

32. Healing

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If you have the power to create the illness, then you have the power to become well!

[Healing through ‘Chi’ – the Chinese word for life](#)

Salumet confirms that we can extend our life expectancy through exercises such as Chi or Yoga, or many other examples. (18/7/94)

Les: It is said that the Chinese word for life is 'Chi,' and that by exercising knowledge of that Chi and by acknowledging and indulging in exercises, they can heal their bodies themselves and give themselves longer life upon this Earth. Would you say that's a possibility?

Of course! Of course! We go back to energy once again. They are a race of knowledge, when it comes to these matters.

Les: They are indeed. We have many (*Chinese*) who visit us.

What is your healing, if it is not an energy that is being used? So why is it so difficult to understand? Call it by any name you wish, it makes no difference. Yes, to use the energy for self-healing, is of course, quite possible and to us, is nothing, nothing unusual.

Les: And the exercises they indulge in, which are gentle in their movements, are only a method of meditation and relaxation.

It is no different if you sit still and meditate, or if you do a yoga exercise, or if you sleep and let your mind be free. Let me say, it matters not what you call it, it all comes down to the same thing—using the energies that are available to you.

Les: And being aware that they are there to be used. **(Yes)** That is the important thing, I think.

And you see, by these movements that they use, they are attuning themselves to the higher realms. It is something as simple as that.

Psychic surgery

Brent asks a question about psychic surgery. We are reminded that we are **mind, body, spirit**. When one level is not right, then that will affect everything else. Therefore, healing needs to be addressed on the appropriate level to get the desired result. Sadly, many of our doctors work only on the physical level. Salumet explains this concept. (11/7/94)

Brent: Yes, I have a question concerning healing. Here in this room and elsewhere, spiritual healing takes place, by means of contact between a healer and a patient. But other types of healing with which we are familiar, sometimes referred to as 'psychic surgery,' involve the cutting of the body and repair, with no blood and no pain. Can you tell us first of all, does this happen? And if so, give us any idea how it happens?

I will try. Always (*there is*) the problem of spiritual happenings to be explained in a material way. Yes, psychic surgery— when that is occurring, there is work on the spirit body. When that is whole, then the effect passes to the physical; then and only then. Mind-spirit-body must be *one*. When you talk of psychic surgery, we are talking on a completely different level from your understanding of physical happenings. When a problem manifests itself on the physical body, the problem lies within. That is the part that has to be dealt with. Sometimes the problem is with the '*etheric body*.' That is the part that is put right. Does that answer your question?

Brent: Yes, it does. But I think we all wonder how that can affect the physical in such a dramatic way—

First, let me say you are not a physical being—you are spirit; mind-body-spirit are one. If one level is not right, then everything is not right. The mind affects the body, the spirit is affected and very often it is the etheric body, which needs treatment. There are those of you on this Earth plane, with the ability to be used by us in this way. To us it is nothing extraordinary, but to explain to you is difficult in your terms. It is the etheric body, which is worked on, which produces the result in the physical. I cannot explain to you more at this time, about the methods used, for the simple reason you would not understand. It is a spiritual happening and, therefore, a spiritual thing, to explain is very, very difficult. But I will come back to you on that one at a later time, if that suits you.

Brent: Yes, thank you.

I will try to explain. Do you want an explanation of what is happening physically? Is that what you're trying to ask?

Brent: Yes, I can't understand how bleeding can be stopped and blood can disappear, and scars can heal, because our doctors can't do that.

Your doctors are working only on the physical body. I'm sorry I cannot be more explicit than that.

Disease is better thought of as 'dis-ease'

'Dis-ease' is caused by imbalance within the body. Salumet discusses this for the first time whilst addressing several high-profile medical issues. (22/8/94)

Dawn: This is about mercury. We've heard a lot about mercury fillings in the teeth, aren't good for us. And if we have them taken out, it would still be there. Is there anything we can do to counteract the fact that mercury is not supposed to be very good for us?

Do you mean, is there anything to replace it?

Dawn: Something we can just take, to counteract the reaction.

I see. You want to know whether the reaction can be counteracted—is that what you are saying? (Yes) I see. I would say to you, if there is a problem with a mercury filling, I would say these things are not good to be used within the mouth. And that knowledge is now becoming available to most who deal, your dentists, your orthodontists, as you call them. That knowledge is being made—we have many problems when you speak of such things. I would say to you, to cleanse the mouth, cleanse the mouth with something that is natural, something like elderberry juices—that would be very good. Is that helpful to you? (Yes, thank you.) Rinse continually daily and that should counteract the problem from the mercury.

Les: Any other questions?

May I speak before we carry on—there *has* been a turning towards *all* things natural. Again, it is something that man has turned away from. Is it not natural that all things should be supplied to you, on your Earth, for *all* things that man has to have?

Les: Yes, everything is here, if only we accepted the fact.

Now, with our influence, man is beginning to realise.

George: Yes, a less attractive question. There is a disease which we call Aids, which affects the immune system. And it seems to be spreading at an alarming rate. Is there any special significance can you say to this disease, or is it just another disease we have to combat—or does it have a special significance?

There is no *special* significance. There always have been diseases while man has roamed the Earth. Firstly, let me say, man is the creator of many diseases. They are not things to suddenly appear from the sky. We hear so often the pleas and the cries, 'Why does God allow this?' I say to you, *why* does *Man* allow this? Disease is exactly the word that it says, *dis-ease*. There is an imbalance when it comes to disease. It means that somewhere along the life of man, something has gone wrong. Again, we get to cause and effect, or 'karma,' as most of you wish to say. I know these things are difficult for you to understand. You say, why is this allowed to happen, why is that allowed to happen? *We* don't allow it to happen, *Man* does. We often hear for prayers saying why does she suffer, why are there disasters? *Man* must look to himself, for the answers to his problems. The responsibility lies with him. We don't say there are too many people on the Earth, we must get rid of some. Would that not make our work all the harder, when they come to spirit? We do not

say that. Man, and the Earth must take responsibility for its own problems. Man has interfered with nature; that is the basis of *most* epidemics. It is simple, it is clear, but to you, you find it a problem. *Man*, man has interfered too much with nature.

There *will* be a cure for this disease. (*Aids*) Not yet, but it will come, as it has come for many diseases, that have been around on your Earth. But until man allows that inner knowledge, wisdom and love, there will always be disease. Does that answer your question?

George: Yes, that's very good to hear. And yes, I think many of us are feeling in our hearts, that that is the status quo. Thank you.

Loss of sight can lead to other senses being enhanced

Les asks a question about this well-known phenomenon. (29/8/94)

Les: Yes, I have a question which springs from what you told us, about the need to learn how to recognise energy and beauty, and so on. And you did mention having no sight, that being unnecessary to appreciate beauty. Of course, we can understand that somebody who has had sight and lost it, still has thoughts to draw on and memories. But in the case of a person who is blind from birth, are they given any particular sense, to enable them to appreciate the beauty that they cannot see? I know they develop all sorts of wonderful powers—

Yes, let me speak on this. Of course, their other senses are more developed if they are without their sight. And, if you can imagine, closing your eyes in your dream state, are not things as vivid as they are in your awakened state? Something similar occurs to those who have been without vision from birth. As the sight is denied them, so too, is that sense within their mind developed. So, in effect, they can see pictures, if you like. They are almost 'inspired,' perhaps that is a better word, with vision, *vision* without sight. It is almost another thought process; something you would find difficult to understand in your everyday terms. But they *do* see colours, they *do* see visions, they *do* see pictures. So, the development of their touch, their smell, their hearing, is enhanced, and so too comes the inspiration for the pictures within their minds. Is that sufficient for you?

Les: Yes, thank you. I thought there must be something like that, because there would *have* to be some compensation for what they're losing in having no sight. And when you spoke of being blind but still appreciating beauty, that's the only way I could imagine that it would be done, by impressions from your world.

It is what I was speaking of last week. When your senses are enhanced to their highest degree, you are *feeling* the energies that are around you. Do you understand? (Yes) So, if the one who is without sight is to touch, let me say, a newspaper, that person is picking up those vibrations of energy, within that paper; something that most of you have lost. But that is *why* those senses are developed, to such a great degree. They develop—it's a natural development; it should be a natural development for all of you, but of course it is lost, as we have spoken of.

Les: Yes, thank you

Hypnotherapy

Dawn asks about not always having success with her patients. (12/9/94)

Dawn: Changing the conversation, I do hypnotherapy. Can you give me some tip for reinforcing the hypnotherapy I give to people, to stop smoking?

Yes, I know what you are speaking of. Let me say this to you. Individuals—let me speak of individuality again—and I understand your hypnotherapy and the work that you do. But everything you do, you may be successful, you may not; if the individual mind is not ready to accept—let me say their 'Higher Selves,' that is a better way of putting it—if they are not ready to accept whatever the problem is, be it smoking, be it weight, be it whatever it may—you will not have success with that person. There is nothing more you can do, if the Higher Selves do not accept the reasoning, the talking that you do with your hypnotherapy, then it cannot be successful. Do you think there is a fault with what you do? Do you feel that there is something more that you should do?

Dawn: I think sometimes some people need extra help. I had someone today, who's come back again for various reasons.

Yes, of course, and that is how it would be. But let me speak of those persons. They sometimes are not even aware of what is held within their own subconscious minds. And sometimes with some individuals, you will never reach that point. I know that is difficult for you to accept, but ultimately each individual holds the key to their own way of living and if they are not ready to accept that, then whatever is done in the form of hypnotherapy, hypnosis, whatever—it will not be achieved. So, too, we can speak of the healing energies and rays. If subconsciously, that person is not ready to accept it, then there will be no healing. If the spirit is not touched, how can there be a healing? And that is what we are speaking of. What you are doing basically with your hypnotherapy, is a form of healing.

Dawn: Thank you.

Les: The same thing applies to evidence of course. If people are not ready to accept, then no manner of evidence is going to make them sit up and listen.

Of course. It is the same in all areas of your life. It matters not, you *all* have what you term a 'Higher Self'—that spiritual aspect of each one of you. If the *Spirit* is not *touched*, in healing, in the hypnotherapy, in the work that the doctors do—because sometimes they too are healers, without actually being aware of it—then there cannot be 'cures,' as you like to call them. Is that satisfactory for you? It applies to all, *all* aspects of your lives.

Crystal healing

Les asks a question as to whether crystal healing is effective. The answer is both yes and no! (10/10/94)

Les: The lady who just spoke and myself, were talking earlier about crystal healing. I think I'm right in saying that the various human ailments respond differently to different crystals. Is that so?

We go back again to the term '**ENERGIES.**' Of course, the **crystals** are natural parts of the Earth. We have spoken a little of how your Earth is affected by the moon and the stars; so too is the Earth affected in many ways. The crystals that are taken from the Earth, have their own energy, which interacts with different complaints, different problems. So, yes, you would be correct in your assumptions.

Les: So, if the lady wishes to practice crystal healing, she should make herself aware of the different affinities between the ailments and the crystals.

Let me say the crystals are only the 'middle man,' can I say. They are not necessary, but they can be of help if the person involved is not suitably attuned.

Les: Yes—so we come back to spiritual healing, basically then?

Of course, it is a development of the energies used. The crystal is—how can I say—I am at a loss for the words to use. The crystal is a *tool* that can be used, but the *better part*, would be to develop the person, their own capabilities—the interaction between the two. Healing comes from spirit, through spirit, to spirit—so the use of crystals is really not a necessity, but there is no harm to be done by their use.

Les: Thank you. I've always considered that to be so, that the basic spiritual healing, is really all that is necessary. But I've also thought that perhaps the application of a crystal, may have a psychological effect on the patient and make them accept more readily, the power which can be given to them.

No, it is not only that. There is a transference of energy from the crystals. But what I say to you, it is *better* that the person develop their own powers of healing, of opening as a channel, rather than to use the energies of the crystals. Do you understand?

Les: Yes, I do. Thank you very much.

It is a transference of energies—that is

On 22/1/96, Salumet gives further information about crystals and crystal healing.

Les: Two ladies who come here for special development, have each been given gifts of crystals—white, coloured green, blue and gold. One lady has been told that she will use them much more than the other, but both have been given them, to assist with their development. A communicator speaking a little about the crystals said that the North American Indians, many hundreds of years ago, used to use crystals in the same way, but they sought them in the natural Earth and didn't bother to cut them or polish them, but they were still just as effective. What is the actual strength of the crystals and do they vary to any degree according to colour?

We have spoken before about crystal healing. I did say at that time, that all of these things, are merely tools, towards what can be done by yourself. If it is felt necessary to use them, then by all means do. The crystal, as I told you previously, as all things upon your Earth have their own vibrations, so do these natural Earth crystals. What is happening in your time now, is that man is interfering with these natural elements of the Earth. He is digging them forth from your Earth, and in actual fact, is destroying some of the strength within the crystal, merely by excavating it from the Earth. Can you see?

Les: Yes, thank you.

But no matter, whether it be large, small or indifferent, each of these crystals, do retain part of the energy of the Earth, as do all things. I would say that the lady who has been advised to use them more, may do so safely. But I would advise that she allows her own guidance to do this with her naturally. You follow what I say?

Les: Yes I do indeed thank you.

It is much better that guidance is given, by her own helpers and guidance.

Les: Yes I follow, thank you very much. I'll give that information to them.

As far as colours within the crystals go, you will not find any stronger than the pure clear crystal of the Earth. You see, when colour shows itself within crystal, it is almost a pillage of the stone, it has been robbed of *pure energy*. Are you following me?

Les: Yes I am, it's most interesting.

Colours look very beautiful, but I would say the clarity and the clearness of pure crystal, has more energy within.

Les: So the colours really are unimportant and it is better to stick to the pure crystal?

That is why I say be guided by those who are doing the healing. Really the colours and the crystals are immaterial to the healing energies. After all, pure healing does not come from a small stone of the Earth.

Les: No of course not. I've always been of the opinion that it was merely an adjunct and not really necessary.

If it helps to focus upon the problem, if the one being used, the 'instrument,' and the person who desires the healing feels the benefit, feels the energy from it, then this can only be good. But I say to you, it is not necessary for good healing.

Les: Thank you very much, you've confirmed what I thought actually.

There is much on your Earth which is healing. I have told you before, to stand upon your ground with your feet bare and feel what is pure energy. You too can become a crystal. Can you see? The energy is from within the Earth, plus the energy you yourselves are. Nothing is a single unit, always I will teach you this. You cannot isolate one thing, you are *all* intermingled, whether it be with the Earth, whether it be without, within the regions of space. Can you see? You cannot be isolated.

Les: Yes, and am I right in thinking that standing on the Earth as you suggested, feeling that energy or being aware of it, there is also energy coming from around and above, feeding back into the Earth?

You are all *intermingled*, this *has* to be so, this *has* to be so. You cannot—what you take you must return. Can you see this? (*Yes.*) You spoke earlier of those known as Indians, who lived close to nature, as have so many other cultures in your world. They had the knowledge and the understanding that what is taken, must be given back—that it is *on loan*, I believe you would say, these days.

Les: Yes, but it is absolute truth, it is the law.

Of course and this is why these peoples grew so in spirit, because their knowledge of the Earth, and all that sustained them in their daily living, they knew, *they knew* that this was TRUTH. That all around was that Divine Power, which they worshipped. You understand me?

Les: Yes, we do—fully.

A communicator then followed through Sue who encourages us to think of someone who needs healing and to surround them with love for a period of time, perhaps before bedtime. This should be repeated as an exercise for our growth. Salumet has said in other teachings that when 'asking' for healing, one strong true carefully directed request should be enough.

—everyone here knows someone who needs some help, some healing process. There is always someone known to someone who requires some healing of the spirit, regardless of

the fact that they may not even be aware of it. But I say again to you, each one here, knows of someone who needs some help.

Les: Yes, I've no doubt you're absolutely right.

We know of your healing clinics here and others in your Earth planes, but it is not essential, as I'm sure you realise, for people to come to your clinics.

Les: No, we are quite aware of the power of absent healing, as we call it, spiritual thought being projected to those, even if they don't know it.

So, I would ask each one here please, to assist in the healing process, for those who require it.

Les: Yes, I'm sure everybody would be pleased to do that.

I ask please, that each person, spends a little time at the end of their day, thinking of a particular person who needs help. I ask please, that they sit quietly, or lie quietly; they can do this as they retire for the night. Think of this person, bathed in the healing colour, you understand?

Les: Yes, I do.

Ask that the person by name, is surrounded with the healing colour and someone will hear and will do what they can to assist.

Les: Thank you very much indeed.

Can I also say, that this does not necessarily mean the person is suffering, from physical ailments, they can be ailments of the mind, which have no outward sign.

Les: Yes quite, I understand what you mean and often him or herself doesn't know of it.

I ask please that this is not done for once, but for a period of time. We do not expect you to remember perhaps every night. You all have busy times—but if you could surround these people with loving thoughts throughout different times of the day, this also helps in the healing process.

Les: Thank you, I'm sure everyone here will be only too pleased to carry out those requests. (general agreement)

And also, we are aware of the physical ailments of the sitters here, regardless of whether they are aware of them themselves.

Les: I think we do accept without question that you know more about us, than we know about ourselves.

We look after the people here, as they look after others.

Les: Thank you very much for that, I appreciate it.

(general agreement)

And now, I leave you with my love and thank for the work you are doing on our behalf.

[Diet is critical to a healthy body](#)

Salumet discusses how our senses can help us stay healthy and the importance of developing those lost senses that we once had. (31/10/94)

I would like to talk a little more on the senses that you possess, while in these bodies.

(Pause) I suggested before that each of you try to develop the senses that you have been endowed with. Can you remember? (See session: 10/10/1994)

Les: Yes I do. And I expect everybody else will.

I don't think you have been trying too hard. (*Smiles*), but for that, I will say no more. But I think it is imperative to your group that you all endeavour to do so. (Right—) Let me talk about your sense of taste. (Yes) This is a sense that *all* of you have very poor knowledge of. If only when you are young children, you could be allowed to develop your taste buds naturally, your sense of taste, it would be much more helpful, in how you develop along your life's pattern. So often, children instinctively know what is good for them, when it comes to nourishing the physical body. But so often they are forced to eat what the parent has decided is good for them. You must all be aware of the child, who spits forth the food that is offered to them.

Les: Yes, we are indeed.

Not only are they using their sense of taste, but of smell too.

Les: Is that so?

All of you instinctively know what is good for you. And unfortunately, it is abused to such a degree, that you sometimes become gluttonous in your appetites. That is why the more primitive forms of people on your Earth, and they still exist, have much better ideas of what is good for them. It is how it was developed, the sense of plant life that became your medicines, because of the people, who were highly developed in their sense of taste and smell. In primitive times, there was one person within your groups, who actually tasted new foodstuffs.

Les: I've often wondered about that, how they discovered the various differences.

He, and I say 'he' reservedly, because mostly, it was a male—his job was to find out whether new plant life was suitable, either for food, or for use as medicine within the group of people. It became necessary for this one to taste on a very gradual basis, each new food. Otherwise, how could they have known what was poisonous, and what was not? What I am trying to say to you is this: These senses have gradually become *lost* down the ages. But that does not mean they cannot be *found* again. It is a matter of discipline, in trying to develop those taste buds, which also includes that sense of smell. I will stay with these two senses for this time, because they are so closely connected. If only the parents of your children would look and see, and see for themselves what the child is trying to say to them, things would be so much better. The child has an instinctive knowledge that he brings with him, in these matters.

Les: That's very interesting.

Of course, we realise the worry of the parents. They are concerned only for the well-being of their offspring. We understand this, but these senses are retained and they should not be dismissed so easily. What I would like you all to do, is to take one of your senses; I will leave it entirely to each individual. And I wish you would try to develop that one sense. I know in your busy lifestyles, you find it not always convenient to give time to such matters. But I say to you, these *are* matters of importance, matters of importance for your own growth. And of course, I cannot make you do these things, but I would advise that you *all* try.

Les: We certainly do value your advice and opinion. And perhaps at this stage, I could mention that the gentleman who has questioned you quite a bit, is adopting what I would call a natural way with his children. I believe they don't have salt, I believe they don't have much sweet stuff. Is that right Brent?

Brent: We try yes.

I say only, follow what the *children* are telling you. Do not make plans. Do not lay down hard and fast rules. They know instinctively what is good for them, what is good for their

bodies. Do not be concerned about the child who will not eat. He will eat when he needs to and he will eat what is necessary for *him*. Remember always, each of you are individual, individual in your personalities, and in your spiritual growth. I have told you this before, and I say it to you again. Treat the child as the individual soul that he is. He brings with him the knowledge from within. And although he may not be able to speak in words, to say what he feels, he *can* tell you from his gestures and his actions. But, of course, I am speaking of small, *small* children and I know as age progresses onwards, it becomes more difficult for you, because of the habits that you have acquired over a lifetime. But that is not to say you cannot change. And in fact it is good for *all* of you, that you do not allow your minds full reign over what you do. I again would stress the word '*discipline*' in all matters.

Les: Well, I have frequently spoken about diets, with various people. I have always suggested they do not adhere to a specific diet, if they feel it's not suitable for them. But let their own body dictate what it needs. I follow this principal myself.

Of course. You must always follow that inner voice. It will see you much better off, than all of your *diets* as you call them.

Les: I do vary my own eating quite a bit. I go by what I feel I need at that particular mealtime.

By following all of your senses, what you in fact are doing, is quickening *all* of your vibrations. Of course, it cannot be achieved fully, whilst in your physical bodies, but a great deal of it can be and no reason why it cannot be. I will leave it there for now. Perhaps the group will think upon it. And I trust perhaps act upon it.

Les: I'm sure they will begin to give it a lot of thought and probably will begin to act upon it as you suggest. It is sensible advice, I know from my own eating experience.

If you are taking in, what is instinctively right for you, then you are going a long way towards keeping good health within that teaching physical instrument. Now, shall we continue with your questions?

Les: Yes certainly. Well continuing along the same line, if we might for a start, I think you have a question on diet, George, haven't you?

George: Yes, I believe Jesus taught something about diet. He advocated the importance of raw food in the diet. Now this teaching does not appear in the Bible, but is something that was recovered from the Dead Sea Scrolls. Would you care to comment on that, the importance of raw food?

