—yet—how would you regard that Salumet?

**In a way, I understand what you are saying, but it is selfish that they deprive those who have loved them of that love (yes). Remember: Love is everything and just to hurt deliberately one human being can never be accepted. No one on this planet is a sole entity. All of you are intertwined in one way or another, be it to a husband, a wife, to children, to parents—no one stands alone. So, I have to say yes, it would still be**

considered as a selfish act; although, as I say, I understand that *they feel* it is unselfish. Their view will change when their whole picture is once again shown to them. I cannot deviate from this answer, (no) because it is the truth.

Lilian: Saying that the picture is shown to us after we pass, how quickly does that happen? There is no set time for anything, but quite quickly, I would say in your time. It would, of course, depend on the passing, on the person, and what situation they have passed from (yes).

## Are there circumstances when it is right to take a life if the person is in great distress?

Sarah refers to a situation where a person is trapped inside a body which no longer works properly. The conversation is also extended to putting animals down. (13/3/12)

Sarah: There's another person in the news at the moment actually, who's got what's called 'locked in syndrome'. His brain works, but nothing else does, and he is going to court because he wants to die and he wants the doctors to kill him. That's also his fear—  
**Yes, we have spoken many times, my dear friends, about this subject, and never is it right to take a life, before the Earthly time is up. I can never condone or say to you that it is right, because I know it is not, and it is not good for the spirit to take their own lives and shorten their time that should be spent upon this Earth to learn. And although, because of your human emotions, you find these occasions so difficult, it is understandable; but you have reached a point, my dear friends, when your understanding is greater than physical need, and I ask again, that you try to understand and look to the fuller picture of life. You *have to* if you are to be able to understand why that decision of not taking a life, is the correct one. Do you understand?**

Sarah: Yes, thank you.

Jan: I felt very mindful, Salumet of what you said to me a couple of months ago regarding animals, which was also against the universal law (**yes**)—to put an animal down. And, as you know, I'm in the situation at the moment that can be quite difficult at times (**yes**). Well, I think we are able to communicate a lot better than we were, and I'm asking him to go in his own time—and the vet says the time is not quite right yet, but she will let me know when it is. I don't want to put him down—I want him to go on his own. Is there any advice that you can give me apart from keep talking to him to help him on his way, in his own time?

**You cannot do more, my dear friend. I know it is difficult, and the love that you feel for your animals is as great as the love you feel for another human being. We *know* and we fully understand, but still I have to say, it is the right thing to do. You do not have that right to end another person's or an animal's life before their lifespan is completed. Therefore, I say continue to speak with the animal, and, if you are together in that thinking, the animal will slip quietly away; and I know that you are torn by the advice that has been given and I have said to you, on many occasions (that it is wrong)—it is wrong, but it is always looked upon as if—**

Jan:—the right thing to do—that's what people tell you that it's the right thing to do (**yes**), but it doesn't sit right with me at all.

**No, I know and that is the dilemma that you have when you have knowledge.**

George: Yes, this is a far cry from rearing animals—farming animals—for food (**yes**). This makes slaughterhouses *very* wrong.

**Yes. There is so much we could say and speak about these conditions, but I have to tell you the truth and that is, that to take another's life, or an animal's life before their time is here, is wrong; but, of course, it would be looked upon because people do what they feel is from love. It is *not*—it is done because they cannot bear to worry about the person or the animal.**

Jan: I find this time round I'm doing the complete opposite to what I did with the last one. I'm worrying more about *not* putting him down if you know what I mean (**yes**). I don't *want* to put him down, I'm not going to put him down, but I'm wondering if he's hanging on for us as much—

**Because, unconsciously, he is picking up: you do not really want him to go.**

Jan: Right, okay, that makes sense.

**Yes. And again you see, it is a selfish reason, and I know people will say: how can it be selfish?—I do not want the animal to suffer. If you loved your animal and you gave it permission to go, that animal would slip away quietly.**

Jan: I have verbally given him permission on lots of occasions.

**You cannot do more.**

Jan: It's now down to him. He knows that that's how I feel.