Yes, I will comment for you. Let us go back to Jesus the Christ and his teaching. We know he was a Master who walked your Earth. We know too, much was written that was untrue. That we have discussed also. Yes, you must remember at the time that he trod this Earth, much of the food that was eaten, was consumed raw in any case. They did not have your utensils and your ovens and whatever else you may use nowadays. So, food was consumed raw very often. But I will say to you this: The reasoning behind that, is that when food is eaten raw, it contains its natural elements, its natural energies. We have spoken a little of this, too. Although you think when things die, they lose a certain amount, for a little time, they retain that essential energy, that essential vibration. That is why it is always good to eat food while it is **fresh and while it is raw. Once it is cooked, it loses all of those elements. And that is why it is written, like most things. All of your foodstuffs which are not cooked, would you not agree, are very much better for you? I think within your diets, most of the foods that are 'good for you,' that they say are good for you, are natural foods, your fruits, your pulses, your nuts—all of those things, they are**

natural foods and of course, need no cooking. But essentially, that is why it has been written thus, that it retains that vibrational energy, which is good for the physical being.

George: Yes, thank you. I thought it might relate to the energy—

But of course, if it is left too long, then that energy would disappear in any case. It would only remain for a short period of time.

George: Yes, I felt it was more than just the vitamins and the enzymes. It is the *energy*—

Remember *always* that you are spirit and you are speaking of spiritual matters. Also, all things have their own energy, as I have said before, also your foodstuffs, always remember. So, of course, it is better for you, if your foodstuffs remain uncooked. But, as we have spoken of a little while ago, your pallets have become used to food that has been 'tampered' with, that has been—how shall I say, 'molested,' in a way. And so your pallets have become used to food that is essentially dead. It is also a reason why you sustain so much disease within your physical bodies.

Jackie: Can I ask a question? You get some people that are terribly overweight and yet they eat hardly anything. Is it the metabolism? Do some people burn up food more than others? I mean, people have their jaws wired, and go to great lengths, but just can't seem to lose weight—

I would say to those people, if it is not a physical problem—by that I mean, if there is not a complaint of the physical body, which prevents them from losing that weight, then I say, 'look within.' Look within to find what the true problem is. What disease there is within that being that is creating the quite unnatural forces of making fat within the body.

Jackie: You don't think some people burn food quicker than others?

Of course, people's metabolisms differ. That is a physical fact. I am speaking more on a spiritual level. And of course, that applies to all of you. Here we come back again to *thought*. Your physical being is just a covering. It should be in fact, a perfect specimen. You have been provided with *all* that is necessary for your physical well-being. You need to look to nature for it. She provides all that you need. Of course, each of you are different in your make-up, but that is a physical thing. Of course, some of you do have physical problems. For example, if the thyroid gland is not working efficiently, then of course there is a problem. Eliminate the physical problems first. If they do not work for you, then I say, *look within* and use that *'mind force.'* Remember the power of your **'THOUGHTS'. What you see, is what you *express* through your physical being.**

Jackie: Do you believe that people should be vegetarians?

I think we have spoken on this subject and yes, if you want my simple answer, then I would say 'yes.'

Les: It would follow your previous remarks about food being eaten raw. One would have to be vegetarian to do that.

Yes, I don't wish to intrude upon your innate sense of what is right, but the question has been asked of me, and I have to say 'yes,' it would be better for all of you, if you could refrain from your meat-eating, for the reasons that I have given to you before. But I know, like everything else, your life patterns are all different, your viewpoints are all different and you must follow your hearts. But I would say your physical bodies would be much healthier, if you would follow what I have said. (Thank you.)

Les: To confirm what you have said Salumet, there was some years ago now, a case widely reported in our press, of a building labourer, who of necessity, had to do very hard work every day of his life, living solely and completely on milk and honey.

Yes, of course, you will say, some of you, some people are allergic to these things. Always I must say to you, you *are* individuals. Follow those instincts, which are innate in all of you. You will not go wrong if you do this, because your own inner voice will only tell you of those foodstuffs, which will help and which will nourish and keep healthy, that physical being that all of you carry.

What happens to the physical body when there is dis-ease of the mind?

Salumet explains that disease within the spirit body results in disease of the physical body. He qualifies this with two common examples: cancer and bad backs. (31/10/94)

Illness is really an expression of what is going on within. We know it takes many forms and probably it is most difficult for you to understand, but it *is* a 'dis-ease' within the spirit, which shows itself in the physical being. So, when the physical being asks for help, indeed it is the spirit which is being helped, which then manifests the result in the physical body.

Brent: Could we take a specific example. Say, someone who has cancer, who is diagnosed as suffering from a progressive terminal illness. But if that is not essential to the person's life (*plan*) here, and the person asks for healing and receives healing, then there is a fairly radical change in the body. The cancer cells are changed, moved, de-materialised or something of the sort, so that it disappears. Is that correct?

The change, my friend, is within the spirit body. What is cancer? Shall we speak a little on what that disease is all about? I have spoken before, that each one of you is individual, but part of a whole. Do we agree on that? I think so. What is a cell within your physical body? It is one part of a group within an organ. One organ is a part of other organs within a body. The body is an individual that is attached to other individuals. So, let us go back to the one cell. (*Stronger voice*) As you as human beings have free will, a mind of your own, what happens when a cell within the body, within the organ, begins to change? Let us make a comparison here. The cell is in fact saying, 'I want to do my *own* thing.' But *one* cell decides it wants to do its *own* thing. Who can stop it? So, it progresses onwards, onwards, onwards. When it reaches the stage that it invades other organs, then we have the disease called cancer. And you all know that it is a disease, which spreads throughout the body. When it has invaded the body, then the physical being dies. So, in fact, your cancer disease has won. You have the power within your spirit body, to *change* these things. That is why you have the cases, especially through your spiritual healing, when these things can be changed. It is not so much that the cells are de-materialised, and made whole again, it is the fact that the spirit body accepts, *accepts* that there is something wrong within.

The individual cell is reacting in the way that the person himself is reacting. Can you see the comparison there? It is almost like the cell is that individual person, within the body structure.

Cancer is a disease of human kind that should not exist. It has been the scourge of mankind, for many, many years now. I say to you, it is a disease which is unnecessary, like so many of your diseases have been, but unlike

many, cancer is a disease of the mind—the *mind*. The spirit body can alter the way it reacts and the way that it feels. I can make comparisons with many illnesses that exist now. For example, let us take the person who suffers from back problems. What would you say the comparison would be for that? It shows that the person is rigid, is unbending in his way of thinking. I could continue with so many comparisons, but let us say this: Cancer is a scourge of the times, which only when mankind realises what he is truly about, will the disease be eliminated. I know you will tell me it has many *physical*, physical beginnings, but I say to you, '*no, it is not.*' For the cells to become rogue cells, then the problem begins within the spirit body. Is that helpful to you?

Les: Yes, it is, thank you.

Try to compare the cell, to you as an individual. I know these matters are probably new thoughts to you, but if you can think along these lines, you will see that it begins to make some sense.

Les: Yes, indeed it would.

You see, you beings only see yourselves as flesh and blood, with feelings, emotions and so you are so much more. You *have* to see yourselves on a wider, deeper scale.

Les: What you have been telling us, would imply that those who spend a great part of their life in meditation, often in solitary conditions, ought not to suffer from any physical illness at all. Is that so?

If the meditation is pure, it should result in a perfect physical body. (Thank you.) Of course, there are, how can I say, 'outer' influences. But basically, I say to you, those of you who raise yourself to that greater consciousness, should not suffer from physical illnesses. You were all meant to live your lives, where the body becomes older and goes naturally—that when the time comes, your spirit should leave that physical body easily, without trauma and without disease.

Les: And does that mean, too, that in the next plane of life, the one to which we go immediately following this existence, unless those living there learn to control their thoughts and their spirit aspirations, as you have said—would they too be liable to suffer from illnesses? Because before, when we spoke of this, you said the power of thought would prevent it. Is that what you were meaning?

The power of thought is all-invading. When you leave these bodies, if you leave with disease and a sick mind, shall we say, then of course you take it with you for some time. You must of course, know of our 'spirit hospitals,' where people go to recuperate. They do not possess a physical body, so of course it is a sickness of spirit that is being treated. I do not always think that you understand these things fully. I sometimes see thoughts of people who think: '*All right, you have a counter-part of your physical being and so within our hospitals it is still that physical being.*' That is not so. It is the **SPIRIT that is being helped. Can you see that?**

Les: Yes, I do indeed. And once they have been helped to the point of recovery, then it is unlikely that they would bring upon themselves any further illness?

Of course, once they are helped and it is accepted, then there would be no more illness of that kind.

Keeping our faculties in perfect health into old age should be quite normal

Dawn asks a question about eyesight that soon moves onto all the organs of the body. With a strong mind, there is no reason why we should not enjoy perfect faculties until we die. Salumet explains. (21/11/94)

Dawn: I'd like to ask a question about eyesight. One has eye tests for glasses—do you believe that regardless of age, that you can get good eyesight by doing exercises? Or should one have a stronger pair of glasses?

Those are true words. There is no reason why anybody should need support in any of their senses—any function, should until the last breath of your physical being, be sharp and acute. There, you can see by those words, that you can in fact help yourselves greatly and I know what you speak of, when you say, 'exercise the eyes.' Like everything, your eyes can become used to being used, with glass upon them. Because the body becomes older, I believe I have said previously, the ideal is, that the physical being, should remain healthy, provided it is taken care of, not only by means of being fed, but by your mental attitudes. There is no reason why you should not depart this life, fully equipped with *all* that you were born with. So, you see, it is unnecessary for your eyesight, to deteriorate. I know you will say, but we all become older, it is natural. I say to you, it is *NOT* natural. What is natural is that you should leave your physical being in a good state, that the soul should discard that physical being, quickly, quietly and easily. *All* of your physical malfunctions are indeed created by your own doing. I feel you all saying, 'We find this hard to accept.' Is that not so?

Dawn: Yes—

Les: It is difficult to accept, yes.

Yes, I feel it from you. But there—if you look around, you will find the people who never need to use spectacles, who never have deficient hearing—all of their senses are intact. I have said to you, and I will say to you again, *find* those senses once again, it is never too late. Because you have allowed all of your senses to be depleted, what happens is, that gradually they become more and more useless. You would agree with me? (Yes) That is why I have said to you, develop those senses; taste, smell, hearing, eyes. All that you have been endowed with and there would be no reason, for these things, these glasses, your hearing aids, your loss of smell and taste—all these things need not be.

Les: I must say that though many in our animal kingdom live to extended ages, I've never seen one with glasses. (*Chuckles*)

You speak true words. I would not say that all animals retain everything perfectly, that is not true, but in general they are much, much better off, than you human beings.

Les: Yes, there's bound to be a little deterioration, I agree.

Not *bound*, but there is.

Les: I mean with the animals.

Yes. You could do much to help yourselves. Develop those senses that have been lost. The lady is correct, your eyes can be strengthened, and you should all adopt the practice.

(Salumet mentions ways to develop our senses in sessions 10th and 31st October 1994)

Mark: Do we carry our physical defects from other lives into this life—from being 'lazy' and not using the senses properly, in another life, do we carry that defect into this life?

It would depend on how deeply imbued it was, on that part of the personality. It can be, but usually, you do not carry forward these things. It would be an exception, rather than a rule. But it can happen.

Les: If it can happen, would that be, by the will of the person concerned, or because of other influences or factors?

It becomes like a split part of the personality that breaks away and is imbued upon the consciousness. It is so strongly imbued there, that when the soul returns, if they do, it can go forward with them.

Les: Thank you. But that would only apply to a physical rebirth and not to an etheric body, living in the next world?

It is part of what is past, to put it simply. Of course, it cannot stay within the etheric body, but it is retained within the mind. It is split from the personality, because of the strength of the conviction, whatever the problem may be. Can you see?

Les: Yes, I do, thank you.

It's rather difficult I know, for you to understand when I say, 'split away,' but remember I have told you, you are not one unit. This is where the difficulties arise when we speak of spirit. Most of you know only of an etheric body, which travels onwards. You are in fact much, much more; much, much more.

Les: Yes, we obviously have a great deal still to learn.

[When trying to heal an animal or person, it is best to cut those emotional bonds](#)

When we know the person or animal, and feel a close bond, this can create emotions that could block the healing. We must remain open channels, so it is important to try and cut those emotional bonds. Salumet goes onto say we must not pass judgements on what has been achieved, as we will not know whilst we are in the physical world. Salumet explains this and other aspects. (5/12/94)

Les: Yes certainly. I would like to begin on behalf of the two ladies, who as you know, have started healing on their animals and they are currently working on a very large dog, which has a bad heart. They are concerned that they don't feel any physical power coming through them. I have told them they won't feel it, because that is not the purpose of it, it is the object of the healing that may feel the power. But they are wondering if the animal that they are healing, will be able to recover, or if it is beyond healing?

Let me speak on this. I am pleased they are using that ability which is within them. Firstly let me say, when there is a love-bond, it is a little more difficult to give healing. Let me explain to you. I have said to you, healing comes from spirit, through spirit to spirit, have I not? (Yes—) When the bond, whether it be a physical bond of a human to human, or a bond between human and animal, there comes into play emotions; emotions of love, sometimes duty, many, many aspects of love. Sometimes this can create barriers, because the longing in the heart of the one who is giving the healing, creates blockages for that healing energy. Am I making sense? (Yes) Please stop me if you do not understand.

Les: No, it might be difficult for some, with all respect to them, to understand—

They are very new, so I am trying to make it simple for them. You really need to cut the emotional ties. Perhaps that is a simpler way of saying it.

Les: I have frequently said that one must be compassionate, but not emotionally involved.

Sandra: To the animals? They're not our animals—

It makes no difference.

Sandra: We're not emotionally tied—

I am trying to say, although you are giving the healing, your emotions, whether you be aware of them or not, are involved. This is something that will come with *time*. You as you have been told by our friend here, you will not always feel a physical, a physical bond of healing—some who heal for many years, are not aware of how the healing energy works, but they are prepared just to place their hands upon whoever, or whatever animal. You have to put to one side, all your own thoughts and emotions. You are after all being used, merely as a channel. You understand this I know. Now let me come to the animal, in this particular instance. I say to you, although you are not aware of the healing energy, it is being used through you. Continue—it matters not, whether the animal will recover fully, or whether the time has come for that animal to go onwards—that should not be your main concern. You cannot see the full extent of what is being given. The animal may respond, but you will not have what you term a cure. I think that answers your question simply, but let me say, you cannot see the good that you have achieved by the healing energy. That will only become known when the animal has passed to our side of life. I hope this is not upsetting to you. It is something all of you who are used as healing instruments, need to go through and question. I'm sure our friend would agree, would you not?

Les: Absolutely, because we've had it frequently with human patients.

It is after all quite natural, because you are human, that these feelings come into play. I say to the ladies, continue, continue with the healing. Eventually, you will begin to feel those energies flow through you. Don't make judgements about healing and how it works. That really it not up to you to do that. (Pause) These ladies in time to come will be much sort-after for their animal healing.

Les: Is that so? Good. That's nice for you to keep in mind ladies. I know it won't happen tomorrow but be patient.

Do not try to make judgements on what you are trying to achieve. You must always remember, you are only the channel. Try to keep that spiritual aspect of yourselves, in the very best order that you can. By that I mean, try to live your lives well and truthfully. Unfortunately, there are those amongst you, who use healing and are given the opportunity of being channels, who do not use it, for its very best purpose.

Jackie: What do you mean 'truthfully—try to do it truthfully?'

Not the healing, to live your life truthfully. Do you see? If you live your lives to the very best of your abilities, so you become a clearer channel to be used.

Jackie: I hope we're doing that.

Les: The word 'truthfully,' in this context, is used as an abstract, not as a factual. You see the difference? We're not suggesting you're liars or anything like that.

Of course I—it is a failure of my words I think.

Les: No, you're quite right, it's just our different connotations of the same word

Yes, I beg your pardon, if I have failed to express myself fully.

Les: No, many other people would have not known quite what it meant. You couldn't have expressed it any other way, actually. **(Thank you.)** It is our interpretation of the word.

Normally 'truthfully' is applied, because by using that it's implying that the other person is in the habit of telling falsehoods.

I see, no, no didn't—I don't wish to, of course I don't of course—

Les: Of course, you wouldn't no. This is why I wanted to clear it. I hope I'm not interrupting—

Of course not, I am very pleased for your help.

Les: Thank you. No more questions on the healing?

Jackie: I suppose the more we try with the healing, practice makes perfect?

I am sorry I am smiling, I don't think you will ever be perfect while you remain in these bodies. No, no, forgive me, no, no, but I know what you mean.

Jackie: It's just that we are working with a few animals and it would be quite nice to see a result, for our own confidence.

Yes, I understand. It will come. Continue to use the healing. Don't worry if you don't see results immediately. As I have said, the results are not always seen within the physical aspect of the work. Can you understand? (Yes) It may be that you feel healing has not been successful. You cannot know just how much you have done. So that is why I say to you, do not judge, because you do not know. As you continue along life's road, you will become aware, greatly I might add, of all that is around you, all those who wish to work with you.

Les: Spirits, do you mean?

Of course.

Les: Is it permissible for them yet, to call on that vet Alan, who wished to help them?

I would say for the time being, to refrain from calling on any one particular personality. I say to you offer yourselves only as open channels for the time being. The time will come, when these people will make themselves known to you more fully. When your understanding is greater, when you feel the power and the energy of the healing lights, then and only then—I would not advise anyone to call upon one person in particular. I do not think that is good practice. They will make themselves aware, when the time is right—you will be aware of them. But please do not call to them (Okay.)

Les: What I would suggest ladies, as the power gets stronger, you will certainly find the animals will go to sleep, the horse's heads will droop and they will literally go to sleep. I had that with Shetland ponies—

Jackie: Sometimes their stomachs rumble—

Les: I would think that's just normal digestive noises. But they do, you will find their heads drupe and they go to sleep, and you will come to know then that your power is in fact working on them.

The healing power has many ways of working. Of course, the lady is quite correct when she speaks of the stomach noises. What is happening, is that the animal is relaxing under the healing influence. Which creates—do you see, the stomach becomes relaxed also?

Les: Thank you. There you are you've got your answer. It's working.

When it comes to healing we are not 'chosen'

We can all heal! Of course, we do not actually do the healing ourselves, as that comes from spirit, but we can all be 'channels' for healing. Salumet also explains that healing comes from one source, so whether it be animals, and/or humans, or plants in nature, it does not matter. (5/12/94)

Sara: Can I ask a question? Is there a kind of healing that you would recommend I should do, if I got the opportunity?

There my dear, is only one kind of healing. You can give it many names, but when it comes to it, *all* healing comes from the *one* source. I believe you are asking me to name one particular aspect of healing? I would say to you, that choice is entirely yours. But remember there is only one source of healing.

Jackie: If there's only one source, why were we told to work on animals only and not humans?

It matters not what the subject is, what I say is the *healing* comes from one source. It matters not who it is given to, whether human or animal.

Jackie: But we were chosen just to give it to animals?

I would say, *no* you are not chosen—each and every one of you has the ability. Whether you have the inclination towards animals or human, is an entirely immaterial point. You have to look at these things on a wider scale. Each of you are capable of healing. You are not chosen, when you use those words you imply that somehow you are special. I have to say, if you like, all of you are 'special,' in that respect, in as much as the very fact that you all can heal. There is nothing unusual in healing. It is an aspect of your spirit being, if you like. Always you are trying to equate spirit, with your human form. (*Spoken slowly/carefully*)

All healing comes from the universal consciousness that you call God. There is no mystery about that, no mystery at all.

Les: I have actually told quite a few of our patients, when they have thought that we are special people, I have told them that they too could do healing, if they would like to give themselves to it.

All of you, all of you, the only reason some of you are healing, others are not, is that their awareness has been touched—that is the only difference. It is not because they have been chosen, not because they are special, but because their awareness has reached a point, where it must be expressed.

Les: Yes, it's possible ladies that you prefer animals to humans—(*Chuckles/general agreement*)

So you see what draws you, is the love-bond—always we will come back to that. That is why you wish to heal the animals. It does not mean you cannot use the healing source on humans; that would be nonsensical, if I may use that word. If healing comes from the one source, then it must be used for all people, all animals, all of *nature*. Let us not forget your **plant life. Healing is an energy that can be used for many, many purposes.**

Les: Yes, you mentioned plant life. It has been proved many times on Earth that plants which are spoken to in a certain way, are much better able to survive and become stronger, than plants which are left to their own devices.

Of course.

Les: So again, it's the talk of energy being transferred to them, by the physical human voice. And that is well authenticated.

Try it yourself! Try your healing energy against the Earth of your garden. Feel the interaction that is there, with those two energies. Then I say to you, try to plant a seed. Watch what will happen. Try it for yourself!

Les: Yes, that's interesting—I will do that in the planting season. Well I do, do it now actually, but I shall take more note of it. I always tell them what I expect them to achieve.

A little more than that please—that is instilling your thoughts on what *they* should do. (That's right.) Remember too, that all things, plants included, have an energy of their own. So do not impose your will on any *one* or *anything*. Does that make sense?

Les: Yes, I'll do it in the way you suggest at our next planting.

Speak gently, wisely and kindly.

Les: I'll follow that.

I will watch closely. (Laughter)

Les: I shall be glad if you would—(Laughter)

Don't worry, I will not make myself aware to you—don't be concerned about that.

Les: Pity—I wouldn't be concerned, I'd be delighted.

I promise no interference.

Messaging our minds

Salumet instructs that if we work on ourselves by going within and sensing what is good for us, this can only be good for our health. He states the benefits of messaging our minds as an ideal Christmas present! (5/12/94)

Let me speak a little bit about your human body. I would say to you, whatever each one of you *feels* is good for yourselves then it can only be good. You all have an innate knowledge of what is good for you. I have said it before I believe, you know instinctively, what is *good* for you to eat, what is *good* for you to use. So always just follow your *inner voice*. You will *not* go wrong, you *cannot* go wrong, if you do this. These things you speak of, your health problems, how you look after your physical bodies, they are all very *material* things.

It would be much better, shall I say, if you would '*MASSAGE your MINDS*'.

That would be a much more useful exercise. Now I hear you say, 'How can you do that?'

Not so easily I say to you. But again, we come to the word '*THOUGHT*.'

Do you follow me?

Les: Would I be right in saying Salumet that the massage really is immaterial, and it is again back to spiritual healing? If the thought is strong enough, the power of thought directed into the patient is strong enough, then the massage itself is irrelevant?

It is a comfort for the physical body, in the same way that people find comfort in their eating, or in their drinking, or in their sports leisure's. All these things are material comforts, for that covering you call your body. That's why I say it is an individual choice.

Do you see? (Yes) But when we speak of massage, massage the mind. Keep it active, keep it supple; all the things you do to the physical body—that would be much, much better.

Always try to look, to endeavour to keep that spiritual side of yourself in tip-top condition. *That* is what is important, *that* is what I would say to all of you:

If you wish to give yourself a gift for this *Christmas time*, that is what I would say, give to yourself a *massage of your mind*.