**Yes, but so many without this knowledge, do it because they say they love their animals and they do not want them to suffer, when in fact, what they really are saying, is: I do not want to suffer (yes). You understand?**

Jan: Yes, it's a real learning-bond, because it is purely like, looking after an elderly person—it's exactly the same (**yes**) and you need patience, tolerance and understanding. He is so trusting; he's put every ounce of his trust in me.

**That is because the animal loves you—yes. Reciprocate that love.**

Jan: I've never seen an animal be that trusting before. It's just pure trust—pure love (**yes**). I sense that.

**Try to help him over with your love (yes). You can do it, but unfortunately, human feelings and emotions replace the sense of the truth. You understand? (Yes).**

Sara: My friend also did the same thing with her mother. She sort of gave her mother permission to go. She loved her mother very much (**yes**), but she didn't want her mother to suffer anymore, although, she could see in herself she was clinging on to her mother, so she went to the church, because she likes to go there, and she just said a prayer that let her mother be taken if it was her time, and she was releasing herself from the bond (**yes**) really in doing that—but it just reminded me of that.

**Yes. And to ask for help, of course, allows us to come closer and to help, yes.**

Diana: Could I ask a question, please?

**Yes, of course.**

Diana: I came over to England from New Zealand to help my mother a few years ago, and I had an elderly cat (**yes**), whom I loved so much and she had cancer of the eye, and the people looking after her said she had reached a stage when she really needed to be put down; and with being over here, I found it very difficult, and heart-breaking (**yes**), and so I gave my permission which I can see was wrong. Do you think that she will forgive me for that?

Let me say, at the time it happened, it was not wrong for you if you did not have the knowledge of it being wrong. You therefore allowed it to take place, from love as you thought; so it is only when you have the knowledge that it is *wrong*, can you then say 'I have done wrong'? Do you understand?

Diana: I do, but I did have the knowledge.

**You did have the knowledge?**

Diana: It's just that I was so many miles away, I just didn't know what to do, but I knew it was wrong.

**Yes, you see instinctively, people do *know* it is wrong, but, of course, your pet will have forgiven you. There will be that love bond always, if there was true love.**

Diana: I loved her as much as my own children.

**Yes—yes, do not be concerned about that—yes (Thank you). It is like so often when people part on 'bad terms', as you call it, and they worry that the person gone will never forgive them. Do not be concerned. Their view changes in spirit and they see the wider picture. (Lots of sympathetic murmurs/'mm's) I have always told you all, on many occasions, to try to look at the wider picture.**

George: And while we're on this subject, there was one, Jim who sat with us and passed to spirit, three years ago and Eileen, your instrument, received the message from Jim, saying 'Hello' and 'I'm okay'. I thought that was most reassuring that Jim managed to get that message through. Any comment on that, Salumet?

**Only that it is quite normal to want people you have loved or been in association with to know that everything is fine and that they are 'okay', as you say. The opportunity arises for each soul to communicate—not all take it—that is why sometimes, you hear people say: 'but I have heard nothing'. It is not always that they don't want to communicate, but rather that they are not too bothered by it and will choose their own time to return. You know, my dear friends that most people pass to spirit quite easily.**

Sarah: I suppose once they've passed easily, they're then happy over there, and they perhaps forget a little bit the human frailties of those left behind who would like to hear.

**Yes, they do not forget so easily, and they are close to the Earth plane for quite some time, but yes, they do have other things to occupy their minds, if you like.**

## [The story of Veronica](#)

One through Eileen, called 'Sister Helen', originally named 'Veronica', came to tell her story. She had lived in a silent order of nuns based in Belgium around 100 years ago. She seemed to need to tell us her sad story of why she took her own life and her deep regret afterwards, once she had reached the spirit world—and could see that this was not a good thing to do. Nevertheless, in telling her story, she was shedding much light on this misunderstood area, which both here and in the spirit realms, will be of help—whilst at the same time emerging from the state of self-condemnation that had been holding her back. (10/9/12)

Lilian: Hello—can you tell us why you've come?

***I don't know why I've chosen you to come—***

Lilian: You know where you are?

***Yes. I don't know why I chose you—I need to speak, I need to make atonement —***

(General comments from sitters of encouragement for her to take her time —very welcome anyway)

Paul: Quite often the reason comes after you've settled in a bit.

***I know where I've come from, I know where I've been and still I can't forgive myself. I find it difficult to forgive myself—I need to tell you that you must never take your own life.***

Paul: That's what you cannot forgive?

**Yes.**

Lilian: No, that's not quite the right thing to do, is it. So can you help people in the same position as you now?

***Not yet, but I want to.***

Lilian: Yes, I'm sure you do—it would be a worthwhile job, wouldn't it?

***I wanted forgiveness, but I can't forgive myself.***

Lilian: No, very difficult, but at the time this happened, you must have been in the very difficult—you must have been in a very dark hole.

***I was a nun, which makes it all the worse for doing.***

Lilian: But you know you're okay now. But you need to forgive yourself, to move on.

***Yes, that is why I've come. I needed to speak to someone.***

Sarah: Were you in an order where they didn't speak?

**Yes.**

Sarah: So now you need to speak—so that's good —

***I know life is much better, but forgiveness is so difficult. No one else criticises me —***

Lilian: It's just you criticising yourself —

***You must never ever take your own life. You will regret it, believe me.***

Lilian: Well if you come back sometimes and speak to other groups—that would be very good.

***I want to help others.***

Lilian: Yes, that's the main thing and in doing that I think you'll help yourself.

Paul: I think you're very brave to come here and talk about it.

Trish: It's usually the hardest thing, to forgive yourself.

Sarah: We have a teacher who comes through and talks to us and he says unless you make mistakes you don't learn and now you've learned something, and because you've learned something you can help others. So maybe that is the purpose why you did take your own life—so now you can help others—so that can only be a good thing.

George: Realisation is a big step forward.

***It's a lesson, but a lesson I want others not to have to go through.***

Sarah: Yes, that's a good thing—so that's very positive.

Paul: If you like, we could add your story to the transcripts that we do, so that others can read, and it will give them the knowledge.

***I was just so foolish—I was so foolish!***

Sarah: Were you very unhappy being a nun?

***I fooled myself that that's what I wanted to do. But the not being able to speak, was just so difficult.***

Sarah: I'm sure it was *extremely* difficult.

***It almost drove me to insanity. And in the end, I needed to have a release.***

Sarah: Yes well that's understandable because you were only human after all.

***—And very young.***



Sarah: Yes, that wasn't a natural thing to do—not to speak—otherwise why were we given a voice box on this Earth, if we can't use it to speak?

Trish: You can speak now can't you—(Yes) and help so many (Yes).

Olive: And to speak will relieve.

***Yes, I already know that. Just being here using this voice, I can feel I'm so much lighter (good!) And I know that no one else is judging me.***

*(Much agreement)*

***And with my teaching I thought that God would never forgive me and I now know that that's not true.***

*(More agreement)*

Paul: And you know from our point of view that no one is going to judge you here and you know that you wouldn't judge another person (**No**) because you know that they'll have their own struggles that drove them to it. We cannot still say that it's right to do, but we can still say that people struggle in their lives and unfortunately are driven to do not good things. It's all part of the Earth experience.

***Yes, we all have lessons to learn that others can take heed of and learn from too.***

George: There is always Love. Love is all-powerful and embraces forgiveness.

Trish: Do you feel you can forgive yourself now?

***Yes I do, I feel lighter. I feel more at peace and I feel ready to help others.***

*(General expressions of gladness)*

Olive: If you give us your name, we can put you in our healing book and send healing throughout the universe to you.

***Yes I was—my name was 'Sister Helen'—not really Sister yet, but that's what I wanted to be, but my real name was 'Veronica'.***

Trish: Lovely name!

Sarah: I think we'll call you 'Veronica'.

***Yes, thank you.***

Trish: It's a joyous name, so that goes with your new positivity.

Lilian: Were you in a different country?

***Yes I was in Belgium.***

Sarah: Ah, 'Veronique'.

Ray: How long ago was that Veronica?