For recovery, it is important to be surrounded by positive energies

Salumet discusses the death of Dawn's pet dog, when in an earlier teaching, the dog's recovery was assured. The dog should have recovered! Salumet explains what went wrong. (16/1/95)

Dawn: Could I ask a question please? I did understand that if I did healing on my dog, I thought it would get better. But he didn't. Could I have your comments on that please?
Yes, of course. Let me say this to you: Everything that is said is spoken as we see it. I have said we have more foresight, which is of course very true. But let me say this to you: As you physical beings have your own free will, let us go to the animal kingdom, which is next in line to you human beings. They too have a life force, a spirit being, as you are well aware. At the time I spoke to you of this animal, he should have recovered, is this not what I said to you? (Yes) The animal was ill, but the information I gave to you said he would be well. Now we come to the equivalent of your own wills. It is not quite the same thing, within the animal kingdom, but they too are aware of the thoughts and feelings of others, you understand? (Yes) When the life force is depleted, as it was with this animal, the healing that you gave should have brought the animal back to full health. As you are aware, this did not happen. What in actual fact happened was that the spirit aspect of the dog, actually gave up, gave up on his own life force. The dog was picking up negativity from others who surrounded it. I am not saying you, but there were others who were around the animal, who were giving off negative thoughts and feelings. Can you accept this? (Yes) You can. So, you see, the animal, especially in the state of a lowered life force, did not in fact have the *will* to struggle onwards, in the same way that you human beings sometimes, I believe you say, 'Give up the ghost?' (Yes) Yes, so too this can happen within your animal kingdom. I did not speak untruth to you, but of course the animals too, have the right to make their own choices. The animal *should* have recovered but did not. I know these things are painful for you all to accept, but it should be a major part of your spiritual instruction, to know that each and every one of you, that all animal, all plant life, have their own choice, can create their own structures, whilst a part of your physical Earth. So, you see, the animal actually made the decision. (Yes) I hope that has been comforting to you. I know it is always painful when you lose loved ones but remember that they have *really* gone to a better way of life.
Dawn: Thank you.

[We are capable of self-healing](#)

Les makes a statement concerning his daughter's foot. (29/5/95)

Les: Good, I'm very glad to hear that, I personally have no hesitation in asking for help, which brings me to something I was going to tell you anyway. My daughter in Canada many years ago injured her foot rather badly and she was contemplating having an operation, it had become so painful. She listened to all of the tapes I sent her, a tape containing your voice and thoughts and comments on the power of thought and healing, to the person. She began using those words and she phoned me full of joy, to say that the foot had completely recovered, and she couldn't express her pleasure at being able to walk without pain.
I am happy to hear those words expressed. When first I came to you, I said I wished to help all of you here. And in saying those words, I do not think I said to you that *all* who are

connected with you, will feel the ripples of that help, if they so desire. You cannot be an island within yourselves, you belong to this cosmic population and all of you my friends, are intertwined. So, I say to you, I am pleased that she listened to what I had to say, that she heeded those words and so has benefited from them.

Les: She certainly has, and she looks forward to a constant supply of your words now.

Again, I return to what you must by now know as one of my favourite sayings:

Thought is all-powerful. Always, always remember.

Dr Bach Flower Remedies

Salumet confirms the healing power of the Dr Bach flower remedies. (3/7/95)

George: We have talked already about flower energies, and this is a delightful area. I'd like to ask a question about the Bach Flower Remedies: Dr Bach describes one method of preparation which involves collecting flowers, floating them in a bowl of water in sunlight, and the energy of the flower is said to transfer to the water, and then the water is used as the remedy for helping people with fears and anxieties. (Yes) Are you able to confirm that the energy will transfer in that way?

Yes, let me say this to you: You have been told of the energies which each and every one of you take from the Sun, through your auras, you remember?

Les: Yes we do, that was confirmed again last week.

In a similar way the flower is attracting the rays from the Sun, the energies, so you see, it is energised, so too is the water, that is how it works. Everything, you humans, flowers, animals, your Earth—all are surrounded by these energies. I will say of this Dr. Bach, he was a man of much awareness. He struggled in his lifetime to produce these remedies and although many people scoffed at his ideas, in actual fact, he was unaware of the true energies he was involved with. But nevertheless, they were successful, for the very reasons I have stated. Is that acceptable to you?

George: Yes that's most helpful, thank you very much.

The flower whatever, whether it be in the ground, or placed in water, is reaching out for the living energies surrounding it, as you humans also are, even those you are as yet unaware of, yes?

George: Yes—lovely, thank you very much.

Les: So there would be many ways in which the flowers could be used, directly without being floated on water, I would think?

It is nature's way—his method was 'his' method and of course there would be other ways. But his awareness instructed him in this direction.

On the 10/11/03, George asks a further question about the Dr Bach sun remedies.

George: Thank you. Can I go back to the Dr Bach flower remedies? It was eight years ago that you spoke to us about that and at that time I think you intimated that Dr Bach was not fully aware of the particular energies that he was successfully using. Now, it has taken me a long time and I think we are talking about the two energies that come from the sun: the physical energy and the spiritual energy and I suspect that it is the absorption of the

spiritual energy of the sun which is being so effective in Dr Bach's remedies. (Yes.) Would you be able to confirm that?

**I congratulate you on your willingness to dissect my words about that. Eight years may seem a long time to you, but my friend it is not. That is why it is important that we go slowly with all of our information; that you collate the information, that you digest the information and that ultimately you *can* make sense of what I am telling you. That is part of your growth and your awareness. That is what I am trying to cultivate within you that your own awareness should grow to such a point that anything I tell you can be taken and dissected and understood. So my friend, I think you should say to yourself, 'well done'.
(chuckles)**

George: That also brings us something else. This places flowers in a rather special category and the gift of flowers from one to another.

Not *special* my dear friend, *natural*. There is not *one* thing upon this Earth that is *special*: all things are meant to be. You understand what I say to you?

George: Yes, my meaning was that the gift of flowers from one to another is also a gift of spiritual energy.

Yes, as too is your breath, as too is your sun, as too is your Earth and water, and all things are spiritual gifts to you.

George: Yes, yes, I see.

Paul: Neither of them are special, I suppose, they are *all* special.

Mankind only feels things are special when he understands, but what mankind needs to understand is that all of these come from Spirit for mankind to use to the very best of his abilities, and in order that the Spirit may grow in understanding as did this gentleman who was influenced from Spirit. Remember he was influenced to do what he had to do in order to help others. Always my friends look to the wider picture of life, look inwards for your answers and you will find that anything that you do not understand will become so much clearer to you. (pause) Now I feel this time that we have a little self-awareness to discover, that for each one of you, and I will leave this with our dear lady friend, that I would like you to go inwards and to *look* at each other person within this room and I would like you to *feel* what these other people have brought to this room, not only in this evening, but in all of the times that you have come together. Can you recognize the quality of Spirit that has travelled with you down the ages?

Sarah: When you say 'look' Salumet, you mean look spiritually.

Yes, always I speak spiritually.

Can illness be carried over from a previous lifetime?

The answer is usually yes for small children, as they have not been alive long enough for their thinking to have created 'dis-ease'. (7/1//96)

Sarah: We were told that our illnesses are caused by dis-ease within ourselves. Small children who get say leukaemia, are the children really causing it themselves or are they coming back to perhaps suffer for something they did in a previous life?

I have to say, remember that illnesses are so varied, so when we speak of young children, of course their lifespan upon this earthly plane, is too short for them to have caused

illness. So, in the main I have to tell you, it is something which has carried over from previous time.

Sarah: Right, thank you.

Healing thoughts should never exclude

We must never try to decide who deserves healing prayers. The lost souls of this world actually are the ones who are in most need, but then who are we to judge? Send healing to all, irrespective of what we think they may have done. Salumet also gives an interesting perspective about why sex offenders are attracted to children. (29/1/96)

George: Well could I just extend your question Leslie, about projected healing rays. Would a similar thing extend to political figures, who seem rather difficult in what they're doing? I would name Saddam Hussein. Would he qualify for some good healing rays?

Les: Well one would hope that they would be powerful enough—I do ask that our leaders shall be impressed to do the right thing for the world.

Imagine if you had for instance, a room full of light bulbs and one light bulb was causing problems. In utilising the better ones, you can do without the one that is causing trouble. But would it not be much better, that the whole circuit of lighting was remedied, so that the darkened bulb, could once again become light? Would not more light be given forth from it?

George: Yes indeed.

Yes, you see?

George: Yes, it does mean a certain element of judgement on our part, but—

I know my friends, it is difficult whilst you all remain within the physical being, to extend love to those peoples you know, have as you would term them, have been evil or hurt others, whatever you think they may have done. But remember, it is *not* the physical being you are trying to help, it is the *spirit self*, it is that eternal part that needs to be helped, so that in time, it may go forward. Can you not all see this?

George: Yes indeed. Yes thank you.

Those of us in our world, do not abandon those spirits who you would term, evil. I have spoken to you before, that each individual soul, has a spark of divinity within it, which can be helped along. It may take aeons of time, but it is not abandoned, it is showered with love, until such time as the recognition of it's own actions become known to it. It would be so much easier, if that love was given and expanded to all those peoples, whether politicians, whether ordinary peoples, who *need* help, to lighten your world. It would be much better that they received help, whilst within the physical body. So, my friends, open up your hearts to all those, who I know some of you would find difficult to accept them into your prayers, but you would be blessed indeed, if you were so to do this.

Les: Yes, I'm sure colleagues of yours and perhaps even yourself, work through us in our rescue circle. We have had some very—and I have to use the word—you'll know what I mean—some very 'evil' people, over the years—multiple murderers and so on. And yet there has never been, while I've been dealing with them and my colleagues who are now learning how to do it, there is never the slightest suggestion that they should not be helped. There seems to be always an overwhelming desire to be able to help them. And it's so

strong, that I can only assume that we are being helped by those on your side, to bring that feeling to them.

Yes, my dear friend, those who work within these spheres of work, with these poor souls, and you must try to see them in that way. Again, we come back to judging your fellow man. However evil they have been, they still are sparks of that Great Creative Divinity. All eventually must return to the Light—I am moving now into deep, deep matters. All, all energies must return from whence they came, if it takes aeons of time, so be it. But never, never, never, will one soul be left alone; it will be helped, it will be surrounded by love, until such time as the soul can move forward.

Les: Yes, I have found that when I'm dealing with them, whatever they may have done, there's not the slightest feeling of judgement involved.

When those who bring them to you use you in your work, you are surrounded by an energy of light, which protects you. I don't think you are fully aware of exactly what happens within the rescues, but each one of you working, would be surrounded by 'pure energy,' which cannot be penetrated, by the darker elements, because let me tell you, that some of them would try to invade your light. I have spoken briefly too, about pure energies, we need to speak about energy, rather than individuals, to fully understand what is happening. It is why, let me give you an example, why there are those in your world, who would prey upon young children, in a negative way. Try to forget the personalities, the age of the people, think wholly on energy. And what is happening is this: That young children are mainly 'pure white energy' and they are preying upon it. Those who have become darkened throughout their lives, are seeking the purity of the white energy. Are you understanding me?

Les: But they don't realise that that's what they are seeking?

No, it is not, it is not purely a physical action, it is an innate feeling, that energies must blend, must be whole. And so, they are preying upon this pure energy, which is the child.

Les: So that would be the spark, which you refer to as being in everybody, no matter how evil they may be. It would be that spark, which is trying to find the pure energy, is that so?

Yes, all are striving towards being pure energy.

Les: But the physical being is not aware of that?

The physical being would not be aware.

Les: That raises quite a different aspect on some of these things then.

That is why it is wrong for you to judge others, without fully realising what lies behind it all.

Les: Yes I must admit, that had never occurred to me in that way.

We are all energy, but I am speaking about deep matters again, but I think that analogy, makes it a little clearer to you.

Les: Yes it does, does anybody have any questions on that, anything you're not sure about? Now's the time to ask.

Sarah: I just wondered, if we are all going back into this pure energy, why did we break away from it in the first place?

Now, we really do get to very deep matters here. I think that needs to be a whole session of time for explanation and if you will allow me, I will come back to that sometime. I do not believe that you will understand the explanation, but I will try to explain a little to you another time.

George: Going on from the previous one, some criminals, or child offenders, would during the course of imprisonment, find ways to improve themselves and become better beings. Others do not improve themselves. We could probably do all kinds of things to improve the way we treat criminals, so that they stand a better chance of improving themselves, while they are imprisoned?

My friend, the best way of helping, is to do exactly that which has been spoken of. To send your healing thoughts, to allow those in our side of life to receive and to accept those genuine healing thoughts and to go about their work. If you can do this with a good and open heart, then not only do those in darkness, but also yourselves benefit so much from it. You may not fully recognise what good you have done, until you come to this side of life. Please continue to send those healing thoughts, to all in need.

Les: Yes, we don't need specifically to mention names do we? If it's what we call a 'blanket thought,' to cover all those in need, irrespective of where they are, or why they are in need? **Much is spoken about healing thoughts and how it is received by those on our side of life. There are varying degrees of healing thoughts, and if you can imagine your night skies, which of the stars do you notice first? Is it not the brightest one within the sky?**

Les: Yes, we do, that's true.

Therefore, the *strength* of thought, of healing, the more *love* you can put forth from yourselves, those thoughts are the strongest ones. If only you could see them reach us, you would understand that all thoughts are different in their intensity. I do not know how you think your thoughts work. Would you like to tell me? I would be pleased to know?

Les: Right well if I could answer for myself, I have never imagined them as tangible things. **(No.)** To me they are an extension of my energy, **(Yes.)** which is collected by your energies and transferred or transmitted to wherever it is required.

Yes, so imagine the more intense the power of the thought, the quicker it travels to us. And so, can you imagine if for instance, you say, 'Please help,' or if you say, '*Please help,*' deep from within the heart, which one do you suppose would travel furthest?

Les: I would say your second one, providing it is correctly motivated.

Yes, yes, all thoughts are known to us, but some—it is why some of you would say, 'Why are my prayers not answered?' All thoughts come to us—not all is given to you as you wish, but it is not because we do not hear. But as in all things, the *motive* behind the thought, the *intensity* of the thought, has to be looked at.

Les: So, it has to be a dedicated effort on each occasion and not a ritualistic thing?

Yes. Now I will say to, I would like you to watch this one, as I leave you, we are trying to work through this one.

Les: Thank you very much and thank you for all you have told us again.

[If you have the power to create illness, you have the power to become well](#)

Salumet had been discussing health problems concerning a particular lady. (12/8/96)

Les: Yes, it stems from what you told us last week, that we have to understand the soul, rather than the physical body and look for the reason for which the soul is doing this.

Yes, because you see, this is another hard lesson for you all to understand. When I tell you that you create your own illnesses, I too often hear your gasps of disbelief.

Dear friends I tell you, whatever illnesses come to you within your lifetimes whilst on this earthly plane, is ***DONE*** by yourselves, whether it be *emotional*, whether it be that you place yourselves within conditions—*physical conditions* I speak of now. ***YOU*** are responsible for the state of your *physical being*.

This is indeed a hard lesson for you *all* to accept, but accept it you must.

Les: We do accept it, but as you say, it is a hard lesson.

But once you can accept, then you have the power to put it right. The problems lie in your lives, that you do not fully accept.

If you have the power to create the illness, you have the power to become well.

Les: Of course, it's a logical thing, isn't it?

You call it '*logic*,' I dear friend call it '*natural*.' But I will help that one.

Les: Thank you very much.

Only when all is in place and the spirit is touched - can there be complete healing

A lady is disappointed that the spirit doctor was apparently not able to cure her. What follows illustrates that healing cannot happen until all aspects are in balance. To quote Salumet, 'the time is not right for *full healing*; not because the spirit doctors have not done their work, they have, but you understand that they too have limitations to what they would be allowed to do.' (19/8/96)

Les: Yes, there is one I haven't asked the lady's permission, I don't know if you'll regard it as permissible, but she has visited a *psychic doctor* and has had an operation on her back, but she's not very happy about it at the moment as to whether it's been as successful as she'd hoped. Are you able to give her any reassurance on this please, I can understand if you don't want to answer the question?

I am happy to speak to the lady, if she does not mind my doing so.

Debbie: No, that's fine thank you.

I have spoken about spiritual healing on previous occasions and I do believe that now you understand that what I tell you, is that you *all* are responsible for illnesses within the physical being. You know and you accept this do you not? (*general agreement*)

Spiritual healing will only take place when all aspects of your being are in balance. We can speak of *energies*, we can speak of *cause and effect*, but to simplify matters, I will answer the question you put to me directly, that the time is not right for *full healing*; not because the spirit doctors have not done their work, they have, but you understand that they too have limitations to what they would be allowed to do. Do you understand this? (*Yes.*) So therefore, we come to the aspect within your life which needs to be dealt with. You need to look at the emotional body, you need to look at the spiritual aspect of that emotional body and find what the true route of the problem is.

Debbie: Thank you.

But of course, no matter what advice I give you, if you are not prepared to carry out what you know to be the Truth, then there will be no *physical healing*. These concepts apply to all; we have spoken extensively I think, about what you must accept as being *your doing*, when it comes to *physical illnesses*. You have to, if you do not, then you create more illness within the physical body. You understand? (Yes.) I hope that will be enough for you this time, (Yes—) but I will try to do what I can to help you put the problems right. (Thank you.)

Only when the Spirit is *touched*, can there be healing, and it has not happened yet. No one you see, can undo what *you* have done, you see?

Debbie: Yes. (Yes.)

I am sure she will be helped, provided she wants to be and let me say just a few words about this: That sometimes people say, 'I want to be well, I want to be better,' but in fact the spirit self is reacting against these wishes. Can you understand this? You may find that difficult, but it is so.

Revision question by Barry

Barry asks a question about the importance of keeping our energies pure and in balance in order to stay healthy. Salumet gives clear advice. (7/7/97)

Barry: In our world that we comprehend, energy is created by opposites. Would balancing those opposites in our physical form, enable us to create a much purer form of energy, which would become like a spirit, to therefore then lead the energy, rather than trying to push the energy along a certain path?

Yes, here we have a later member to our group and much already has been spoken about energy. When you speak of opposites, what you are speaking of my friend is of the same energy. We have had this conversation before, but I will explain it briefly to you. You are of course speaking of illness within the human frame, are you not? (Yes.) Yes, and the use of the energy of which you are made. I have explained to the others, that *all* energy comes from the *One Source*. So, for you human beings, to remain healthy, the energy should be well-balanced, throughout the physical being, but it is governed by the mind, which belongs to the spirit. So, you can make many theories in your lifetime, but what it comes down to, is the *misuse* of energy, which in turn creates illnesses and all other types of difficulties in your lives. What I would say to you dear friend: The most important thing you can do, before trying to help any other being, is to ensure that your own energies can become the purest that you can make them. And in doing this, you must attempt to create within your mind — which again belongs to the spirit — you must create that all-encompassing energy, called love. Can you see the connection?

Barry: I can and thank you.

Regression therapy

A number of questions are asked about regression therapy spanning three years. The first question is presented by Sallie. Salumet reminds us as to why are our memories blocked as there could arise many problems causing unforeseen distress. (7/9/98)

Sallie: There's something I've been thinking about. It's to do with *regression therapy*, where in order to perhaps understand yourself more, or for whatever reason, you work with a therapist, actually going back to a time before you were born in this lifetime. And I suppose — I know we're here for a purpose, but there's a part of me that thinks, would I be cheating in doing that? And part of me thinks no, it's not cheating to go back in that way — I don't know, what do you think Salumet?

Yes, I understand your question. I would say only this to you: Be careful when you undertake such things. There are occasions for the soul to be helped in these cases of regression as you call them. But I would say this to you, they are very few. After all, why do you suppose that when you come to this life, that all memory is blocked? Do you not see there is a purpose?

Sallie: Yes, yes my understanding of that is that if we had the memory, it would be very simple for us to try and achieve, yes.

Yes, I do not say it is wrong, but also, I cannot say to you it would be right for you. Would it not be better that your own consciousness, your own awareness, work towards that understanding of the soul, whilst in this lifetime. Much more credit would be given to doing it that way. Do you understand?

Sallie: Yes, I do.

I feel there is disagreement, would you like to speak further please?

Sallie: I don't think the disagreement is from me. I'm fairly open to the possibility of regression therapy, or otherwise. It was merely **(Yes.)** the feeling that — I don't know, whether it was necessarily a good idea to get involved with that, or as Salumet was actually saying, working it through yourself is probably more credible.

It is not something that should concern you greatly. I would not say that the soul who undertakes such things — how can I say, should feel badly, of course not, if the reason behind it is for good. But so often these things are done for experimental reasons and can I say only this, that the soul can become disturbed. Perhaps we can speak on this matter some other time when we have longer, but it is not something that the soul should feel ashamed about. Do you understand?

Sallie: Yes, yes I do. **(Yes, Good.)** Thank you.

Les: Yes I would be very glad if we could have further discussion on that, because I've wanted in the past to ask questions about hypnosis too, because I personally am opposed to regression sessions and hypnosis, because there is no guarantee so far as I can see, that what is allegedly produced by regression, is in fact so, because there are so many possibilities that could intervene, particularly when you consider deep mediumship.

Yes, that is why I say the soul can become distressed. We will discuss this further.

Les: Yes thank you, we'll look forward to that, because it's a very complex subject and I think it's one which we'd all be grateful to have a greater understanding of.

What I would say quickly this time, is that regression for happenings within this lifetime, is a separate matter. It is when we begin to seek past lives as you call them that problems occur.

Les: Yes, this is what I've felt for a long time.

Sallie: So, what you're really saying is, somebody who's working with a therapist, trying to unblock something in this lifetime that's creating great distress or a problem?

Yes, that is fine, because it belongs to this lifetime. It is no different than the soul who seeks spiritual healing in this lifetime. Do you understand?

Sallie: Yes, I do.

But the problem lies when the soul wishes to go further.

Les: Yes, it could cause a lot of problems, couldn't it? **(Yes.)** Particularly as most of the people I think who do this work, are not sufficiently qualified spiritually, to be doing it.

That is one of the issues we must discuss of course. We are speaking of the interaction of two souls and its obvious inhibitions, problems, which it can bring. There are many situations we must discuss.

George: Just adding to that, there was a case history of a man who was born into this life with a limp and he was cured of the limp, through past life regression therapy. But perhaps it would be better not to cure in that case, because the soul may have decided that he should be in this life with a limp. Is that a fair example?

Yes, that is why memory is blocked. The soul as you know, chooses the life it comes to and all the problems it brings to it. (Yes.) Yes, what would or perhaps *could* happen, when the soul returns to our world, is that soul returns once again, with that complaint, if you wish to call it such, in order that it work through a lifetime, as it should have done. Do you understand? (General agreement)

George: Yes, I see that.

It is a difficult topic, but one I feel we must discuss more fully.

Regression therapy comes up again a couple of months later by Salumet himself. (7/12/98)

This time my dear friends, I would like to discuss with you a subject, which I promised to return to some time ago. (Thank you.) It in part, follows our discussion last time, but what I wish to talk to you about this time, is what you call Regression. Do you remember our short talk some time ago? (General agreement) There are many disputes in your world about this subject, so I think this time we might answer some of your most pressing questions. Although as you know, each one of you has the choice of returning to another lifetime, and many of you in this world, have returned many, many times, you also know it is not always so. So, let us speak a little bit about what you call *Regression*. (Thank you.) Do not assume my dear friends, that when you are under this regression time that you are absolutely returning to past lifetimes — it is not the case. Indeed, there is not much difference than any communication between any instrument upon this planet. That is not to say of course, that returning to a past lifetime is not possible — it is, but the dispute within your world is this: That you assume that any information from past times must automatically be a past lifetime of each individual.

Les: Yes, you are quite right, that is the general assumption, but I have never been able to accept that myself.

Well, I would say to you my dear friends, hold on to what you feel, because you are partly right, I would say. Regression is possible, but there has to be a purpose for it.

Les: Yes, I was going to ask that question.

Well, let us now begin with your questions, now that I have outlined for you, the generalities shall I say, of this subject.

Les: Yes, thank you. I have never been able to accept the fact that automatically the information given by a person under regression, would be that pertaining to a past life, because there are so many improbabilities, that I don't see how it could be. Also, in my thinking, the power of thought of the person responsible of the regression of the 'patient,' shall we say, that thought could also I think intervene in the information being given.

Yes, of course once more we return, do we not, to the power of Thought? (Yes.) And yes, you are correct that sometimes the person who is doing this regression, has influence with their thoughts. I would say the majority of your regressions are indeed information being shown to the individual, but not necessarily their own past lives. Of course, what we hear then is, 'But it is so vivid.' But is not any communication between any medium upon your world when contact is made within ours? Then of course *that* becomes reality at that moment in time; always bear this in mind. But of course, then we come to those genuine cases where the individual is allowed to be shown, I would say, *one* past life, not many, for the purpose of freeing their soul, in order that their life this time can be helped. That is the only purpose in being shown any past life, to, shall we say, 'unblock' any emotional or spiritual blockages that have been taken from that past life and is hindering that soul, in its pathway in the present time. Does this make sense to you?

Les: Yes, it does and I can accept that absolutely, but that presumably would only be permitted under certain circumstances, if the information was in fact for the benefit of the progress of that soul.

Yes of course, any spiritual, any emotional blockage which the soul would sustain into this present lifetime, then of course that information would be permitted to help the soul.

Les: So that would be parallel to what you have told us about being counselled before we return to any life on this Earth? You did once say that we would receive counselling as to the best physical return we should have.

Each soul knows and understands what its life's journey is about, but sometimes the soul is unable to free itself from spiritual blockages, emotional blockages, which have occurred and belong to the soul. The soul brings it with them and is unable to free itself in the present existence. That is the only permission that would be given to allow the soul to see a past lifetime, whilst it inhabits this human form. Is that clear to you? (General agreement + thanks)

Les: Which leads me to the next question: If it is only permitted on certain conditions, would I be right in thinking that other information, which is supposed to be coming from a past life, could in fact be communication from your world to the person under regression?

Information given of past life, of course is monitored from our world.

Les: Yes, I thought it must be.

Of course, we have to protect the soul; that is another point you must take council with. Yes, you must remember the soul's progress is what is important. You could perhaps place a parallel with your healing — only those who would be allowed to be freed from illness, would secure what you term a 'cure.' It is on the same parallel, only those souls that are permitted to be freed from illness would be freed; the others would remain, because that is the pathway they have chosen. Does this become a little clearer to you?

Les: Yes, it certainly does. Does that mean then that if somebody from your world wished to give information to the person under regression that would be equivalent to one of our physical beings here, being used by somebody in your world and then being given information, which *they* can give us — so much which is supposed to be coming from the regressed person's past life, need not be so?

In the true regression, where permission is given, I would have to say the information is given from another aspect of the same soul. It is slightly different when you speak about healing and other matters. Although the information for the help comes from our world, it is not necessarily in those cases, from the same aspect of soul. Do you understand this, or am I confusing you?

Les: No, because it rather confirms what I have suspected to be the case, that a person under regression, is, to my way of thinking, equivalent to a person in the physical world, allowing themselves to be taken over **(Yes.)** and pass on information given from your side, which need not necessarily have anything to do with their own past lives. Is that correct?

That is correct — that is the majority of cases that you call regression.

Les: Thank you for confirming that. I have suspected it for a long time, which is why I have always been opposed to so-called regression being considered as such, because to me it is merely another aspect of mediumship as demonstrated at these meetings.

Yes of course, but you must not say, *no regression to past lives do not exist. There are genuine cases, but the majority of the cases, you are correct, they are receiving information, but it does not belong to that soul.*

Les: Now, we come to a most difficult question, which you may not be able to answer. How would one distinguish between the two factors of general information and honest information from a past life?

Because the past life truths would free the soul as I have said, from emotional and spiritual bondage, which could create in the physical being many problems, many phobias, many fears; the soul would then be free from them. That would be the indication that the regression was a true one.

Les: So, it would have to rely on the physical reaction of the person after regression?

Yes, because then the soul is freed from any blockages, which it has brought.

Les: And that would be reflected in the physical differences? **(Yes.)** Thank you very much, because that does explain how the two could be separated.

That is the only way — the soul would know. It is difficult when human beings are trying always to —and I use this word reservedly, '*prove,*' something. It is not always easy, but the soul would be allowed to go forward on its pathway that has been chosen this time. You understand?

Les: Yes, because that ties in with something else, I have often spoken about over the years. We hear frequently of a person saying, '*I have been here before and I have done this, that and the other,*' and it is often presumed without query, that that person is in fact returning to conditions and places, which they occupied or were present at during a previous life. Again, I have maintained that the information they have been giving to listeners and investigators, could well be merely information from your world and nothing to do with their past lives. Do you agree with that?

Yes, you must remember the power of thinking. I will always return to this again and again, that the power of Thought can create whatever you so desire. And in these instances, the individual is a channel — that is all — a channel.

Les: Yes, this is what I have often suspected. I think there no doubt are genuine cases, but in the majority of instances, I have been inclined to think, are information which could be obtained by anyone in this room.

Any individual who allows their minds to be raised, can be given any information they so desire, but that information does not necessarily belong to that individual soul. This is what you have to differentiate between what is genuine past life and what is merely

information of past times. You have to know the difference (*between*) information in general and information of past lives that belongs to the individual soul. There is a great difference.

Les: Yes, there must be and so one should not accept all these cases at their face value. **Always stop, always think — use that thought wisely. Do not accept all that you are given so easily. And there is a way of thinking within your world that is seeking that is searching for more knowledge. We do not wish to dispute this, because any seeking can only be good, but what we do say to you my dear friends: Be a little bit more cautious in your seeking.**

Les: Yes, you have probably gathered from what I have been saying that I always have been. **Yes, but not all people are so cautious. You must be, in order to — not protect yourself, but in order that you find *Truth*.**

Les: Yes, this is what we all want to do.

And, that is my purpose in dispelling some of these disputes in your world.

Les: Yes, I am very, very grateful to you — I am sure we all are. As far as I am concerned, it has pulled back the curtain quite a bit.

That is my purpose that all of these matters become clearer to you.

Les: Does anyone else have any questions?

I think my good friend the gentleman last time, did ask the question last time. I hope I have answered his question for him — if not, please let him speak now.

George: Yes, this has helped a lot — I do try to imagine sometimes the past life in relation to the soul. You have demonstrated in the past that a past life can be plucked and presented through a medium, yet the past life is a part of the soul. It would seem that the soul is a collection of past lives and yet it has a unity. (*Yes.*) Does that make sense?

Yes, but do not concentrate so much upon past lives. They have *gone* as you would say, they have attained hopefully what they should have attained and the individual unit, which now exists in present living, is the Soul, is the Spirit that matters at this moment in time. Past lifetimes belong to another time, although they are part of the same Soul. Unless it is necessary for the Soul in the present lifetime to have access to one past lifetime, then past lifetimes should remain where they belong, in *past times*. (*Yes.*)

Les: Yes, I think one could relate that to one's normal physical breathing, because the breath we draw in, serves its purpose for a limited time, whereas when it is expelled, it's of no use to us or anybody.

You do not seek it back, do you?

Les: No, it has served its purpose, therefore we take a fresh breath and to me, I have always related that to what you were saying, George — the past is gone/finished (*Yes.*) — it's served its purpose and I am always looking forward to the future, whatever it may be.

Remember past, present, future belong together, but you are living in the moment with this one aspect of your Soul, which is seeking growth. That is the purpose of life and that is what you should concentrate your efforts upon. Do you understand? (*General agreement*)

Les: Any more questions on it, because it is a very important aspect of living?

I fear sometimes human beings, because of dissatisfaction within their daily living, seek the '*excitement*,' I believe you would say, of finding past lives. It has almost become within your world, an exercise of pleasure; this it should not be. So, I would say to you my dear friends, live for the moment. There is no reason why anyone of you within this room,

should be seeking knowledge of past lifetimes. It will never be given purely for an interest factor.

Les: Yes, I'm sure of that, because there would be no point in so doing, would there?

It is, if I may say so, it is wasting —

Margaret: Time?

— Time and energy — yes madam, you are quite correct when you say this —

Margaret: Whatever has happened in the past, you can't do anything about it, can you?

Sarah: You have got to look forward to the future.

You *can* in a little way, rectify what has happened in past times, because after all, you have come to, in some cases, rectify previous lives. But it is living in the moment, which is important.

Carrying on with the subject of the past and past-life regressions, we are reminded that the past is in the past, and we are now in the present. (7/12/98)

Les: Yes, it has a bearing on this — When my first wife died, I can remember the '*horror*' — and I use that word advisedly — of my fellow workers, because of the fact that I went into work the day following, when I was told I could have three days off for a funeral. I said I don't want three days off — I explained that it had *happened* — what could I do? But they couldn't understand it.

Yes, because they did not have your knowledge. You have to forgive them for their unknowing — I will not say '*ignorance*,' that is not a word I like to use. But because of their unknowing, they would find it difficult to accept what you were doing at that time, because it is against the normal patterns of human behaviour.

Les: Quite, but I know my wife would have understood completely.

Of course, of course and may I say it helps if only all of you would understand, if you can send your loved ones on their way with happiness and joy, but of course being human beings, you also have human frailties and human conditions of emotion. But in this understanding of this work, you should know and understand my friends, that sometimes you are shedding your tears for yourselves, not for those beloved departed ones, because after all, are they not returning *home*?

Les: You are quite right it is a selfish action and if only people realised that, the severance would be much less painful.

On *both* sides yes, (Yes —) but as I have said, the emotional energy within you human beings is a strong attachment and it is not easily controlled, but that is something my dear friends, you can work upon. It does not mean that the love-bond is any less strong than it was when the beloved one was upon the Earth, it means only that you have more *spiritual strength* — *spiritual strength* — that is what you should work towards.

Les: Yes, it is strange really how we get bogged down in the past, in what shouldn't be a ritual. I have a neighbour who lost his wife about 3 years ago and still takes flowers to the grave and is miserable doing so, because it brings back old memories. I've tried to explain to him that it's simply a waste of money —

far better to send that money to the local hospice for the benefit of somebody — where it could be used — (*Yes.*) but it just doesn't penetrate — that is the ritual, that is the thing to do, so he does it.

Yes but my friend, have compassion, because he is not ready for this knowledge. You can offer him seeds of advice, but you cannot make him take it. He is so engulfed with his

grief, that he has entwined himself if you like in energies of grief, but what he does not realise is the departed one is also constantly drawn back to him, because of his grief.

Les: I try to explain to him, **(Yes.)** for *her* sake.

You will not, because he is not ready to accept. (No.) You have done your task in sowing the seeds of truth, but it is up to each individual. Remember if they are not ready to receive then find another who can be helped.

Les: Quite! Yes, I don't have any feelings about it now. **(No.)** Years ago I used to be concerned that perhaps I wasn't doing enough to help them, but now I just accept the fact that they are not ready, as you say.

No, give compassionate thoughts — again we return to the power of your thought — and that is all the help you could give — he is not ready. You will come across many peoples in your lifetimes — all of you —who you would wish to help, but they are not ready, they will not receive. It is no fault on your part, you have done your best and you must leave it there. You must not chastise yourself, you must not be too harsh upon yourself, if you have sown seeds, then you have done much.

Les: Yes, you have made that quite clear in the past, that all we can do is to sow the seed, we shall never probably see the flowering.

You can never know what help you have given. It is only when the soul returns to us, that the full extent of the help is realised. He will know and understand when the time comes, how much you have given to him. That is something for you to all remember. Do not ever doubt that the words you give to others in truth and knowledge is ever wasted — it is not, it is not, and recognition comes when those souls return home.

Les: That's the main thing, isn't it? **(Yes.)** Again, it comes back to what you said earlier, don't wonder about the past — if we have done what we could, then the past is gone —

You are the result now of past times. You may only be one aspect of it, but past times belong in past times. You are trying to achieve things in this life, things which have gone before and perhaps are unattainable to you.

Les: I suppose logically, if we keep thinking about the past and wondering about it, we are in effect holding ourselves back.

Of course, how can you go forward, if you are constantly spiritually stuck in past times? You must allow the soul free expression in this present time of living.

George: Perhaps it is permissible to review the past with a view to learning from it. We can see our mistakes in the past and it can help us to learn a better way sometimes.

But that is not the purpose of your life. If you knew what you had to do it would be pointless in returning to a lifetime, would it not? Life would be too simple — what would you learn? It is like telling a young child all the knowledge of its school days in one instant. What would be the purpose? What would you learn? Do you not see?

Les: I think we have come George, if I can add to this bit, what we have spoken about in the past, the difference between the spiritual and the physical. **(Yes.)** To review the past is a physical attitude and we have to accept that our soul, which is incomprehensible to us in many instances, has learned from the past **(Yes.)** and our physical expressions don't matter anymore. Do you follow? **(Yes.)** Reviewing is a physical attitude, but we've got to accept that if we have been living properly as we should, then the soul has absorbed the lessons, which we have learned in the past.

It is not necessary for the physical thinking to know what the soul has learned — it is not necessary. It is the soul's instruction, which is important and after all, what the soul expresses, shows itself within the physical living. Again, you cannot separate the two; that

is what you are trying to do. I think sometimes you see the soul as a separate being from your physical being, and this is most wrong. You cannot have a physical being without the soul. Is this clear to you? I think it is something we must discuss further, because you will not grow if you look upon the soul as a separate entity. You are spirit first and foremost.

Les: Yes, this is the thing we keep forgetting, I'm afraid.

You have to realise — that is the most important fact that you are soul, first and foremost. We will discuss this further; I feel this is something that perhaps is not quite fully accepted yet.

Les: Yes, that would be interesting to do. I think we also forget that the lessons we have learned whilst here — we are not necessarily aware of them, but we should be more conscious of the impact of our physical upon other beings here. As Salumet says, the soul and the physical are two and the same and if we considered more the impact of our actions upon our fellow creatures, then we perhaps might become more aware of the development of the soul, rather than consider physical reactions.

I would say if you have to stop and think, then it is not the soul at work. Perhaps that is something you can keep in mind, that any action truly from the soul, is spontaneous — it is important you understand this. If you have to stop and think with your physical brain, then think carefully. Do you have more questions?

Les: Well I seem to have monopolised the evening, anybody with more questions? *(Pause)*

I would rather that this topic be finished with this time, because we have many subjects to speak about and it would be most helpful, if you can be sure of what I have told you this time.

Paul: Can I just recap a little bit, in case I'm not clear. So, there's no reason for anyone to have past life memories, unless they're experiencing difficulties and they need to seek out that past life, in order to be cured of the problem.

Yes, if the soul is restricted spiritually or emotionally, then past life will be given, in order that the soul is freed, and that this present lifetime can continue in the way it was planned. If you wish to go under regression with the help of another, you must accept that what you may get could be in fact only communication, in the same way as you would receive it, as our dear friend has said, in the same way as anyone here would receive communication. Do not assume that it is automatically past lives, belonging to the soul. It may be past life of another individual.

Paul: Just one other thing, was it said once that some people are born with many past life memories, from childhood and that they do retain it?

That is possible, but it is of no use. The memory may be there, but it serves no purpose.

Paul: So, they'd probably be better off forgetting about it and concentrating on this life?

Yes, but that possibility exists, yes of course. It would of course depend on the growth of the soul, as to what can be retained. But yes, that is a possibility, but it serves no purpose. Is that clear for you.

Paul: Yes, that's clear thank you.

Les: Any more questions on it? *(Pause)* So everybody is much happier now with regression?

Yes, I do think that my words will continue in your thinking for many days to come and that can only be good. So, I will say to you now my dear friends, I will take my leave of you, I know you will ponder my words and I know that you will be helped in what I have given you this time. *(General thanks)*

There are several evenings where Salumet has advised that an individual undergoes regression with an experienced therapist for the sake of freeing themselves. On 5/5/08 Salumet discusses a man who is suffering from claustrophobia, and then for another person who was experiencing fear, 11/10/10. On 25/7/11, Salumet advises an anxious emotional young person not to undergo regression as this could have caused problems. In 2002, a member of the group, Graham, was advised by Salumet to undergo spiritual regression to release spiritual blocks that were creating a condition called Dystonia. Eventually this was very successful, but two different mediums and several attempts were needed to get to the root of the problem. The eventual release was from the replay of an incident in WW2 over northern France. Graham then gradually recovered from an incurable and progressive neurological condition.

Kind words are very healing

A visitor describes a life without speech, but is now able to give advice on the importance of a few kind words, and a reminder that the healing comes from their side! (19/10/98)

Good evening.

Les: Sorry to have kept you waiting.

You haven't kept me waiting. But I feel I have to interrupt, before we leave, just to say a little more about healing.

Les: Yes, please do.

So much has been spoken about the touch, about the thinking, but I would like to advocate speaking. You see whilst I lived upon your Earth I could not speak, so to me speaking has become quite important and I love it when I hear other people saying kind words to another, because that is a healing. (General agreement) So my dear ones, speak as much as you wish, because in the spoken word, is given much LOVE.

Les: You're quite right, we would agree absolutely, yes.

Ooh, what I would have longed for, to just have spoken a few words. But now I have the opportunity to come to you dear people and to speak non-stop. (Merry chuckles) So if you would be guided by me, just open those dear mouths and say something kind, every day to someone.

Les: Well we shall certainly try, because words are living things, aren't they?

Oh yes, they are the expressions of your thinking. Well, perhaps sometimes, I will not say always, that's not quite true. (Gentle laughter)

Les: That's when we must learn to be quiet.

Well that can be difficult for some. But that is all I wanted to say to you.

Les: Yes, we were talking about healing earlier, before the meeting actually and some people still insist on using ritualistic methods and speech and it's so unnecessary.

Yes, but what does it matter if it helps, that is my philosophy now — whatever good, in whatever way it comes, that is only good for you.

Les: Provided it's done sincerely, for another person.

Oh yes of course! You must have the sincerity, otherwise it would be best to be a nun. (Quiet giggles)

Les: Of course, the interesting thing is in any case, whatever method we adopt physically doesn't make a scrap of difference, because *you* are doing the work.

Well we are behind what you do of course, but you are the instigators of the actual doing.

Les: That's right, but you provide the *power*.

We provide the help, by inspiring you and by being beside you, when we are as two peas.

Les: Yes, we love having your company.

Well don't invite me too often, because I do love to speak.

Les: Well would it surprise you to know that we love to hear you?

Well, I find those words most heartening. I'm sure not everyone would agree.

Les: Well we're not interested in everyone agreeing, we know what we like.

But anyway, I want you to know how important words can be.

Les: Yes, quite seriously we do accept what you say, and we do fully understand the need for words like that. Thank you for reminding us.

Yes, it need not be a barrage of words like I use, but the gentle one or two words at the right moment — that is what is important.

Les: Yes, that is the secret isn't it?

Yes, the knowing when, yes. Well I will now take my leave and thank you for your most generous tolerance of me.

Les: Thank you for coming.

[Through illness our soul sings](#)

From a question raised by George about a specific condition, the conversation widened to a more general discussion about illness and that although pain for instance is a negative experience, the soul becomes much stronger as a result of the suffering. The discussion finishes on a point that even Salumet does not know the answer to. (30/11/98)

George: I wonder if I could ask a question about healing, which may just connect, I'm not sure. I know someone who has the condition known as Dystonia, also known as '*writer's cramp*.' It would seem that the brain allows use of the hand muscles, for anything except writing. I simply wondered if this condition is amenable to healing, or would it in some way arise from a directive from the Higher Self?

Again, I must say to you — and we have discussed this some time ago — again I will stress to you that mankind must accept responsibility for *all* that happens within his or her own lives. I know you find it difficult when it comes to illnesses amongst yourselves. Mankind always looks for something or someone to blame. I have to tell you my dear friends, that mostly responsibility lies with each individual, whether it be from choice — and it usually is, or whether it is from some emotional blockage within the being; well there are many considerations to be thought about. But the mind of course, has much power over the physical being. We have discussed this have we not? (*General agreement*) If the mind has the power to create illness, the mind has the power to undo it. That is my answer to you, my dear friend.

George: Yes, thank you. I suspect it has to do with emotion — thank you for your answer.

You can of course have emotional blockages within your physical lives, and these can be carried forward from previous times, but we must not make generalities, because each one of you is an individual. You cannot assume that every illness has the same cause, do you understand this?

George: Yes, thank you for your answer.

But I will say again, and I do not apologise for it, that each of you my dear friends, is totally responsible for your lives. And it is an acceptance that you must make, if you are wise. It is hard I know, I know you find it difficult. Illness in particular, for you human beings seems to be something you do not look upon, as a growth of the soul, but in fact it can be. Can you understand?

Les: Yes, so if we're looking for somebody to blame, it's quite simple to look in a mirror.
(*Laughter*)

I thank you very much, I would not have thought of those words. Yes, total responsibility belongs to each one of you.

Sallie: But while we're looking in the mirror and being accountable, we can also forgive ourselves, can't we. We haven't got to blame ourselves, too harshly?

Of course.

Les: Yes, providing I would say, we have done what Salumet says, and each day, be able to go to sleep, comfortable in the thought, that we have done our best during that day, for all around us.

Lilian: That's a good idea.

I would say perhaps, that — I will not say '*fault*,' but one condition you humans have, is that you allow your physical brains to overrun. You do not allow time for each thought to enter, it is galloping, galloping, galloping all of the time. It would be a good lesson for you all, to take control of your thinking.