***I'm not sure I think about 100 of your years but I'm still a little confused. I don't really want to remember too much.***

*(General understanding)*

Sarah: And the thing is, if you were very young (Yes) and you thought you had a whole life of that ahead of you, I can understand that you'd want to finish —

***My father and mother were ashamed that I even had those thoughts—because very, very occasionally I was allowed to see a family member.***

Sarah: But it was your idea to be a nun was it? Were your parents very religious?

***Yes. I was influenced too much.***

Lilian: I expect now you'll find yourself quite busy—

***Yes, I want to thank each and every one of you for your time and listening to me.***

*(General thanks/gratitude expressed by group)*

Ray: One last question: did you have any siblings?

***I had a younger brother.***

Ray: Was he influenced in any way—in religious orders?

**No—only myself. Now I —**

Sarah: Well I think you'll find if you can help others, you'll get a lot of satisfaction from that. ***I just have one more thing before I go. I still have my rosary beads. Can I leave them with you?***

Sarah: Yes of course, yes Lilian, would you like to take the rosary beads from Veronica?

Lilian: That's very kind.

***And that is my last parting thing. And now I really do feel released.***

Trish: You've released yourself from that order now.

George: Your way ahead is clarified—wonderful!

*(Loving thanks expressed by group)*

Sarah: If ever you want to come back and tell us how you're getting on, we'd be very pleased to hear from you.

***Thank you.***

## Suicide

Whilst discussing depression, under the title of illness, the subject of suicide was raised again. (5/11/12)

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack —

**Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.**

Rod: When they pass over?

**When they pass to our world.**

Rod: I understand that.

**You have to look at the wider picture.**

George: Yes, I think you said that their death deprived others of their friendship.

**Yes, and their *love!*—and so many other things.**

Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.

**Yes, of course, *they don't*—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. We *know* and we *fully* understand and of course they are *helped*. There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.**

Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone **(yes)**, and they do the most stupid things **(yes)**—put a rope around and jump—and it's just in that 2 minutes they're not thinking.

**But in that moment, if they had thought of those loved ones —**

Rod: They haven't—

**They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.**

Rod: Yes, we know this personally **(yes)** where the father has hung himself and the child **(yes)** has opened the door and found him **(yes)**. Now that still is in our minds **(of course)**, and the guy was a lovely fellow. I can't get my head round it now.

**No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (yes)—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.**

### [Depression leading to suicide](#)

There are many who consider themselves to be depressed. Salumet discusses this sad situation and what can be done to help alleviate it. (5/12/2012)

**I would this time, like just to mention about what you call 'depression' and why you feel there is so much in your world at this time. There is only one answer and that is my dear friends: because people and their lives are so busy and so rushed that they do not allow themselves time to connect spirit with our world. Although so many more people have become aware of spirit and we are pleased about that, sometimes materialism runs hand-in-hand. I have said before, there is nothing wrong with material things as long as you have the balance with your spirit. Mankind is slow to understand this, but it is coming, it is coming.**

George: It's very nice that we had Stephen, the trainee doctor through last time and he was talking about the need for spirit connection and rejuvenation, both during sleep state and at times during the day.

**Yes, it is a connection that you all should be making on a daily basis, not just when it suits you, or time permits. It should be the most important part of your daily lives.**

Paul: People remember to plug in and charge their mobile phones, but they forget **(yes)** to plug *themselves* into spirit to have a recharge.

George: All that energy out there **(yes)**.

Rod: That's a good way of putting it Paul!

**And of course, you would not try to run your vehicles without fuel and yet you abuse the housing of your spirit. So perhaps it is time to remind you once more, of the importance of that silent state.**

George: It's very good to observe the connection with depression—a very real factor.

**Yes and there is, as the gentleman said, too much of it at this time of your existence.**

*(We had mentioned it in our prayers at the beginning of the meeting, which is probably what Salumet is referring to.)*

**It has to be attended to otherwise you become engulfed in a state of desperation and eventually a state of darkness, because the spirit is not lifted**

Paul: So would you recommend for depressed people to learn the way to go within quietly?

**It is already being used in your world. It is already understood how music and quietness and all of these gentle pursuits are uplifting to the spirit. And yes of course, if people would only accept that they are more than a physical body, it would be so much easier for them.**

Paul: It's almost like music is—you can get a bit rigid in your thoughts—stuck—and music comes along like an oil and loosens everything up.