Sarah: Salumet could I just ask one thing? If a child has an illness, a child hasn't really had a chance to bring that illness upon himself. Is that something that is left over from a previous life, or is it a chance for the child to die to help others, or maybe to help himself?

Again, you cannot make assumptions. That child is a soul — a soul perhaps of many lifetimes, so you should not judge, what that soul has come to do. Again, you are thinking on physical terms, because children to you human beings, should follow the pattern of growing to old age, as you all hope to do. But this my dear friend, is not the pattern of true soul's growth. What of the baby within the womb, who returns home, without even being born into the physical life? There is a purpose, even though you cannot fully understand it. You will confuse yourselves, if you try to judge every human being — you must not judge.

Sarah: So, an illness that a person has, they haven't necessarily brought it upon themselves in this lifetime, it could be from a previous life?

Yes, you must not look upon illness as something tragic, that is where you go wrong. So, soul has chosen for whatever reason, that way in their lives. I know this is a most difficult subject for you all, it always has been and still mankind finds it difficult. How many people have you known on this earthly plane who are stronger because of illness? (*Emphatic agreement*) Can you not see that that strength, is a spiritual strength? (*General agreement*) So the soul has grown *because* of that condition. (*General agreement*) So do not always look upon illness, as being something destructive, it is not.

Sallie: So why Salumet, is it necessary to go through so much pain, in order to evolve? **You do not *have* to. It is the soul's choice — not everyone suffers now, do they?**

Sallie: There's different sorts of pain though.

Yes, of course, but a lot of what you call 'pain,' belongs to the physical being and not the soul. That is the choice made within the human form. The emotions belong to the physical, and I would say mainly, that human beings suffer emotional distress, because they are not listening to their own selves. A lot of what you call suffering, cannot be left unattended, but for much of your suffering, it is unnecessary.

Sarah: On the subject of suffering, if somebody tortures somebody else, are both souls consenting to this?

Not always — again my friend, you are trying to generalise and again I say, without knowledge of the soul's own life plan, you cannot judge. That is why you must not judge another. You find it difficult I know — all of you do, but pain is not necessarily destructive to the soul. Does this make sense to you?

Sarah: Yes, it does, it gives you strength.

Les: I think we constantly make the mistake of thinking of the one aspect of a person suffering, instead of trying to remember, that we cannot know as Salumet says, the reason for that and what its effect is going to be upon many others, who the soul is probably trying to help, by accepting those particular disadvantages or difficulties.

Sallie: Ultimately though, why are we doing all of this, because ultimately, we come from that original loving Source, **(Yes.)** so what's the point of all this, why can't we just stay with the original loving Source? Why are we doing this?

Why are you living?

Sallie: Mm.

Because to obtain soul's growth, you have to experience both positive and negative energies, to become pure. Again, my dear friend, you touch upon deep matters, matters which you could not possibly understand, that you would need aeons of your time, to begin to understand. Remember that the all-creative force is energy, energy in both positive and negative senses. But to attain that purity, you also have to experience negative energy, and that is one purpose of human living.

Sallie: When we've done that, I'm sure you're not going to answer this really — it's probably not the right thing to do, but when we've actually done that, what do we do ultimately? What's there at the end of it all?

My dear friend, I cannot answer, because I have not reached that point and I know of no being, but again, I use that word 'being,' reservedly, because you reach the state of 'non-being' — in ever reaching out to that creative force, you are going on a journey, that is as yet to me unknown. So, I cannot answer you that question. Is that helpful to you?

Sallie: Thank you, yes, it's only my physical frustration. **(Yes.)**

The point about illness and resulting spiritual growth is addressed again when Graham asks about his deterioration. (3/6/02)

Graham: Yes, I have had some difficulties with my walking again. It did get better for about a year and just lately I have gone off again and it is something that I find very curious and I don't understand it, and I was wondering if there is anything you could say to help me understand?

Yes, you want me to tell you what you must do?

Graham: Yes, if that is possible.

It is possible, but it is not wise. After all, each of you are here to learn from whatever lives you have chosen. I did give you some advice and I would say that it still applies. You may not have found what you are looking for yet, but I would say this to you, that you do need to give yourself more time as I have said previously, of *going within*. Because you see what you call your own subconscious mind holds all of the answers for you. I could of course tell you what to do, but that would not be helpful. This is something you must work through and I know and I understand fully that all of life's problems are frustrating and cause anguish to you all, but I would say to you my dear friend that you are growing because of it. And I know these words do not come easily to you, because so often we hear in our world, 'why me?' and I would say, 'why not you?' I hope you do not feel my words to be harsh, because I do not mean them to be so.

Graham: No, I don't feel your words are harsh and thank you very much for what you have said.

But I will say is, continue to search because the answer is there for you.

Graham: Thank you for that, yes. I will keep searching and I will try to find more time.

Yes, you need—I know in daily living that each one of you finds that time presses heavy upon you, but only, if only, you could realize that that time spent in developing the Spirit is time for your own *good*, your own *growth*, your own *development*. It also allows those from our world to come even closer to you, as they have done this evening.

George: Could I just ask, the searching that you talk of, is that searching within?

Within. All knowledge is within, but you have to free your thinking before you can go within. There are many ways to do this and I suggest that each one finds their own way, their own *key*, in order that they find that place within the Spirit where all knowledge is available to you. It can be done and it is part of life's journey that you should endeavour to do so. It would be much too simple for me to make life, my dear friends, free from all strife and worry, free from the problems of everyday living, but what would you achieve?

Lilian: We wouldn't achieve anything.

I could lift you, help you, cherish you and love you all. It is difficult for us who watch over you to see each one of you struggle, but it is part of our endeavour that we stand aside and allow that spiritual growth to take place.

Lilian: Yes we need reminding of that sometimes so that we can go forward with courage.

Graham: It is encouraging to think that these difficulties actually do help our growth (**Yes.**) and I certainly do take a lot of comfort from that. I do feel as if I am beginning to look at life differently now and I can certainly see other people's point of view better—things that I wouldn't have noticed before.

Yes, it is an awakening of the Spirit. That is what happens and most individuals start off by small things in their lives. They begin to notice that they, as you have said, are more aware of others than themselves. That love grows within the heart and they are able to be more tolerant of their fellow man. I am sure each one of you within this room has had that metamorphosis, where you have grown, where you have felt that life has expanded for you, but what you cannot know my dear friends is how you have grown in Spirit. That knowledge belongs to our world, and you may be aware of upliftment, of consciousness, but you cannot see that purity of light which shines from each one of you; and I have to say my dear friends it is that aspect of your being which is important to us all. And I do assure you, no matter what difficulty life throws to you, you will shine through in Spirit. I hope these words bring comfort to you all in your struggles and I know each one of you have your own testing times. They may be different from each other, but to you

individually they are a lesson in life which is difficult to cope with. But you cannot grow without struggle, and remember what I have told you, that the more you grow, the more struggle there is. It may be different for each one, but it is there. I hope my words have been useful to you. (*affirmations and thanks*) If you would like whilst my energy remains, if the gentleman would receive healing using this instrument, I will direct some healing for him. I would ask only that he be placed in the centre of the group and each one of you direct your loving thoughts from the heart towards him. You may find that I will leave you as this takes place, so remember my friends, that my love is always with you. Look within and the answers are there.

On 19/11/18, Graham is suffering from a prolapsed disc and associated sciatica. Salumet gives words of encouragement and perspective on the situation.

So, it is a great pleasure for us to see how much energy is within this very full room; and it makes us feel when we listen to you, just how much you have all grown, how much you have grown in your understanding of Spirit. We take the thanks that the lady and the gentleman (*Graham and Sara*) have given, and we thank *you* for allowing this condition (*Graham is suffering from a very bad back*) to make you grow stronger—because that is what it does. When any condition is adverse, then it takes a greater *will*, spiritual will, to go forward; but you have been prime examples of this, and as someone has said this time, it is most common when it comes to problems in the body that you as human beings will suffer because of it; but always the question lies open, '*why do some suffer and why do others not?*' We do not look at it like that, you are all loved, you are all part of the Great Spirit, and when you start to think: '*why me*', that is not quite correct. My dear friends, be thankful that that Great Creator has allowed you to experience whatever it is you are going through at this particular time.

[Is it possible to have pain transferred to you whilst healing another?](#)

Les correctly reassured the other healers that this is not possible but asked for confirmation from Salumet. (11/1/99)

Yes, may I say this to you: If someone feels that they are accepting someone's pain, they should not be allowing themselves to be used for the purpose of healing. I would say this to you: The thought that pain is transferred from one to another, must be discouraged — it is not so. What is happening is that the physical thinking is interfering. Is that clear enough for you?

Les: Yes, you have confirmed what I told the healers at the meeting, to ignore it and continue doing what they have been doing, for many years.

If the people being used for healing — and healing after all, belongs to the spirit, then you cannot accept any physical pain. It is as clear as that.

Les: Yes, thank you very much indeed, that confirms what I told them.

Unfortunately, my dear friends, as in many subjects about spirit, there are many anomalies. You have to for yourselves decide what is acceptable and what is not. Also, in our world, there are some who would, I will not say '*mislead*,' but can misguide you.

Les: Yes, I did explain this to my friends also, that they can only give information, according to the information they themselves have acquired up to that point.

Yes, it does not mean that they are wrong, but only misguided.

Love-bonds with animals can have a response

Sarah noticed that when her daughter became ill, her pets did as well at the same time.
(12/2/08)

Sarah: Going back to these animals and the love-bond, I was just thinking that my daughter is not well at the moment and neither are her guinea pigs and they are very attached to each other, all three of them and ...

Because they are feeding from her energy.

Sarah: So, they are becoming ill because she is unwell?

Yes.

Sarah: And if she were to get better, would the guinea pigs get better?

They should do if she gives out the right energy. You cannot have a love-bond with an animal or another human being and not have some response.

Sarah: Right, thank you for that.

Mental health

A question by Lillian about head nodding leads Salumet to explain why some people are afflicted by 'voices', and what we call 'madness', but are actually channels to spirit. This difficult situation is explained by Salumet. (29/2/00)

Lilian: On a much stranger note to me, I have been sitting in meetings such as this for a long time, I get this what I call '*head nodding*' when my head nods, (**Yes...**) and I do wonder why. Is it just to let me know that Spirit is there?

It is control. It is spiritual control and it is making, through the physical being, Spirit known to you; that is all. You know that it happens quite outside of your control, but it is only that the awareness of Spirit is within you; it is as simple as this.

Sarah: Is that the same as with my hands that move about a lot?

Yes, it is all to do with what you call spiritual power—what we call *blending*. And when a physical and a Spirit blend well, then it is that the physical has the awareness of Spirit within; that is all. And of course, at times such as these when the blending of each one of you is greater, then we have more control. Perhaps I should not use that word '*control*', that makes it sound like you have no control over your physical being—of course you have. Shall we say it is the *awareness*, it is the *blending* of the physical with our world; that is all. It is nothing to be afraid of, although I can tell you that some people are; they are afraid of the feelings which it brings. You will find many within your institutions of illness who suffer or think they suffer from what you call madness and voices, when in fact it is that they are channels for us, but because of the human mind frailty of the physical being, they cannot accept.

Paul: It is such a waste.

Yes, you must not criticize, you must not judge, because they know no better. They are not guided in the proper way.

Sarah: And what about the people who say they have heard voices that tell them to kill somebody? Is that a bad Spirit coming through, or what is that?

You must not always assume that physical conditions come from Spirit; this has to be corrected within your world. There is mental illness within a physical being. There are many explanations which I will not enter into this time, but of course when you are within this physical garb, much that happens within your physical living can create disturbance within the thinking. So do not always assume that these things are *spiritually* motivated. Each one of you remember has control of your lives—you are given freewill to use in many different ways and you must, each one of you, be responsible; and you know this, we have discussed it many times. Each of you are responsible for the lives that you live. Therefore, if mental illness exists, it comes either with that being into this lifetime or it has been created by the thinking. Do you understand? (*Affirmations*) Be careful in giving Spirit, in giving our world judgement for everything that happens on your planet. Although each one is Spirit, it does not mean that every action is Spirit-motivated. Try to think upon this a little this time also.

On 20/11/00, Peter, who is involved in healing work, asks advice on how to help with mental health. Salumet explains what can be done.

Peter: Is it possible to ask a question on healing, healing energies. (**Yes.**) Why is that those with mental illnesses—it always seems harder to improve the situation with people who have mental illnesses than it is with more physical disability. I can understand energies vary and are used for various levels within the being of a person, but it always seems to me that when I try to improve a situation as a mental illness that I am up against the same thing—it's just to '*calm the mind*', which seems to be as far as I can go. If there is a chemical imbalance and there is a shortage of a certain chemical, I can appreciate that it may be difficult to make up that through the healing or the healing energies, but why is it that we can't make any lasting improvements where mental illness is concerned?

Yes, I understand your question. Firstly let me say my dear friend that all of you that are used for healing, we say to you a large 'thank you', because without your help we would be less than helpful within your world, although you know full well that the touch is not necessary for healing to take place. Let me just say this to you: you must understand that healing comes from our world—it is Spirit to Spirit to Spirit. Therefore, you must not become too concerned with the physical condition. What you do not understand *fully* is that it is the *Spirit* which is being helped—you know this of course. (Yes.) Yes, it is not always possible for physical healing as you would say, to take place, until the Spirit has been touched. That is the object of healing, you understand this? (Yes.) You must also remember, that although you are the channel for any healing, *you* are not responsible for the outcome. Remember also that the person who comes to you, is in fact the one who has the greatest responsibility. Therefore, when it comes to what you call mental blockages, these people sometimes come to this life, knowing exactly what they need to achieve. Therefore, it is paramount that you encourage whoever comes to you with any mental blockages, encourage them to understand fully what they are about. You, my dear friend can only be used as the channel, and the best that you can do is to do your best

with those who work with you. Do not try to judge why one will have healing and why one will not.

Peter: No, I don't do that, I was just concerned that with people with mental illnesses, you cannot talk to them in the same way as obviously you would to someone who is compos mentis, so therefore regarding anything that is philosophical, which would help in a spiritual way would be wasted. It is just that with the healing energies, can they adjust the mental imbalance or imbalance of chemicals that are causing it?

Of course, because you see within our world our knowledge is fuller and greater. Therefore, you cannot judge what is taking place within that being. Remember because you do not see the outward signs of healing, that does not mean that the Spirit is not touched. This is the difficulty that humankind has with healing. You must give of yourself, you must give *love*, you must allow those influences from our world to work through you; you cannot do better than that. I would say to you this my dear friend, that those who work with you (*slight pause*) —yes, those who work with *you*, realize that there is a little difficulty when it comes to patients of this type. May I kindly say to you—and I do not say this unkindly—but the fault lies within yourself. Look inwards and then you will begin to understand. Do you understand what I say to you?

Peter: Yes, I do, I know what you mean. Thank you.

Think, go inwards and you will find the answers, but I would say this to you my dear friend, you cannot alter what is meant to be. I know when those of you that are used for the healing energy, you find it difficult when those who come to you do not respond quickly. But let me say only this to you my dear friend, that only those who are meant to come to you will, and do you not see that those who come to you, come not to you for their benefit just, but also for your own soul's growth. (Yes.) Can you see this? There is always a deeper purpose to all things. Does that satisfy you my dear friend?

Peter: Yes, I think I overlook things in my enthusiasm to try to improve the situation and one forgets...

Yes, you feel it deeply I know, but what you must do is to begin to look at it from the wider viewpoint. Look upon it as a spiritual problem and not one of the material world and this I know you can do. (Thank you.)

[Old age and the time to pass back to spirit](#)

Many people hold onto life when they would be better allowing themselves to return home. Salumet discusses that the very weak and frail should have access to ones with spiritual knowledge. We are also reminded that the key to longevity is our thinking. It is possible to return home whilst in good health and at a time of our choosing! (15/5/00)

George: It seems to have become the fashion for us to have homes for looking after old people and it has become possible for our medical services to prolong life long after the physical body and the mental body has worn out so that a number of people are being looked after with no apparent reason for continuing in the physical life. I am sure these places are in a way ordained and they are wonderful places for exercising compassion. Have you any comments on this situation that we have developed?

Yes, well of course you know and can perhaps remember that I have spoken about the human race and the fact that you should if all is well in the thinking, can live to a much

longer age than you normally do. It all comes down to thinking. We have discussed illness and we have discussed responsibility and we have discussed the topic of doctors and medicine and the influence which comes from our world. We have spoken over these matters. Yes, doctors will be able, as your evolution takes place, to be able to prolong life. Whether this is acceptable to you or not depends upon the way of your thinking. Each one of you my dear friends, could choose the time of your leaving if you so desired, if you could only but reach that state of knowledge and awareness which tells you that it is time for you to come home, without any illness of the body or any *looking after* I believe you say. George: I believe there are many in the East who are more practised in that than we are in the West.

Yes, there are some in your world, but it is possible—I know this seems a large statement to make, but it should be possible for each one of you and the *key to healthy longevity is your thinking*. Your doctors who are inspired from our world, have responsibility for all of those people who they have in their care. Each one of you has responsibility for yourselves as Spirit and each one of you has responsibility for those you are in contact with. If you want me to express an opinion upon this matter, I would say only that perhaps to people who have grown old and weary and try to keep alive in whatever form by the medical profession would involve someone with spiritual knowledge who could advise on spiritual matters. Do you see what I am coming to?

Sarah: I don't quite understand that Salumet.

What do you not understand dear friend?

Sarah: You said that if someone is old and frail and the doctors are keeping them alive, what was that you said about the spiritual?

It would be much better to have someone with the spiritual knowledge and awareness to be looking after them.

Sarah: Ah, right, yes, thank you.

Because then the Spirit would have the knowledge to release itself. After all, my dear friends, you well know and understand, why do you need to hold on to these old overcoats if your time is ready to come to our world. And people do, because of your own freewill you can—because of the power of the thought, and again I return to my favourite topic with you, the power of your thought—you can create many situations which would be best left behind. Do you understand? (*Affirmations*) But again because you are human, you cling to human life for all you are worth. But mankind—and there are peoples in your world who live to a much older age, much more healthily—but when the time is right, they release themselves.

George: This is perhaps the ideal.

That is what each one should strive for. It can be achieved but with much work.

[Great medical advances are coming](#)

During a pause in proceedings, Salumet gives the following message. (23/10/00)

This is an opportune moment to tell you that from our world at this moment of time, there is coming to your world many, many great advances within your medical world. Many of your so-called diseases of the Earth plane you know full well to be activated by mankind himself, but also you know and understand that most of mankind is looking

towards medical people for help. This is, of course, offered by the people known to you as doctors, but also you know that it comes through those known to us as healers. Many of your doctors have the healing gift and through these people we are now working from our world with them in order that mankind not only has spiritual health, but earthly health also. Because by now my dear friends, you would understand that until the Spirit is touched there can be no health problems solved. You know and understand my dear friends that disease is the *dis-ease* of all bodies, the earthly, the etheric and the spiritual, but as I have said, mankind in general relies upon earthly doctors for their so-called cures of disease. To this end we are working in order that bodily needs be satisfied, but also that the healers within your earthly world can create for many people the opportunity to grow and understand themselves as whole beings.

Healing and karma

Sarah asks a question concerning Icelandic people who can trace their ancestry back to the Viking days. Some interesting insights are revealed concerning a deformed gene and karma leading to cancer. (13/11/00)

Sarah: You were talking about our medical advances and there was a programme on the TV recently talking about such advances. There was a programme about the Icelandic people who can trace their ancestors right back to the Vikings. Many suffer from cancer and they can trace back generations showing the deformed gene they all have. You said to us that we create the diseases we have in past lives or in our own life. If people come back with a defective gene, do we trigger off the problem with the disease whilst we are here by what we are doing now, and can these people avert getting cancer even though they have a deformed gene by the way they are living today?

Yes, I understand your question. Yes, let me say this to you: In situations as you have discussed, these are of course *karmic debts*; you all understand that term I know. But of course, you know that the power of thought that is given to each one of you when you come into this incarnation, is entirely your own responsibility. Therefore, I would say this to you, that although this group of people have come to this lifetime with what you call a *deformed gene* and I would call a spiritual debt, people *have* the ability to change their lives and rid themselves of spiritual debt. That would explain why not every single one of them would trigger off the disease. The way they live their life will dictate whether that disease becomes ripe and vigorous, or whether it can be changed. Let me say to you my dear friends, that each one of you has the ability to change the very cells within your body. It is not easy I know, but you have the power each one of you, to change it.

Sarah: And would that mean that if we come with a spiritual debt, we can rid the soul of that debt in this lifetime?

Of course, but again it belongs to *you* and to you alone, but with the help of the many you call *healers*, who are here to help and to advise you and to bring to you that touch of spiritual light, which is needed for you to dispel that spiritual debt.

Sarah: So that would be probably one of the reasons why they would come back, to rid themselves of that spiritual debt?

Yes, as a people they would have chosen that life. Is that helpful?

Sarah: Yes, thank you very much.

Without illness, there would be no need for our planet

This statement arose out of a question by Mark on the subject of autism in children caused by the MMR jab. Salumet reassured that as long as the treatment was prepared with love and righteousness, then that was the overriding factor. Salumet explains these truths. *At the time of writing (2019) the report on autism linked with the MMR jab by Andrew Wakefield in 1998 has been dismissed as false by the British Medical Association. (29/1/01)*

Mark: There has been a lot of talk in the news and I don't think it's been reported very clearly, about the rights and wrongs of giving injections to young children and babies. One school says that it's okay—particularly a triple injection including the measles. (*MMR vaccination*) Some people say that it can cause autism in children and I wondered if you might have something to say about that?

Yes, I understand your question. All medical matters in your world—first of all let me say that most of your medical institutions are on this planet to help others. What we from our world would rather dispute is the way in which they *handle* medical conditions, that mankind has gone a little *far* in the dealing of illness. But when mankind gives help with love and kindness and the hope and desire to destroy disease within mankind, then the motive is one of *Love*. Therefore, you cannot question that they are trying to help. I would say only this to you my dear friend: That these decisions that you ask me about, have to be made by those *individuals*, because it could be part of their life plan. It is difficult to say why one child would develop some other *condition* and another not, unless that individual had *chosen* to do so. We are coming back again to freewill and although it be children, the parents *spiritually know* that this was a condition that was likely to happen. It is difficult to tell people without knowledge about these things, but I know it is within your understanding, that these occasions take place. But the medical profession is doing its best, as far as it knows and understands. Great influence is being brought to bear upon those in your world, who are dealing with humankind in the form of illness and in fact I can tell you that there are many, many of your conventional medical doctors, who are now beginning to understand that the body is not the *prime* subject, but there is more to the body than just the *physical* being, that the *mind* and the *thinking* and *all* other aspects of living, must be taken into consideration. There are *many, many* in the fields of your medicine, who are slowly changing their attitudes to illness. Does that help you to understand? (Yes.) And again, I would have to say to you my dear friend, that responsibility for living lies with each individual.

Mark: Yes, would it be true to say that if it wasn't for the poor ways in which we live and bring up our children—if we were doing it better, we wouldn't really need these injections? **That is one aspect, but it is not quite as simple as that. There is too little known still within your planet of how life should be lived, but that is the purpose of many of us coming to this planet at this time, that this information and this knowledge slowly creeps to the thinking of each one of you. And of course, if all illness was wiped from the planet, there would be no need for the planet. Do you understand? (Yes.) I hope that has been helpful to you.**

Mark: Thank you, yes it has.

Margaret: I think that was a wonderful question. I get quite concerned about children and the way they are brought up. That's helped me a lot, thank you.

Yes, it is too easy to dismiss all areas of help as being wrong. As I have said, the overriding factor is whether it has been done *with love* and *righteousness* and all of these other things. We cannot have a perfect world *just yet*.

Margaret: Do you think we ever will?

We will, but not for a very *long* time. But each *idea*, each *change of thinking*, is another way forward to a greater understanding. That is all my dear friends that you can try to achieve. We have told you, we *cannot* live life for you—we *cannot* give you answers that concern your freewill; we can help, we can guide, but we cannot *interfere*. And I know to many, this seems a hard lesson, but without the lessons, how can you grow? And I know the subject of small children is very emotive to you all, but try not to think of them as children, but rather as *Spirit*. Try to *see* them and why they have come to this life. In other words, my dear friends, see each individual as an *equal*. Now there is something for you to think about this time. I can *see* that you are beginning to think already.

[With a strong mind we enjoy good health](#)

This was the message from a question by Sara. 26/3/01

Sara: Yes, can I ask a question about health? **(Yes.)** I know that you have talked about health before many times, but I felt strongly this week that emotional turbulence is very closely linked to ill health. **(Yes.)** I think it always seems to precede, well in many cases, not all obviously. Is that right?

I have said in past times that—and I will state it simply for you: The power of your mind, creates dis-ease. Therefore, the power of your mind can destroy disease. It is as simple as that my dear friends, but it is up to you *all* to try to achieve the best that you can. And only by cultivating the process and use of your thinking, can you take full charge of your health. It is something, which you are all capable of.

Sara: It is possible to go through the whole of life with perfect health, if the mind is...
If the mind is healthy.

Sara: It is humanly possible to have a whole, healthy body?

There are those souls who have that kind of existence, but I have to say that mankind as a whole, is less than well suited to good thinking. That is why you need so much upliftment and help from our world. Otherwise we would not need to come to you.

Sara: And we are only here, because we need to refine aspects of ourselves.

Yes. Look to yourselves for all ways of thinking, even to your way of judging others. Your way of thinking about other people, will tell you what is lacking in yourself. Do you understand? (Yes.) Mankind has much to learn, but that is our purpose that we help mankind to help himself. That life, although clothed within these physical overcoats, can be good and can help you so much in your spiritual journey. It is my dear friends, up to each one of you.

We must have an open mind to healing and should not be surprised when it happens

Lilian's daughter asked for help with painful legs but was then surprised by what happened next. We are never alone and our calls for help are never ignored! (26/3/01)

Lilian: Can I ask a question of something that happened to my daughter? **(Yes.)** She has got some painful legs and she went to lay down in bed to rest the legs and ask for help from Spirit, and then she saw what she could only describe as a mist on the room. That would be Spirit would it? An indication to her?

Why is she surprised?

Lilian: No, I don't think she perhaps was too surprised.

No, she has, that one, the ability to see. On the occasion you speak about, she was not seeing clearly, partly because of her pain, but of course it was spiritual help, which was surrounding her at that time. All of you must and should be aware of those helpers who come to you in times of need. When your cries for help are sent out, you are never, ever my dear friends, left alone, even if at times of distress, it does seem so. But I have to say, it is your *lack* of seeing, and sensitivity, which denies it to you. Do you understand? (Yes.)

Loving thoughts to another for healing are the greatest gift that you can give

Salumet made this moving statement as the opener for this particular evening. (9/4/01)

Good evening. (general greetings)

I would like to say this time as you have joined together and have asked for much help for those in need, let me take this opportunity to say to you, my dear friend, our dear lady who has been absent from us, (Sara) she is being taken care of. All of those peoples that each of you have given of your love for healing, will be given help. But they will be given the help that *they* need and perhaps not what you would desire for them. This is an issue we have spoken of many, many times, but what I would say to you my dear friends is this: **The loving thoughts that you send for healing for another human being, is the greatest gift that mankind can give. I hope that you fully understand how strong each one of you become, each time you give love to another human being in this way, because my dear friends, not only are you physically asking for help, but you are allowing those in our world to also seek and help those in much need. So, it is a two-fold issue here. Can you understand this? (affirmations) Therefore if I may say to you, '*thank you*' my dear friends, for what you do for those unknown to many of you, but still in need of much help from our world.**

Angels of thought and healing hospitals

Salumet touches on a number of topics with this teaching, mostly covering the Angels of Thought, who are responsible to helping the spirit of those who have died and are much

depleted by trauma and extended illness, and often in ignorance of spirit too. This healing takes place in healing hospitals where healing is directed at the etheric body which itself is made of many layers of existence. This complicated topic may require several reads!
(14/5/01)

I hope, my dear friends, that this time you have felt peace surrounding you, because we feel that there is some need of it. Your healing thoughts too have been received and will be dealt with. This, my dear friends, leads me to the discussion which we will have this time. It is about *thought* once more—that very important thing in your lives. We have spoken briefly about Angels of Thought, have we not? (Yes.) I would like to tell you my dear friends, a little about their work. There are many workers in our world, whose task it is to deal with the many thoughts which emanate from all people. I have told you in past time, about those people who intercept thought which is negative to another. Do you remember? (*affirmations*) Yes, I have also spoken recently about Angels of Thought. They are beings who are in control of all workers of Thoughts. But I wish to tell you this time my dear friends, about those Angels of Thought who work within our world, who help many people. Their work in our world, includes work within what we call hospitals—that is your earthly word for those places of healing within our world. I believe we have spoken briefly about the many colours, about the openness of these healing places. But what we have not discussed, is the work of those beings within these healing places, who are there to help *all* who are in need. The Angels of Thought, my dear friends, have worked and take control if I may use that word, in these healing places. They are responsible for the thoughts, which emanate from the people who are within these places of healing, because remember, when you depart from this earthly plane, when you are unaware of your passing, when you are in one of our healing hospitals, still the Spirit is *thinking*. Do you understand? (Yes.) The Spirit is unaware, but is still able to think, much in the same way as when clothed in the physical body, the Spirit is still active. This, when in Spirit, is just another dimension of the spiritual body. Do you understand?

Lilian: Does everyone understand? (*pause*)

You seem a little confused.

Sarah: There is just one thing Salumet. You said the Spirit carries on thinking although it is not aware that it has died. Surely it does know that the human has died. Is that what you meant?

No. When the physical garb is left behind, if there has been a traumatic passing, if there has been great illness, then they are not aware of their passing. The etheric body is, how shall I say, is affected by the physical passing also. The etheric body is in a state of existence closest to the physical. So, the etheric body is the one which will need spiritual healing in our places of healing. Do you understand? (Yes.) But within the etheric body, there lies many others—many stages of existence. Do you understand? In the same way as the Spirit is separate from the physical, so also is the Spirit separated from the etheric body. You have many bodies within the Spirit body. Do you all understand this? (*some affirmations*)

Sarah: I understand that there are two: there is the physical and then there is the etheric—**You have the emotional bodies, you have the many other types of spiritual essence. Do you understand? (Yes.) Until you understand that my dear friends, I cannot go on with the explanation.**

Lilian: So similar to the physical body, the emotions, all that goes with us here.

Remember, there is just one part of Spirit. You are made of many, many finer bodies. That is why you pass from one plane of existence to another. You leave behind that part of the Spirit which is no longer necessary, and you become lighter and lighter and lighter, until you become that that pure energy, which I have touched upon on another occasion.

Sarah: So, once you get into Spirit, the etheric body is changing, the Spirit body is changing more...

Yes, it cannot stay still.

Sarah: Yes, but the human body to the etheric body, there aren't any stages there?

No, that is the closest to the physical state of existence, you understand? Therefore, the Angels of Healing, are making contact with the finer essence, shall we say, of the Spirit, in order to help it understand the conditions which it finds itself in. These Angels of Thought possess the ability to heal with thought and colour and many, many more ways of spiritual thinking, which are much too complex at this stage of your development to understand. But their task, as you can well imagine, is a more important one.

Lilian: And quite difficult at times?

It can take much time for the etheric body to awaken and realise that it has returned home—yes of course. Much depends on what has been learned on this earthly plane, you understand? (Yes.)

Lilian: So when 'rescues' as we call them, happen, does that help the Angels of Thought in their work?

The Angles of Thought will not be really used for that kind of work. There are many, many other beings who are involved in what you call 'rescue work'; the difference being is that these people who come for *rescue*, do believe that they are still physical beings. It is being worked upon at a different level in those cases. So, the workers for *rescue* from our world, are much more aware of earthly conditions and so forth. The Angels of Thought are hierarchy of thoughts, who are dealing with the Spirit and not the etheric body as such. You see, they operate on a higher level of existence.

Lilian: Would everyone that leaves this planet, would they have to go through this process, or would some of us maybe not need it?

No, no, only those who have had traumatic passings to our world, would need healing in that way. Most people pass to our world of Spirit, accepting and knowing what has happened to them. It is only those, as I have said, passed under difficult conditions, who require healing.

Sarah: I was just slightly confused about the people who still believe they were in *our* physical world and those people who were going for healing. So, the people who still think they are in the physical world, they haven't necessarily had a traumatic passing?

Yes, it could just be their time to go.

Sarah: right, because I was slightly confused about the difference between the people...

If I may interrupt you my dear friend—if you could imagine someone who has been very ill for many of your earthly years. This has to affect the etheric body also, because illness is passed through to the physical from the etheric and emotional bodies and even more spiritual bodies. This is a little understood thing within your world and a little understood thing amongst those in your world who call themselves *healers*. They do not fully understand all that is necessary to create a *physical* healing, because you see, this dis-ease of the physical body, begins in *Spirit*—as all things do—and manifests itself through to the physical body.

Paul: When you say it begins in Spirit, does it begin with *thoughts*?

Yes, of course. Thought is the most powerful thing. It is thought and mainly wrong thought, which starts off many of your earthly diseases.

Sarah: Sometimes we have brought diseases with us from a previous life, haven't we? **But still they have manifested from the original thought. Yes of course, you are correct, you can bring them with you and that is *why* it is advisable—and advisable only for that case—to find out what is holding you back in this lifetime.**

Lilian: It's a pity there's not more awareness of it in everyone.

Yes, but you see, whatever you think, eventually passes through the spiritual body and manifests into the physical. I feel it is something not fully understood, that as human beings you have this feeling that the physical is the only body which creates disease, but of course, the mind belongs to the Spirit, does it not? (*affirmations*) Therefore think along those lines my dear friend and perhaps it may become a little clearer to you.

Paul: Would you say the diseased person has to change their *beliefs* and then their thoughts will change?

They do not change beliefs, but they have to change their *way of thinking*. It is the thought *pattern* which is at fault. Let us take an example and perhaps you will begin to understand a little. Let us for example say we have a person who is highly critical not only of others, but of themselves. And have I not told you that you have love for yourself, before you can extend it to others? (Yes.) So, let us take this emotion of being over critical. People of that thought pattern, usually have the type of disease in your world, of the body becoming gnarled—I am trying to get the condition—yes you call it *arthritis* in your world. That is because the thinking becomes reality and that criticism begins to twist and become embittered and shows itself into the physical body. Therefore, the way to dissolve that type of dis-ease, is to learn to love, not only your fellow man, but yourself. Can you see the pattern? (Yes.) If you try to follow this line of thinking, I feel it will be a little easier for you. It is the power of thinking.

Sarah: So, children who come over with arthritis, they have brought it from a previous life? **Yes, yes. That is probably—I do not say all—but that is probably why they have returned to this lifetime, to undo that pattern of thought. It is a *powerful* thing I say to you. It is something each one of you should consider most seriously, because you *can* change what you think. And have I not told you in the past my dear friends, that if you constantly find fault in another, then look inwards to yourself—therein lies the fault. I feel from you that for this time I have said enough. I would like you to dwell upon my words my dear friends, because *thinking* is so important to the kind of living that you do and the power that it *has* over all other people that you meet.**

Lilian: So, with the right kind of thinking and the thoughts, our physical bodies could stand us in good stead for as long as we are here?

Yes, and you would have the ability to help others as do the Angels of Healing in our world. After all, that is what they are doing with the power of *their* thought.

Lilian: So, although the body gets frail, which I guess is natural, that it can keep you...

Of course, it is part of your physical evolution. You cannot live here forever. You have to return *home*, but your purpose here is to learn all of those things, which are only for your own soul's growth, that you may return *home* and say that you have learned something; that is your purpose of living. But your purpose of living is not only for yourself, but for your interaction with all other people who come into contact with you. You have great responsibility my dear friends. When you meet with others, you do not fully understand

or grasp the effect that you have upon others in your world. That responsibility is a great one. Do you have any questions before I leave you this time?

George: I think we are beginning to grasp the connections between physical ailments and Spirit, and I was reading something recently about buildings in the latter days of Atlantis, which were described as *between a hospital and a temple*, **(Yes.)** where spiritual connections with healing of physical matters were looked into. This came out of past readings of one Edgar Casey. **(Yes.)** I think he was probably a very genuine individual, but the idea of something between a hospital and temple, for the purpose of healing, rather stuck in my mind and seems to connect with what you are telling us now.

Yes, I can say to you, this gentleman was a *man of vision*, but I have to say to you my dear friend, that these ancient people, have, or had, a much closer unity with Spirit. Their knowledge was so much greater than it is today. Therefore, their knowledge would have been such that they would have understood spiritual matters much more deeply.

George: Yes, I can see that.

Yes, they were much more aware of the spiritual aspect of man, and of course, healing and places of healing, would have been influenced from our world. Yes, thank you. (*Lilian then asked if anyone had more questions*)

May I say just a few words to the young gentleman, that he has felt closer to his own Spirit on his latest journey. (Yes!) Yes, I think you would agree.

Paul: Yes. **(Yes.)** It was a very uplifting journey. **(Yes.)**

Sarah: Could I just ask one more? Going back to these Spirits who have just passed over, we do have *rescues* with people who have been handicapped all their lives and by the time they leave here, after the *rescue*, they feel they have lost any problems they had. Surely these people would have suffered spiritually as well?

Not in the same traumatic way. They would have lived their lives on this planet, as handicapped, as you say, people, but let me say, most of these badly handicapped, as you would call them, are usually old souls, who would be much aware when they returned home, of their existence shall we say. So, their handicaps would no longer be with them. The people I speak of, are people who generally would have no knowledge of Spirit, who have been ill for many of your years and the spiritual light has diminished to such a degree, because of the illness of the physical body, because you cannot separate the two, while it is enclosed with physical garb. Do you understand? (Yes.) You cannot make the connection I feel. The etheric body suffers with the physical, therefore when it is released to our world, still it is confused, and the Spirit needs to be healed. It is the Spirit which is being healed, not the physical body.

Sarah: I remember you saying to us once that the Spirit was aware of *all*. When you said if we want to wake up early in the morning and then we suddenly wake up, and you said that it was the Spirit who had woken us up, because it is aware. How much is the Spirit aware and not aware? So, in this case the Spirit isn't aware that it has been traumatised, as it were. **I think you may be confusing Spirit and soul. We have discussed that it is the soul, which has many aspects. You have many Spirit bodies, but the soul is the unit to which you return, the soul is all-knowing. (Ah.) I think you are a little confused, but you understand now. (Yes, thank you.) It is the soul, which is what you are working towards. That is the all-knowing part of us all. Is that helpful to you? (Yes.) Are there any more questions before I leave you?**

Lilian: I was just thinking that there is so much to learn.

That is why it is important that we go slowly, that you ask questions while we are discussing it, so that your understanding becomes clearer. And as you piece together all of this knowledge, then you will see the wider scheme of life and how life goes on in our world. There are many planes of existence within our world and it is important that you understand a little of how it works. There are too many confusing theories that go around your world, which confuses people. So, it is better that whilst you have the opportunity, you ask about anything you are not clear about.

George: Perhaps I am over-simplifying, but one perhaps could say that long illness can drag down the Spirit, can diminish the spiritual light. **(Yes.)** But this can be recovered, with the attention of those in the hospitals.

Yes, it can be diminished, but of course cannot be extinguished; perhaps that is a way to put it to you. It may be drained of energy for some time, but it will come to full glory, if you like, with the help of those loving beings, who surround it at all times.

Sarah: So, the loving beings, as you call them, whilst these people are in these hospitals, really what they are trying to do is to get their thought patterns right?

Yes, that is the importance of the Angels of Thought. That is their task, that whilst they remain in these hospitals, not only is the Spirit strengthened, but the thought patterns are helped to be changed. They cannot change them for them, but they can help and encourage. Do you understand? (Yes.) I will leave it there for you now my friends. As always, I stay close by each one of you. I am aware of *all* that is going on with your lives. I will always be close by. (thanks, and farewells)

[Huge progress is being made to cure disease](#)

Salumet reassures us that one day, we will all enjoy a perfect body. First we must recognise the spirit within! (30/7/01)

I have told you of happenings which will occur on your planet in time to come. But what I wish to tell you my dear friends, is that within the next 10 years of your earthly time, many advances will be made within your medical professions. These can only be good for mankind. But what I also wish you to know is that until mankind recognises Spirit within, there will always be unrest within the human frame. The time will come, but as yet that is not soon, but the time *will* come when mankind will find within himself the **perfect body, if he so desires. There will in time to come be many more healthier people, because the Spirit will come forward and knowledge will become greater. The information from our world to those within your medical professions will be greater. I am sure my dear friends that you are not unaware of the change of attitude towards what you call I believe, *'complimentary therapies'*. (*affirmations*) This of course is not new. This planet has always been provided with the cures to many of mankind's unrest and disease. It is only that in your time, much of it has been forgotten. But as in all things, a new awakening has begun to change many attitudes and ways of thinking. But as I have said, mankind has to realise that physical living should no longer be the power struggle that it is within your planet at this present time. Until each individual finds that Spirit within, until that recognition is greater, then mankind will always struggle with the many aspects of human existence.**

How can suffering from pain or any illness help the world?

Salumet starts this teaching about too many negative thoughts concerning the fate of our planet, but then moves onto the subject of health and healing. A revision session on key topics plus some new perspectives. (23/9/02)

There are so many negative thoughts coming from your world at this time. I have spoken of this on many occasions, but at the present moment in your time there is a welling of emotions, which need to be controlled. I will say to you again my dear friends, there is absolutely no reason for you to be fearful about this planet. Too many thoughts of destruction, too many thoughts of negativity coming from too many people. I have said before, and I say it to you again most strongly, do not fear for your existence or for this planet. The energy used on these ways of thinking is wasted. Your thoughts, my dear friends, when they are positive and good, help to create a stronger unison in mankind. I cannot repeat too often that those of you who have knowledge, those of you who are trying to use positive thoughts, have a great responsibility to the rest of your fellow men. I do not say this to impose on you any greater responsibility than what you feel at this time, but what I would like you to see from my words, is that you must compound those positive thoughts. Therefore, I say to you, dispel any fears that may be at the back of your thinking and bring forward that positive energy, that goodness from within the heart-mind; and by now my dear friends you should hope understand when I say the 'heart mind' what I am speaking of. Have you any questions before I continue? *(Pause)* No? I will never cease to be amazed my dear friends that outside of this room there are so many questions, *(Chuckles)* but when we gather together, all would seem to be silent! I will continue then with some other words that I wish to speak to you about this time. It follows from the fear which surrounds your planet again at this present time. All too often the thoughts come to us about the suffering of mankind. *Why do certain individuals suffer? Why do nations suffer?* The words I wish to express on this are quite simple, and I would like you to listen carefully to what I tell you: **Any individual who suffers pain, illness in any form, is contributing to your world.** I hesitate here to allow those words to sink into your thinking. How can that be? I will tell you. The resolute and peaceful way in which individuals come to accept pain and emotional stress or any kind of illness, is walking in the footsteps of those greater ones who understood that in dealing with these conditions it is helping to raise the vibrations for all of the world, because in accepting these conditions the Spirit begins to shine forth, and in doing so in even just one individual, the vibrations of your planet is raised. Do you understand what I am trying to tell you?

Lilian: Yes. Does that go for all illnesses and disabilities?

It matters not what the obstruction of life is, it is the way in which each individual deal with it, even to the minutest degree. But in every 'illness', let us use the word roughly for now, man learns that there is more to existence than at first he thought. He becomes resolute in his way of dealing with any illness, he becomes more peaceful in the way that he looks at the world—and I am speaking spiritually again of course, because I hear you say, 'but not everyone accepts their illness or disability or their disharmony in life' —but I say to you that it is a learning process for the Spirit, and when the Spirit is learning thus, then the vibration is raised. It not always something you are aware of, but I can assure you it happens in most cases. Are there any questions on this? *(Pause)* Silence again!

Lilian: I was just thinking that there certainly are some individuals—I was watching a young lady on the television; I don't know what had happened to her, but she was learning to walk with artificial limbs and her courage was quite something.

So, her light would shine forth as an example to others and she would not be able to do this if she was not resolute in her endeavours. There is a 'strongness' within the individual that comes forth in time of illness and distress, which is not apparent beforehand.

Lilian: If I could be so bold, I think I can see it in you Graham; you remain very cheerful.

Graham: Yes, I do feel cheerful. I have read about the accounts of other people that have endured various illnesses and disabilities, and one thing that I've read a lot of times is they do feel they do become more spiritual in coping with their new circumstances and start to grow to like themselves more through coping.