**Yes, provided of course, it is the right *kind* of music (yeah); not all of your music is uplifting.**

Sarah: Like heavy metal or something like that's *not* so good **(yes)**.

Paul: That's right. There's a lot of debate over the music industry, that it's become so polluted with all the commercialism surrounding it. Going back a few decades it seems the music industry was less *manufactured* than it is today.

George: More melody perhaps.

Jan: There are an awful lot of depressives within the music industry itself—

**Yes, very often because of the type of music they listen to—or are absorbed into—and of course, music can be intoxicating for many.**

Jan: I think more so than the music today are these console and computer games, which draw people into darker sides of themselves **(yes)**. I think that's a great cause of depression in children and young people.

**All of you should be aware of that spirit—they say 'the spirit within'—the spirit is *not* within, it is WHAT YOU ARE!**

Jan: I think it's tainted—people allow external stimuli into their lives **(yes)**, which is damaging. I like to—as well as quiet moments, as somebody who's suffered from depression in the past **(yes)**, it's very important not to forget one another, because your fellow man can help pull you out of depression just as quickly actually as being on your own.

**I believe I have said to you in the past that depression is not a good thing, because it is a *selfish act*. And I know that will cause much debate, but when you are so depressed, all you can think of, as you have just said, is think about yourself. So to allow others into your life, just to listen perhaps, is that first stage of upliftment.**

Jan: It's that feeling of connection that we are all connected **(yes)**. I think there are varying degrees of depression and people that suffer from depression know themselves, what they require, whether it be those quiet moments **(yes)**, or whether it be their fellow man that helps. I think most people start to recognise eventually what it is they need at that particular time **(yes)**. That only comes with awareness I presume?

**It does, because some people never find what it is they need. If only they would listen to their inner voice, things would become so much clearer. But ultimately I have to say it is a selfish state of living.**

Jan: It is a very selfish state of living **(yes)**. I recognise that when I've been in it—extremely selfish—self-absorbing/selfish **(yes)**. But it is part of—I don't think it *has* to be part of our physical, but it seems to be something that is very prevalent within our physical bodies **(yes)** and it's just learning to deal with it.

**A lot is to do with the state of your lives at this present moment in time.**

George: A very simple thing for people who do not really understand, is to ensure that they get adequate sleep.

**There are many things, but they need to be taken from themselves. That is why I would say music is a great upliftment; for those people who have no strong beliefs, music can have the effect of soothing and uplifting.**

Paul: Can that also apply to animals sometimes?

**Yes, of course, of course.**

Sarah: I was just thinking also that people who are depressed, they tend to sleep quite a lot and I suppose that gives spirit a chance to connect.

**Yes, because you see the depressed people almost close us out. We come close, of course we do, to help in whatever way, but it is like a barrier that is placed between those who wish to help. Yes, it is something that should be discussed often.**

George: Yes, the influence of music is interesting, because it also has an influence on plants (**yes**). I have carried out experiments myself and have discovered that tomatoes grow rather better if music is played to them.

**Yes, of course we have discussed these things before—**

George: We have.

Jan: Yes, it's the vibration, isn't it? It's the vibration that they pick up on—

**Yes, but it does no harm to be reminded of these things.**

George: It's interesting to see how it's beneficial to humans, animals and plants—right through nature really.

**Yes, you are all vibration—you know this.**

Sarah: Yes and George was saying last week how in China somebody's tumour was shrunk just by chanting (**yes**).

George: Yes, this was in a Beijing hospital, where medicines are not used. Three doctors enhanced the feeling in the patient of: 'I have been healed.' And a three inch sized tumour inside the bladder disappeared within three minutes and this was all recorded on film.

Sarah: They were chanting and I remember you saying before Salumet, how certain chanting can put a vibration out a very far distance.

**Yes, you are not fully aware yet, of the many vibrations that exist. In fact it is something that is being worked upon in our world at this very time.**

George: Yes, so to put it down to 'power of thought' is really perhaps an oversimplification.