Yes, and may I say why? Because you realize that each one of you is responsible in some part for your own illnesses. I know my dear friends that this has always been difficult for you to accept, but whether it is a condition brought from another time, or whether it be a condition that has manifested in one lifetime, it matters not. What matters is that you accept responsibility for those conditions, and in the recognition comes forth that peace of mind that allows you to deal with the situation. That is what it is all about. But I know my dear friends I am repeating words which I have spoken to you previously, but I do not apologize for the repetition of these words, because I *feel*, and especially so as I have said at the present time, that is necessary to be reminded of these things. I would ask of you this time my dear friends that your thought goes out to the whole of your planet, that your thoughts extend beyond your planet to the cosmos, that your thoughts extend even further to all of Creation, in order that these vibrations reach out for the good of all. This is no small task for you; indeed, it is an enormous responsibility, a responsibility that only each individual can seek. Each individual must take responsibility for the thoughts that are given out, but what I would say to you my dear friends, that responsibility is great, and remember that control of your thinking is a great step forward. And although I know each one of you in your own individual ways has tried, has given help to many, what I must say to you is that there is so much more you can give, first and foremost to yourselves, because do not assume that by giving out to others you must neglect yourselves. What purpose is there in that if you do not feed the Spirit that you are? I will say this to you also before I leave you, that each individual, each individual's own responsibility must always be for the good of his fellow man. (*General thanks and farewells*)

Be careful not to interfere in another's life

We must be careful about taking things into our own hands, even with the best intentions.
(30/6/03)

Sara: I was standing in a very long queue today at the post office and because I was beginning to feel bored, I started to send love to people in the queue—I thought it would keep me busy—then the man standing in front of me, I felt I wanted to project some colour pink around him and then I wondered if I should have been doing this as I didn't have his consent; I just wondered what you would say about that?

Yes, we have spoken before, have we not, about this, that the power of your thoughts is most powerful. But what you must never do is *give* those powerful thoughts to another, unless it is for good reason. You did not know that the person who stood before you was in need, unless it was given to you. Therefore, always be careful my dear friend that you are not interfering in another's life. To send love and healing thoughts, it is a different matter, but when you begin to send *colour*, then we are speaking about something entirely different. So, although your intention was good and honest, you were right to withhold it and to refrain from giving such thoughts.

[A simple message on how to start healing](#)

A visitor called Sue was given advice on healing. (30/6/03)

You, my dear friend, would have much to give to our world, have much to give to this world, but as I have said, you are a seeker of truth and you are still searching within for *who* and *what you are*. Would you agree?

Sue: Yes, I would.

Yes, you could be a worker for Spirit if you so desired. I believe you may have been told that you are capable of healing. (Yes.) Yes, and have you done something about it?

Sue: Yes, I have.

Yes, good, but you must go forward and seek. You need to move forward. You do not become stationary in the knowledge that you have. Always you must project yourself forward. They come close to you from our world. Yes?

Sue: Yes, I think so.

Yes—no, do not think so, they do. They come very, very close to you.

Sue: How can I learn to recognize those Spirits close to me?

You will begin to sense. There is nothing that you can do physically. All that you can do is allow yourself to become more open. You understand what that means, otherwise you could not heal. (Yes.) It is not always necessary to feel the Spirit around you as long as you provide the hands that are needed; provided you allow your vehicle to be used then all will fall into place. So, whatever you give to another, you give with an open heart and mind and we will do the rest. Do you understand?

Sue: Yes, I do.

You are much blessed by those who come to you.

[It does not matter my dear friends what you do to the physical body, if the mind is strong, if the mind is pure and the mind is full of love](#)

This statement explains why amongst those who smoke, some get cancer and others do not. It is simply to do with the strength of the mind. (18/8/03)

George: You gave us your thoughts on alcohol recently. Another problem area, health-wise, is smoking and it would be very good to have your thoughts on this. Now I've noticed that many who smoke tobacco heavily—the smoking is linked to cancer, but many who smoke heavily do not get cancer and many who smoke heavily *do* get lung cancer. I suspect that

some people are smoking for pleasure while others are smoking in order to relieve stress and it maybe not so much the smoking itself which causes cancer—which you have said is a disease of the mind—so I am wondering if it is more the stress or the reason for smoking, which leads to disease? If you have any words which might clarify this area, they would be much appreciated.

I am always happy to give a few words to your questions. It is well known that within the physical body it houses the Spirit. It is for each one of you important that that vessel, which you call the body, be maintained in good order. I have told you that illness is responsibility of yourselves and yes, as I said of alcohol, I say of cigarettes that mankind does not need these crutches. But to answer your question simply, I say the difference between two people, one who will have disease of the body—and what is disease but disease of the mind; that is the all-important factor: how each individual *thinks*; that is the key. You may have someone who smokes what you call cigarettes for a lifetime and may pass from this life, what you might call healthily; it is because that person's mind has retained some degree of positivity. Does that help you?

George: Yes, I think that does.

So, whether you call it *stress* that causes the disease, then yes you are right, because the stress is fear. Again, we return to either love or fear.

George: So, what we call in medical term 'stress', is another word for dis-ease of the mind. **Yes. I cannot place it before you any more clearly than that. All of your existence depends upon the state of the mind, which as you know, is part of the Spirit. That is *why* it is possible for healing to take place only when the Spirit is *touched*. It does not matter my dear friends what you do to the physical body, if the mind is strong, if the mind is pure and the mind is full of love.**

George: Yes, I was just thinking of the American Indians who smoked the pipe of peace (**Yes.**) and that would be a good mindful thing to have done—although it was smoking, there was good purpose behind it.

And they always gave thanks to the Great Creator of all life, so their minds were filled with love—that is the difference always. So many times, you will see abuse of the physical body, but you cannot see the light which shines from within, you cannot see what is in the mind of another human being, unless you are sensitive enough to understand that human being. It is part of your soul's growth that all of life's problems placed before you be dealt with love. It is such a powerful emotion my dear friends, that I wish that you would say the word daily and feel the vibration that comes from that word. Remember when I said that words have vibrations, words have colour? Perhaps this time that is something for you to do, that when you go within, you use the word love and see what you find from it. Does that make sense to you? (*affirmations*) Are you happy with that answer my dear friend?

George: Yes indeed, that's most helpful. I'm sure that will be a great interest to a lot of people.

Graham: Many of the higher animals like mammals and such like have been diagnosed with similar diseases that humans get. I was wondering why they get disease in the same way that we do, when they don't have the same capacity for thought that we do, or perhaps I am wrong in thinking that?

No, but they do have a form of thought, and after all, they are exposed to this life in the same way as humankind, and although the thought process is slightly different in the way

that you would understand, yes, they do suffer to a degree in the same way as humankind.

Graham: Yes, that's interesting. Thank you for that.

Are there any more questions before I leave you?

Sarah: It's not really a question, but I was thinking about this disease thing: I know two people, two young people with depression and I have said to one of them that it's the anger within that's creating this depression and I think I'm right in saying that?

It is not the anger it is the *fear*, the fear that produces the anger; it is always *fear* which creates disease. They need to go and find what that fear is and confront it to transmute it into love. It sounds simple, but to those who are young, it seems a mountain to climb, and to those who do not have the understanding that you have, it is doubly difficult, but the answers are within; for all of you, all of life's answers are there within you.

Creating a clearer path for healing

If the spirit stands to one side, and at the same time the physical body is stressed, then healing is easier to be achieved. Salumet explains. (2/2/04)

George: It has been said from time to time that an induced fever can heal disease. I've been thinking about that and it's possibly similar to what happens in a sweat lodge, in that a high temperature works against the physical nature of the body, so that the Spirit can come more to the fore and I imagine healing can then take place more easily when the Spirit is to the fore. Would you agree with that?

I understand your question, and yes, I would say this to you: in the state of fever, as in *all* cases of shock to the physical body, the Spirit indeed does come to the fore, but rather I would say that the Spirit stands to one side. Therefore, the Spirit is aware of the physical problems more readily and in such circumstances, healing can therefore take place much *more* than if the Spirit was encompassed within the body. Do you understand?

George: Yes, I thought it must be something like that. It's nice to know.

You could relate *fear* with fever, or you may relate it to some kind of shock or accident, which sends the Spirit from the body. Do you understand what I am saying?

George: Yes, I think this connects again to the Shamanic principle (**Yes.**) when accidents and fevers occur.

Yes, if only I could take you with me, I could show you in front of your spiritual eyes just how simple it is when the Spirit stands aside from the body, how things become much clearer. Do you understand? (Yes.) The spiritual eyes are then much more in command of any situation.

Polycystic ovary syndrome

Polycystic ovary syndrome is caused by a fear of having children. (2/2/04)

George: Yes, thank you that's very nice to know. I've one more, much more specific question where illness is concerned. There's a condition known as polycystic ovary syndrome, when girls sometimes fail to release the eggs and this has the effect of upsetting hormones, they generally grow very fat and develop male hair and it's a very unpleasant condition for a young girl to have. I just felt non-release of eggs, would there be a spiritual factor that connects there? Are you able to help with that one?

I thank you for your question. I will answer it for you with one word: 'fear'. The Spirit is in fear; therefore the body takes on conditions to—remember what I have told you that the thought becomes reality, and this is what happens when there is fear that the body must react in some way. And I would say to you simply my dear friend that that particular condition is a fear of *children*.

George: A fear of having children?

Yes, but the fear comes from the spiritual side. It of course can be helped, as you may well know, but it is a mission for the Spirit to undertake for itself.

George: Yes, I think the only help that the doctors are able to give at the present time is to suggest taking a contraceptive pill, which seems to have the effect of regulating egg release, which takes about a year to really work I think, but perhaps this in turn connects with the alleviation of fear?

Yes, it will only help when the Spirit recognizes that there is no need for fear. So many conditions within your world are based on fear. We have spoken much about fear and I have told you that there are only two relevant words: love or fear, and fear is a creator of many, many dark things in your world. If only mankind could look inwards and truly see himself and be honest with that spiritual part of his being, then there would be so much less fear in your world.

Sarah: When you talk about fear, you are talking about spiritual fear, but can physical fear have the same effect as spiritual fear?

It is not quite the same. Physical fear comes from the emotional body; that is the difference.

Alzheimer's disease

Alzheimer's disease it is a *fear* of what lies ahead. (2/2/04)

Sarah: I was just thinking about Alzheimer's disease in old people and I was wondering if that partly isn't brought on by fear.

Yes, it is a *fear* of what lies ahead.

Sarah: Yes, that is what I thought. I was actually just thinking about my mother who really wants to pass into Spirit but maybe she is afraid of that as well. I don't think the spiritual side would be afraid of passing back to Spirit, would it?

No, Spirit recognizes its home and would rejoice to join once more with all of those loved ones, but the physical part is afraid—that is the fear, the fear of what they call the unknown. That is why my dear friends your work is so important. Again, I say, and I do not apologize for my words, but if you can help but one person, indeed you have done your work.

Lilian: Would my mother be a prime example of this fear and it causing her so much discomfort and pain?

If only they could recognize that they are creating their own discomfort and pain—they could release themselves to Spirit a little sooner if only they would look inwards and to let go of all fear. I feel that if you were to discuss or look into many of your earthly diseases, you would find the fear factor behind so much of it, (*affirmations*) but I am sure that if you were to approach another human being and tell them that fear was the basis of their illness, they would be amazed and probably not believe you, because their understanding is like that of a child.

George: I think fear can be pretty closely allied to stress?

And what causes stress?

George: The fear causes stress.

A form of fear.

George: At least stress is mentioned in the medical world, (**Yes.**) if not fear.

Yes. The medical world is now beginning to listen to what we bring to them. It is slow, but I can tell you my dear friends that great progress is being made in that direction. There are many of your doctors upon this Earth now who could verify for you that their spiritual knowledge is much greater than they would care to admit.

Sarah: And of course, going with this disease again, positive and negative thinking have a lot to play in this, doesn't it?

It has everything to do—your thoughts become reality if they are strong enough. That is why my dear friends I have always cautioned you about your thinking. You can create for yourself dark fears which then manifest into illness.

Margaret, a member of the group has developed Alzheimer's Disease, which prompted a question from Lilian. (25/6/07)

Lilian: I was thinking about our friend Margaret who used to come and who is now suffering from the disease 'Alzheimer's' She's forgotten all about coming here and so on, but spiritually she wouldn't have forgotten any of it, would she?

No, her awareness is still there. The problem is on a physical level. In the same way as people who are ill or what you call 'dying', are totally spiritually aware of all that goes on around them.

Lilian: Yes—I guess I just wanted confirmation.

Rod: One thing I'm a little concerned with is when people like that pass over, Salumet, they have got to make for the light to be called over. I get a little bit anxious; are they aware of the light—do they get a little bit extra guidance?

When they come to our side of life, they come as spirit, not as physical beings—that is left behind.

George: So, I think you're saying, in effect, the Alzheimer's or forgetfulness is left behind... **Is part of the old clothing, yes. It is a physical condition that the spirit can cast off at the time of passing.**

Rod: So, no matter how ill they are, they can go through...

It may be that they need some spiritual upliftment or healing, which is available to all who have been ill for some time, but we are speaking on a spiritual level when they come to our side of life. Do not be concerned.

Stem cell technology is being inspired for good use

George asks on this exciting area of medical science. (22/3/04)

George: Yes. Could I go back to last time to recap on a question that Sarah put? I think I understand that it is satisfactory that we utilize human eggs as a means of cultivating what we call 'stem cells' such that these can be used for therapeutic healing purposes. There is no Spirit involvement in this procedure, and I think I understand that that is therefore satisfactory.

We have difficulty when we use your earthly words, but I would say, yes, 'satisfactory' is the word that we may use. Of course, once Spirit is involved, we are speaking of an entirely different matter.

George: Yes, so if this technology was to develop...
...is being inspired for good use.

George: Yes—inspired again.

Yes, all things that are for good cannot be wrong. If you take any matter which involves the good of another human being without interference or hurt to another, then this is good for mankind and you may rest assured that our world is closely standing by, because as you know, so many times has mankind misused the information that has been passed to him.

George: Indeed, yes. It certainly seems an efficient way of re-growing areas of cells on the body.

Yes. It is a way to utilize and to help, but once Spirit is involved, or Spirit is used in any way, then it is, how shall we say, it is upsetting the balance of life and it is interference.

George: This would be interfering with creation.

Yes, and this can never be.

George: If this were to happen, then I could see that the possibility would be to have several biologically identical humans, but the Spirits within would not be identical, so we would not really have identical beings anyway.

No, there would always be differences and it is not a good pathway to follow and everything will be done from our world to help those who have this knowledge to use it only for good.

George: That's very good to know, thank you.

Mankind has misused so many, many things that have been given to him so many times—because of his evolution and knowledge he feels that he can interfere with all that is perfect; and this he cannot do.

George: Yes, that's reassuring to know that this area is being watched—this area of our development.

I hope that has helped you just a little. (Thank you, yes.)

Stephen Turoff, Dr Kahn and psychic surgery

George asks a question about this team of spiritual healers. (22/3/04)

George: You've talked to us about psychic surgery I know, but there is a point that would be nice to expand on there. Perhaps I could mention Stephen Turoff—a Dr Kahn who died in

1912 works through Stephen Turoff. But Dr Kahn has a team of helpers in Spirit: there's a Nurse Grace and there's an Italian Dr Gino and there's a Dr Kahn junior, his son. The number 17 has been mentioned of the numbers in the team and it follows I think that Dr Kahn is able to do a number of medical manipulations and surgery. I'm not quite sure how the rest of the team fit into the picture. I can understand Dr Kahn working through Stephen Turoff, but others seem to be able to come through and assist him at times. Could you explain that a little?

Yes. I understand your question. May I try to simplify it for you? At the moment I am using the voice of one person, but in this room, there are many others who are not speaking from Spirit. But with each one of you there is a spiritual counterpart who brings to this meeting energy. Are you beginning to form a picture? (pause) No—Let us take the gentleman who is being used for psychic surgery, as you call it. The surgery is being performed by one of us in Spirit. Yes? (Yes.) He is using the body of a human being here upon the Earth. When those good people come to our side of life, who *have* been doctors, who have *been* nurses, who have dedicated their lives to other people, they often times wish to continue to help. Therefore, you know like is attracted to like in our world. Those of medical nature would congregate together to work as best they could. They would join together at the time when surgery is needed, and it is not surgery as you understand it but is surgery of the Spirit. But as in this room, the energy comes from a group of people—so spiritual energy comes from a group from our side of life. Do you understand? (Yes.) They are there, but they may not necessarily be seen by the Spirit.

George: Yes, they can assist in manipulation work?

They can, but most times it is to help with the energy. There is more energy needed for trance work and for work of that nature, and of course they would be much interested in how he would be using a physical body. They may well be there to learn how to do it. There are many reasons why there may be a group of them.

George: So, it only necessary for the one to use a physical body (Yes.) and the others can be present also and be an influence.

Yes, we need the physical presence to show what is happening, but the work is of a spiritual nature and those around are Spirit and can be of use only in a spiritual manner. Do you understand or do you need more help?

George: No, I think that clarifies. There is one point that I don't understand too well. Working on Spirit, I think there's the Spirit and there's the energy body (Yes.) and I think I understand that either can be worked on, but they are intermingled anyway.

Yes, all parts are part of the same energy structure, but the physical being cannot be repaired until that—call it energy body, call it Spirit, call it what you will—until that is touched, there will be no healing. You understand?

George: Yes, because I cannot separate the two in my own mind, (Yes.) I tend to talk of Spirit/energy body as if they are lumped together.

Yes, this is always the problem too, when we speak of physical being and spiritual being. People separate the two when in fact we are *one*. You cannot be Spirit separately from the body whilst on this Earth. You can be Spirit entirely in our world, but not in yours. You understand?

George: Yes, we can see the aura under particular conditions, which perhaps tempts us to think of the energy body as separate, because part of it is separate.

Yes, it is confusing I know, but you think of energy as a whole, as a unit that blends together. Can you think perhaps of coffee in a cup and cream in a cup—two separate

items, but when blended together they become as one, although they are still two units, two separate units of food. Think of that when you think of Spirit—and it is a *blending*. I hope that is helpful to you.

George: Yes, thank you for that.

Graham: You said spiritual surgery earlier in your explanation. I'm not quite sure what that means. Is this where upliftment, help and guidance or getting rid of hurts? What form does that take spiritually?

It is working on the hurt of the Spirit. Until the Spirit is 'touched', the physical being cannot be healed. As in all, not only in surgery, but any form of healing.

Graham: Spiritual hurt—that's the bit that has to be touched. **(Yes.)** That is fascinating.

Yes, always the Spirit—that is the purpose of all healing that the Spirit be 'touched' and the physical healing will then follow.

Graham: And of course, the person by being there is asking for help by turning up to Stephen Turoff or whoever, they are asking and this where that can be given.

Yes, of course. **(Thank you.)**

George tells a story that goes back 2000 years which has led to a very unusual arrangement between Paul of Tarsus and Ray Brown.

George: I wonder if I could tell a story. It's a story that begins 2,000 years ago with Paul of Tarsus, who was I feel, very much the servant of mankind. He carried the then pure teachings of Jesus to Ephesus and on into Europe. Paul also spent time with the Essenes and during that time experienced a vision which he wrote about. It was a vision about description of 10-spirit realms with subdivisions, and what happens in them. That document was sealed in a jar and did not come to light until the year 1945 at Nag Hamadi in Northern Egypt, and a translation was not made known to the world for another 32-years after that. In the meantime, Paul trained as a doctor (*in spirit*) developing wonderful medical skills and assembling a team of doctors. Now, at the present time, he works as a spirit surgeon through the medium Ray Brown, and his wife Gillian organises the clinics. Now, Ray Brown and Gillian and Paul have between them written a book. I should say that this is an unusual spirit surgeon arrangement, involving Paul being able to work for up to 7-hours at a time. And Ray Brown is looked after by an Indian gentleman named Waters Running who 'unhooks' him and takes him to spirit where he spends some time in the Halls of Learning. So that Paul is able to work for 7-hours in his medium host. They have written this book and Paul has written a quarter of it himself, and I note that he lists 10-spirit realms in much the same way as he did 2000-years earlier. While on this topic I would also say that the book we published in year-2000 had mention of Ray Brown and Paul working through him, and 3-pages were devoted to Paul's work 2,000-years ago and included a listing of the spirit realms of his vision with the Essene. Well, it's quite a complicated story that stretches across 2,000 years, but there are wonderful connections. And as to the book published in 2000, I was aware that there was much help from spirit in writing that, and it was my aim to include all the *important* happenings on the Earth and it's noteworthy that Paul got such mention in it. Well, that's the story, and I just wanted to say if you have any comments on that or any elaboration, we would be delighted to hear it, Salumet.

I thank you for your time in telling what you call 'a story', which is in fact the events in the life of one gentleman connected strongly to spirit. I wish to say to you, my dear friends, there are many in your world who have the same connection to lives of the past, who are

what today you term ‘psychic surgeons’, but I will agree in part that this particular gentleman has cultivated the use of spirit for longer periods of time than most people. There have been others, perhaps not so well known, but let me assure you there are many in your world today who do the same kind of work. Yes of course, when the gentleman leaves his physical body, it is an agreement with spirit that he is well cared for, in the same way that this instrument is placed to one side whilst I speak to you, albeit for a shorter length of time. Two thousand years you say—it is but a *small amount of time*, when we speak of that eternal part of spirit. Two thousand years may seem to each of you to be a *very long time*, but as you know, time means little to us in spirit. So do not be surprised that these happenings take place.

George: Another factor is that several of us have in recent months paid visits to Paul/Ray Brown, and it has been quite a joy and a privilege to have actually spoken with Paul of Tarsus! I have consulted him with a view to possibly improving my hearing, which he is endeavouring to do through reconnecting neurons. And he seems to have a particular skill in doing that sort of neurosurgery. Anyway, it’s been wonderful to have met and spoken with this gentleman.

You have to remember my dear friends that nothing happens by accident! There is always good reason for these happenings.

George: I felt this web of connection seemed rather significant.

Yes ... yes. I welcome your story, but of course, for me I see many, many in your world who do equally good work—maybe different, but nevertheless, excellent work for spirit.

Asthma

George asks a question about this distressing condition, especially amongst children. Salumet also touches very briefly on depression. (10/5/04)

George: And get himself into all sorts of pickles on the way! (*chuckles*) I was going to ask a medical question about asthma, which is one of the problems that we seem to be getting ourselves steadily deeper into, and especially young children seem to be more afflicted with that breathing problem in the world today. I feel there’s possibly a multiplicity of reasons for that, which would include perhaps the use of vacuum cleaners putting fine particles of dust into the air, becoming allergic to various pollens, stress. But there may be spiritual implications as well. Could you help us to understand this increasing medical problem, which we seem to be developing?

Yes, I understand your question. Of course, there is always a spiritual aspect to all that happens in your world—this you know by now. As this planet has progressed and mankind has created many abuses of this planet—this you all agree with I know. (Yes.) There is a time when mankind has ignored many warning signs and you now have people come to this world, and because of the conditions of this world, there are many problems, one being asthma that you have named. I am going to, my dear friends, put back this question to each one of you before I give my answer. What do you suppose the spiritual nature is of this condition?