**Yes, yes—now—**

Rod: I find it a little bit embarrassing to bring it up again, but you did say somebody who commits suicide when they're depressed, is selfish. I've thought about this a lot and I just can't get my head around it Salumet. I just thought these people are so darned ill, that they crack —

**Yes, they are ill, as far as you are concerned. But if you look to the wider picture of life, these people leave behind such *hurt* and such *grief*, as affecting many others, not only themselves. You have a responsibility—all of you as human beings, to be kind and to look out for those you love and those you care for. People, I accept, are ill in the way that you mean, but on a spiritual level, it is not really acceptable. And they will find, many of them, so much upset and regret at what they have done.**

Rod: When they pass over?

**When they pass to our world.**

Rod: I understand that.

**You have to look at the wider picture.**

George: Yes, I think you said that their death deprived others of their friendship.

**Yes, and their *love!*—and so many other things.**

Sarah: We've had rescues through of people who have taken their own lives and they are just so very sorry for what they have done.

**Yes, of course, *they don't*—when they reach that pit of despair, all they can focus on is *themselves*, and the freedom away from the worry and concern. *We know* and we *fully* understand and of course they are *helped*. There is none of this *punishment* that is talked about by many, because they have taken their own lives. They are helped in the way that is needed for them. But that does not detract from the fact it is a selfish act. I hope that helps you a little more in your understanding.**

Rod: I can understand that side and what you said about when they go over, they're always sorry, and what they leave behind. I just think in my mind—and you know far better than I do, of course you do, but I just think at that moment that brain is gone (**yes**), and they do the most stupid things (**yes**)—put a rope around and jump—and it's just in that 2 minutes they're not thinking.

**But in that moment, if they had thought of those loved ones —**

Rod: They haven't—

**They haven't of course and that is why it is a selfish act. Think of those left behind, confused, hurt and the pain that they suffer, because of that one individual soul.**

Rod: Yes we know this personally (**yes**) where the father has hung himself and the child (**yes**) has opened the door and found him (**yes**). Now that still is in our minds (**of course**), and the guy was a lovely fellow. I can't get my head round it now.

**No, you probably will not, until you begin to look at the wider aspect of spiritual life. Only then does it become understandable. That is why it is important to look to these people who are depressed in such a way that they contemplate taking their own lives (**yes**)—that is why help is needed so badly for them. But we in spirit are limited to what we can do, when there is so much negativity. Believe me when I say that we try so hard.**

## Suicide bombers

It is heart-breaking to those who have taken their own life, and the lives of others, when they finally see the wider picture. This does not necessarily happen immediately. (22/6/15)

George: I have the feeling Salumet, that suicide bombers—they are led to believe that if they blow themselves up together with other people, they will receive rich reward when they cross over to spirit. When they do cross over and see so much more clearly, it must be a huge change for their consciousness (**yes**). If you could comment on this it would be very good.

**I have to say, my dear friends, that all of these people are misguided—misdirected in their thoughts—believing that what they do, brings them to their own kind of paradise. It is—I believe you would say in your world—heart-breaking to see such devastation, when suddenly they realise what has happened; not only to themselves, but to all those other people who have been involved in their ways of thinking. They are never alone and yet**

they *are* alone, because they do not suddenly change their way of thinking. This we have spoken of many times. You do not suddenly become changed—you do not suddenly become aware of everything which has taken place. So I would say only this to you, my dear friends: that they must be included in all of your prayers—not only those innocents, but these people themselves who believe that they will meet their own god. It is indeed—I think you would feel—shocking, when the realisation comes, but they are surrounded by love, nevertheless.

George: So the realisation will come to them but it does take time.

**Yes, for most it takes time because their mindset is that. You know that when you pass to spirit you see what you expect to see, and so it is with them.**

Sarah: You did say to us once Salumet, that when somebody does something—I know we shouldn't judge, but you might perceive to be wrong, but killing—you said that nobody should kill—but if they're doing it, believing that it's right, that isn't quite as bad as when you're doing it knowing it's wrong—

**Well, what is wrong is wrong, there can be no change of that, but of course, the reason behind the action has always got to be considered as well. Do not forget that we are speaking of spirit and not the human being.**

Sarah: Yes, but there again, they might kill the human being, but of course they haven't killed the spirit.

**No, the spirit can never die, but nevertheless their time upon this Earth has been used in 'misguidance' I like to call it, because after all, as I have told you my dear friend, everyone has love in some proportion—no one is completely 'bad', to use one of your words—and all must be helped whenever they are willing. I hope that has helped you in understanding.**

## Euthanasia

This is a difficult topic especially for those who watch their loved ones suffer. The same extends to animals. We are not the creator, so do not see the wider picture. (22/6/15)

Serena: So, what about the people that help with 'assisted suicide—euthanasia, and perhaps people who have maybe destructive habits, like drug addiction—because that's a slow suicide, isn't it?

**Yes—they have to face responsibility. No one can leave that responsibility behind. That is why it is so wrong for Earthly religions to tell people that they can be forgiven by the use of a few words, and others if they do such deeds can also be forgiven and will sit by the side of what they call 'God'. So, know everyone is responsible for their own actions. Assisted suicides, as you call them—people normally do it from love, but I am here to tell you that it is not right. However painful it is to watch loved ones deteriorate *you cannot be the Creator*—you do not have the right to say who should go to spirit or when.**

Serena: That opens a can of worms, because I feel in some hospitals and hospices, people are just really left to die almost (**yes**), given just liquid and nothing else as and when—so really that's a form of assisted suicide.

**But if the body can exist without all of the drugs and everything else that is administered, then surely it is their time to go? You must also remember that in making your judgements—you understand? (Yes)**

Paul: And it goes without saying that this extends to animals as well (**yes**). But I guess it doesn't quite extend to the plant kingdom, or should it extend to the plant kingdom?

**As human beings you are limited in *pure* love. If we are speaking of *pure* love, no plant, no insect—nothing would be damaged; but that is unrealistic in the world that you live.**

## Suicide is never right

A simple statement from Salumet on this controversial subject. (20/6/16)

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.**

### Salumet gives reassuring words that a being who has committed suicide is not left alone

They are buffeted from all things, until they have had time to realise that their actions were not the best plan of action. (6/11/17)

Paul: I don't know if you could just quickly clarify—I think I understand where *suicides* are concerned, they have to come back and redo what they were 'running from', sort of thing—escaping from, in another life. One of our readers would like to be assured that their son who recently committed suicide, *will* still be able to be in contact with other deceased relatives—he won't be sent straight back to Earth I think, will he? **(No)** He'll be allowed access to his mother, who is in spirit?

**Those of you who know and understand this work—it is always distressful to human beings when another takes their own lives; there are many aspects and thoughts and thinking about this subject, but I have to say to you only what is truth, and those who shorten their lifespan here have to at some point, and I stress 'some point', will have to—to say 'pay' for what they have done makes it seem unkind—it is not meant to be, (no) because most of them, their minds are in the wrong place at the time of taking their own lives; but they do have to recognise that what they have done is against all things meant by The Creator. (Yes) But they will never be alone—I have said before there are always people there to uplift, to guide, to help, and until they come to the realisation, they are buffeted from all things, until they realise that what they have done was not the best plan of action.**

Paul: Yes, it's almost—they'll have to forgive *themselves* for doing what they did; **(Yes, of course)** others will of course be able to forgive them.

**But as soon as they realise that, and I can tell you that generally it is very quick, and they understand very quickly, so that does not stop communication with other loved ones.**

Paul: Ah, thank you—that will be reassuring I'm sure, to the family.

**Yes, that is why it's important with people who are depressed especially, their minds are not in the right place, and although it is not the best result, it is in some sense understandable to *their* minds. (Right, yes) It is freedom from pain and suffering; that is how they generally look at their lives.**

Paul: Right, and of course they probably aren't aware of the spiritual truths that we have been given.

**Yes, because most people who are depressed will tell you: 'I do not want to be depressed,' but in a sense they are feeding from that, because they are not recognising the truth of what they should be doing. But please do reassure the gentleman that his son will be available to him as soon as he can.**

Paul: Wonderful—yes, he's on the reading list, so he'll get the full words. **(Yes)** Thank you, thank you very much.

**I will take my leave my dear friends and hope that my words have brought you some kind of comfort for many that you can help in some way.**

*Thanks*