George: It might be losing our way spiritually?

Losing our way.

Sara: Not feeling relaxed—the breath is central to taking in life.

Yes, I will stop there, because our dear friend has hit upon the true problem. When one cannot breathe—*breath* is the very being of life. When one cannot breathe properly, it is a cry for help that life is not being sustained in the way that it should. Many who come to your world today know and recognize that they are coming to a lifetime where they cannot speak as they find *freely*, that the intake of the breath is not as pure as it should be. Those who come in this world at this time and suffer with this condition, have agreed to do so in order that mankind may see the error of his ways. Therefore, if there are so many, mankind has to stop and think, *'what are we doing wrong?'* Therefore, this almost epidemic proportion of what you call asthma and breathing conditions is a sign from our world that all is not well, and mankind *has to* address the problems of your world. And my dear friend has already quoted atmospheric conditions, pollution, all of these things.

George: Yes, and I note you said, 'problems' in the plural, (Yes.) so there will be many factors that are wrong. **Yes, yes, yes.**

Sarah: In Mexico City where pollution is very high, there is very little asthma. Would this perhaps be because the people have decided not to come back with the condition, because there wouldn't be a chance of helping them there, because they are so poor?

There is always a reason for returning to a lifetime with any condition—that is between our world and the Spirit who wishes to reincarnate. Of course, there is always reasoning behind all action and it is too diverse to go into in one meeting, but we can return another time and discuss it more fully. (Thank you.)

Sara: Do most souls have physical infirmity or imperfections?

Not at all, no; it depends on the reason for returning to another lifetime. You cannot generalize, unless, as we say, with those returning now who have *agreed* to return with this *asthma* problem—they have agreed as many to return at the same time—within 1,000 years of your time, of course—I do not mean they reincarnate together, and again, as we approach the time issue, we are getting into more complicated matters.

George: And the fact that more and more children are being affected by asthma, (Yes.) would seem to connect with more people returning for this purpose at this time.

Yes, of course—that is why you are now finding that it is the young people who are displaying all of these conditions. I hope that has been a little helpful for you.

(affirmations)

George: That does explain the child aspect in this, which is very interesting.

Lilian: And also, when it's children, we don't like to see them suffering so it's looked into even more I'd imagine. (Yes.)

Sarah: That would perhaps be the same thing with depression. A lot of young people seem to be getting depression these days and that could be for the same reason.

It is an indication that life is not as it should be. *(affirmations)* All too often we listen to you in your world speak about *progress*, but it is not progress what you are doing to your world. For this time, I will leave you to work a little with this instrument and allow you to continue with this evening and you should find that each one of you is given a little clairvoyance. So, may I leave you as always with my love.

George: Thank you, and again you've given us much to think about. *(affirmations)*

I am always happy to hear those words and I thank you all my dear friends for that. ***(thanks, and farewells)***

Electricity pylons and cancer amongst children

George asks about the effects of electrical pylons and the fact that incidences of cancer spike near large power cables. (27/6/05)

George: Yes, there's another question which concerns energy in a way. A recent news item is that people living close to electric power lines, within those families children are 70% more likely to get cancer as a result of living close to those power lines. So, I assume there would be an effect of that high electrical voltage, an effect on the energy of the bodies of people living in those areas. Can you say anything about that?

Yes. Electricity is an energy as there are many, many energies within your world and our world. As you know, all energy intermingles; you cannot fully, when you leave this world, separate energy in such a way. Therefore, I would say the conditions of which you speak and because children are vulnerable in their growth state, they do react to an abundance of this energy, which then causes their physical bodies to react in such a way as to cause illness. Let me give you an example. When those from our world come to you to give healing to the physical being, there are restrictions in the amount of energy which can be given to an adult body. Therefore, if you take the body of a small child in the stage of development, think how fragile they are and if we were to overdo the energy of healing, let me say that you would not exist as a human being, but you would be joining us in our world, because of the overload of energy available.

George: That's dramatically put. Thank you for that.

I hope that helps you in your thinking.

George: Yes, and I hope many people will read this, because it's something we should very carefully consider.

Yes. Yes, again man is determined that he knows how to use the energies that the Earth is supplying him with, but as in all things, moderation is essential.

Thoughts of healing given with love and power can be converted into Spirit Power

When the soul is touched, Spirit Power, which is a malleable life force, can be used for healing. Salumet gives more information on this process. (20/2/06)

As I continue this time, I wish to speak to you my dear friends, to speak to you once more about healing thoughts, but also to elaborate just a little on what you already know. It is most apt that I speak to you this time when so many thoughts have been given for those who are ill and are distressed. So many times, we are asked from your world: 'Can you please explain how the power of the spirit is utilized for the purpose of healing?' And as our acquaintance my dear friends, has been one of much knowledge, you are now aware of the *power* of thinking, you are now aware that your thoughts become reality, but how then are those thoughts used in *our world*? That is what I would like to talk about this evening. Thought sent by people upon this Earth, come to us in one instant—this you know—and that thought becomes reality, it becomes a vibration, which can then be utilized, not only for healing but for many other things. What is spirit power? Spirit power

is the very LIFE FORCE; it is infinite, it is malleable and therefore with those words you see that it can then be used in many ways. We have within our world scientists and chemists, as you would call them here on Earth, who take this spirit power and they characterize this power, this energy, and it is used in many permutations and then it is finalized for use, to be used through the instrument or channel for healing. So, you see my dear friends that, that one thought goes through a process of change. The aspects of the power are used in the same way as the many aspects of each individual are used in these meetings. Do you understand my words?

George: I think my understanding is that the healing thoughts that emanate from us here, pass into spirit where they are changed—and I'm not forgetting that these are living thoughts, **(Yes.)** and those living thoughts having changed, they are then returned to the target person. Does that describe the process?

They are through the instrument of healing to the person who is in need so that this power might touch the spirit of the individual. That is the process of healing work. So, it is not just one random thought, there are many processes that are used.

Sarah: I know there is no time in spirit, but this is quite an instantaneous...

Already the thought is used, because we are aware of what is about to be said. We are a little ahead of you as human beings. All we wait for is that connective vibration from you and the process of using *spirit power* or *Life force* or *Love*, whatever you wish to term it, is used immediately. That is not to say that it is felt by the individuals concerned in that moment of time, because as you know, for healing to work, the spirit has to be *touched*.

Sarah: So does it actually go one step further still? You said that you are one step ahead of us with the thought that we are going to give out. Do you actually sometimes impress us to make this thought? **(No.)**

George: Should we think of this healing process in a collective sense rather than an individual sense?

No. You can if you wish, but it does not change the outcome from our side of life.

Lilian: So if we can't remember the name of the person who needs the healing, but the thought is sent anyway, how does that work? Is that thought discarded or is it able to be used anyway?

No, we would never discard a healing thought that is sent with love; only those thoughts that have no power behind them—everyday thinking as I have told you previously. But a healing thought sent with love is never disregarded. Collective thought, as I have told you previously, has a power of its own, but all of these thoughts are collected so do not concern yourself with active thinking about how it should be done. Just give of the love and the help for those who are in need.

George: Yes, I was really thinking, does it work in a collective sense as seen from spirit? Do thoughts get combined and circulated where needed or is it on a more individual basis?

It matters not—all thoughts are collected. It matters not whether it comes from, as you have said and as happens within this room, 'collective thought', or whether it is 'individual thought'—all of these thoughts have their own reality and that is what will be utilized, will be changed. Aspects of that power are being altered and changed to suit the situations needed for each individual sickness or illness or whatever problem is being asked for help for. Is that helpful to you?

George: Yes, thank you.

But it gives you food for thought. We have spoken much about the power of thought, but now I wish you to *realize* that there is much more involved, that the work within our

world is on-going and does not stop on *reception* of any healing thought or for that matter any thought that is for help—and I have to say, any thoughts that you send for yourselves. George: Yes, that certainly gives us much to think about.

It shows you, does it not, that spirit-power is indeed infinite, that it is changeable, and it can be felt, indeed in a very strong way by all individuals upon this Earth plane.

Schizophrenia

Salumet gives some insights into this distressing situation and what can possibly be done to help create a cure. Medications only subdue the symptoms. (27/2/06)

George: I wanted to ask a question about the condition of schizophrenia, and I think we just mentioned this in passing on one occasion. **(Yes.)** Schizophrenia in our modern world seems to have become an umbrella expression for a number of conditions, **(Yes.)** but one type of condition concerns people having two personalities, if I could put it like that. Sometimes one is a violent personality and it may be that sometimes it's related to a form of mediumship, and sometimes it may relate to an undesirable spirit taking over or being present. I think it is a very misunderstood or little-understood area. I wonder if you could say a few words about that general topic?

Yes. As many illnesses within your world are misunderstood, this of course, is one that comes to the forefront on many occasions, and yes, as you have said, many who are labelled 'schizophrenic' are indeed mediums who are confused, but they do not involve the negative and violent side of the nature of the spirit—that is nothing to do with mediumship. The violent personalities within the human being who has dual personalities is indeed a state of spirit that has been confused, mainly at birth—not always but mainly. The lady who spoke to me previously, used the word 'opportunist'. That is exactly what happens when there is confusion and spirit wishes to reincarnate quickly and ignores advice given to them. We have spoken about that subject previously also. You remember? (Affirmations) That is why sometimes when a child is born, it is not the spirit that should be there. Do you remember my words?

George: Yes. So a wrong spirit, if I could put it like that...

...an opportunist—it is an apt word for this question.

George: Thank you. And would be there permanently?

No necessarily so.

George: So it might be possible to, shall I say, *correct* the situation through exorcism? Would that be the word to use?

That would be one way to go, but it would have to be done with a medium in your world. It is controlled somewhat by your medical people: there are medications used which subdue the will but does not *cure*, if I may use that word.

George: Yes, we were rather thinking that and some of us have discussed it.

It is a distressing situation and of course it always will be resolved when spirit returns to our world.

George: So it might be a job for a medium as opposed to a medical situation?

In a number of cases—I do not speak about all cases, there are various reasons for this condition in your world.

Rod gives a rather amusing follow-on question about schizophrenia. (6/3/06)

Rod: It was to do with the number of spirits within a new-born baby. This is where we had a 'Jekyll and Hyde' question last week and we were discussing: are there two spirits within that baby or within that person in later life?

You are speaking of the medical condition that we spoke of last time, yes? (*Schizophrenia*)

Lilian: Yes.

Yes. You cannot have two people, as you say, in one body, but what happens is you can have the infiltration of many minds within one body. There is a difference and if you remember: mind is spirit and is capable of much influence in the physical presence that you human beings are. Therefore, I hope this clarifies it for you just a little.

Rod: Thank you very much, that does, yes.

I apologize if I made any confusion last time, but as you know, always it is difficult to put into physical words, happenings that are non-material. This is always a problem for our world, but I hope it is clear for you now.

Rod: That does clear it yes, thank you.

Healing angels and colour

Salumet comes with a teaching about healing angels and colours. He discusses the mechanics of how the angels respond to healing prayers and take a little colour and then redistribute that colour as to where it is needed. They have the wisdom to be able to do this. Salumet explains that everything is connected. The vibration of love is the most powerful (energy) that you can use, and it is that vibration, which brings to you the angelic healing being. (6/5/06)

Good evening. (*General greetings*)

You may remember that last time I said that I would speak to you a little more deeply about what you call 'absent healing' and also the planetary forces which surround you.

Lilian: Yes, we're looking forward to it.

We have begun this time, by asking for help for many in your world, who are in need of some help. You know and understand that your thoughts are powerful, but I wonder if you understand just how this operates from our world. As human beings you think much of space, when in fact in our world, there is no such thing. Therefore, as the connection is made to us, those angelic healing beings, already have those people amongst them, in an instant. I want you to dwell upon those words just for a second. As you speak their name, so our angelic healing beings have them in their midst. And because of their knowledge and wisdom, they are able to see for themselves, what problems these dear ones have. The healing angels come to you, in the vibration of colour and light. What you may not know my dear friends, is these healing beings, take from each one of you, a little of the healing colour, which is necessary for healing to take place. And they are the ones who will distribute these rays to those in need. So therefore, can you see the workings of healing and how each one of you are responsible for healing to take place? You are connected by your colours of light, not only on this planet, but on many others—it helps with planetary evolution. Do you have any questions at this point?

George: You mentioned the involvement of a colour; is there any connection to the colour healing that is done on Earth—is that an earthly equivalent of what you've just described in spirit?

Yes, colour healing does take place, but what you must *remember*, is that the instrument using colour, is giving of their best, although they do not have that wisdom that the healing angels have. Therefore it will be down to those beings, to bring the right proportion of colour for that person. In every room where there lies a healing thought, you have an angelic being of healing. If only you could but see with the inner eye, you would see a shining being of light in every room; and many of them are recognised by the colour vibration, which they use—so all is connected. What I wish you to try to think about is this connection between all things. You do not have separate healers in this world, and you do not have separate entities in our world and separate angel beings; each has a part to play in a united way. I do not feel my dear friends that you can understand the *grandeur* of the scheme of all things.

Sarah: When you talk about healing colours Salumet, depending on what needs healing, is there a separate colour for that, or is it a combination of colours?

All of life is colour—it is that you cannot see it, unless you use that inner eye, that inner knowing, which you all have. If you could see a human body from within, from the spirit, you would see that you are made of *many* colours. But it is not so much the colour, as the use of the vibrations and which vibration is used. Those angelic beings come on the vibration of love, which is one of the most powerful rays. Do you understand what I am trying to communicate to you?

Sarah: Yes, I do, yes thank you.

Yes, there is much spoken about angels, there is much that is misunderstood also. There are two kinds for you to understand, whilst in this world. We have those angels, or 'planetary beings' as I would prefer to call them, because they come from the heart, they come from the *source* of all love. They abound on all planets that have form. And here we enter deep waters, but your understanding has grown because of the mind projection brought to you from another planet. You cannot fully understand or grasp, I feel, the evolution that is taking place on many other planets, because until now, you have not had any connection to them. But I assure you my dear friends that those who inhabit other planets, are as well aware of the planetary forces as you are here on this Earth.

George: Yes, we are beginning to feel this pattern that runs throughout the Universe and it's been so good to be able to compare notes with our friend who visits.

But it is just a small drop in your ocean, that you have had communication in this way. What I want you to try to focus upon, is the connection between *all things*; the love connection, which ties you all together. I would like you to try to recognise the workings in your everyday lives, of these planetary forces, which are here to help each and every one of you, and they come as I have said, from the source of all knowledge. Do you have questions at this point?

George: The source of all knowledge being the creative principle?

Yes. Yes, and these planetary forces, these angelic beings, belong and come from that source. They themselves have never had form as you would know it, but they are capable of changing form as they wish. I have told you this previously, (*Affirmations*) but it is most important for you now, my dear friends, that you begin to understand that *there is no space, that all is one, that all is joined and all is striving towards the centre of all love.* (Pause) These may sound simple words to you, but they have the most powerful

meaning for each one of you, for every human form upon this planet, as it does in every inhabited planet in this Cosmos. **All is connected.**

Sarah: So, when you think spiritually you can begin to understand. When you drop the physical overcoat then you begin to understand.

You must use your inner eyes and you will begin—not to see, but to sense and to feel and to be.

George: There's a question I would like to ask if I may. Is one of the differences between the angelic beings and yourself that they assigned or connected to a particular planet?

All angelic beings of the higher order are connected to all planets. But there are those advanced angelic beings, who are connected to the human form and they are the ones who help, in the everyday living in your world. But the planetary forces who are the angelic beings, who are 'masters' if you like of Karma, who are masters in love and organisations—they are the ones that have not existed in any human form, or indeed in any form on any planet. So, there are differences, it is just a matter of form. Is that helpful to you?

George: Thank you, yes.

Sara: Can I ask a question? **(Yes.)** You mentioned that love is one of the most powerful vibrations in connection with the healing angels. **(Yes.)** What are the other most powerful vibrations?

Wisdom and I would say to you, mercy—mercy in the sense of understanding.

Sara: Thank you.

That helps you?

Sara: Yes it will, in more ways than one. **(Good.)**

George: Does that connect to forgiveness, the mercy?

Ah—all of these words come under the umbrella of love, as does the negative feelings and emotions, they all come under one umbrella. But the vibration of love is the most powerful that you can use, and it is that vibration, which brings to you the angelic healing beings. I feel that I would like you, my dear friends, to consider my words and to now think a little more widely, on how healing works and of those planetary forces, which are used for that purpose. I want you to think about space and how wrong that is for the correct picture in all things.

George: Yes I feel very much immersed in the tremendous beauty—yes space doesn't come into the equation.

No, but mankind is so immersed in thinking about space, but it is now time, my dear friends, for you to dismiss this from your vocabulary. There is much for you to ponder upon this time I feel. And let yourselves *FEEL*, rather than think.

Lilian: Yes, I was just thinking how we are surrounding by love, aren't we—by all these different beings.

But you are a powerhouse of love. Every individual here is a powerhouse for love and therefore you must raise your own vibrations continually.

George: We seem to be immersed in this greater powerhouse.

Yes, you must see yourselves as being the connective energies. You understand?

Paul: In the sense that perhaps we are the ones to instigate the healing?

Yes, we need your help of course—but without your help it would be more difficult. You understand?

Paul: Yes, these beings won't do it until we...

They need your connection—yes. But do not underestimate your own beauty, your own inner beauty that is used for healing. Each one of you strives for it and it is up to you and your own responsibility also, to make sure that you are constantly striving to raise your own spiritual gifts. And I feel for this time that I must take my leave of you.

George: Could I just say that when angels have appeared in visions in the past, these visions, as described, don't seem to particularly relate to space. They may be huge, they may be small, they may be light, but I suggest these visions, they don't really appear to relate to space, on reflection...

But they do on the planets that you have no knowledge of. They would be viewed in a much different way, although their love and energy would be recognisable by their colours. Remember I have told you they can change form, they can present themselves to you with the human face, if you like, surrounded by great light and beauty. That is the way that they show themselves to you as human beings, but they can change form, as they so desire.

George: Yes, they're clearly not fixed in space.

No, again you must look at the *WHOLE* of existence—you have to find that connection between all things. As you feel the closeness and the connection within this room every time you meet, try to then expand that feeling to all of existence. Now I will leave it to you to think about this and when the time is right, we can take it a little step further.

(General thanks)

[Near death experience followed by complete recovery from cancer](#)

Having been taken to a place which George describes as the 'energetic void,' far beyond our comprehension, it would not be possible for the patient to return from such purity with any ailments. This caused the total recovery from terminal cancer. (29/5/06)

George: Yes, I've heard from Jetté recently (*A Danish friend*), who has sat with this group and she has sent a fascinating story by one: Mellen-Thomas Benedict. It is an account of he who died, in care, with cancer, and he had a wonderfully developed mind, and when in spirit, he asked questions. And it seems he was given what amounts to a tour of the universe, far back to the 'big bang', and he describes going beyond the big bang, to the 'energetic void'—it is described as, and then he returned. It seems he was dead for at least 1.5 hours in our time, and he was expecting to be reborn as a baby, but no, he was returned to his old body. And with full memory of what had transpired, he was able to write his account and I must say that the account given is very much in line with your teachings—also in line with the information given by Bonniol. I felt I would like to say this and to me, I feel it is a very true account, and I wonder if you have any further comments on the idea of returning to the big bang and beyond and what is described as the 'energetic void', or if you have any comments at all on that account?

Of course, I understand your question. Let me refer to the individual here mentioned. Let me say this to you: he was indeed one of many to have had this experience, shall we say. When someone comes to our world before their time, they are privy to much within our world. He obviously had a task to achieve and returned to the physical body. You, my dear friends, know full well, because of our many discussions, of what has happened. We have discussed the big bang. Beyond all of existence, there is a pattern of energy that you do

not know of as yet. It is a pattern of energy that *all* souls strive towards, no matter where they have lived in physical form. That is why the mention of Bonniol's information comes into play, because all physical beings are striving towards a greater goal—to that universal force, which you all belong to. *(Pause)* As I speak my dear friends, I feel this energy, which I also come from, as a whole unit. And because I am speaking of such energy, *I now am blending with it*—this has not happened in this group before. But the very mention of the energy raises me to a higher degree of energy, and I have to struggle to remain with you. But this energy force is far beyond all-knowing knowledge at this time. It is not appropriate at this time to try to describe this for you, but the very fact that someone has returned and been shown such things, can only confirm my words to you over time.

George: Yes, this certainly is felt, having read the document.

Yes, yes—there would have been a very good reason for his full memory on return to the physical.

George: Yes, I should also have said that he returned with full remission of the cancer.

Yes, of course, you cannot come within those energy fields and return with physical ailments. It would be impossible, because when you are—*forgive me, I am feeling this energy pulling*. When you return from that energy field, it is like a cleansing, and of course most people have left the physical garb behind when any experience of this kind takes place. So I hope that has enlightened you just a little.

George: Yes, it has indeed and I appreciate, we can't understand about the energies, but I think from what has been said, we are beginning to feel that there's the physical universe, there's the spiritual universe, but perhaps there are a number of what we can only describe as spiritual universes within each other.

Yes, of course—it is a much wider picture, and to explain to you energy of which you have no knowledge, would be like—how shall I describe it to you—looking for one grain of sand on a beach. It would be almost impossible at this stage of your knowledge.

Lilian: So when you leave us for a few weeks, is this the energy that you go back to?

Yes, I return to the part of me that...those words are not correct, let me rephrase that for you: I am one aspect of the whole, and the whole would then be regenerated by the energy fields from which I come. And of course I need to have those breaks in Earthly time in order to recharge that energy, if I may put it that way to you.

Sarah: You said that we're not aware of that energy yet. Will there be a time when the physical being will be aware of it without going into spirit?

No, it is impossible. Not all spirit are aware of this energy.

George: On those rare occasions when you have been speaking to us and another has wanted to also speak, might I ask, would that have been another aspect of yourself?

No. On those occasions it is—how can I say—like a surge of power to help me, but it is not another aspect. I am the only aspect of the soul who has been able to come to this physical world.

George: Thank you. That clarifies that.

[How best to repel disease](#)

Discussion about the brain being more sensitive led to further information about healing. Why do some people get colds and others do not? Is meditation better than prayer? How to cleanse from within. (29/1/07)

Paul: Is that why healing works, because it's not *us* healing, but our brains perhaps are being used as processors?

No, no, no, no. Let me explain that healing *always* comes from the source of all life, but it needs instruments to be used for the purpose. Healing comes from spirit, touches the spirit of the healer, who then passes on to whoever is in need. It is spirit touching spirit. It has nothing to do with the human brain or form. Remember, I have told you that all conditions—illnesses, sicknesses, are created by yourselves, and it is *spirit* that has to change those conditions in the human form, otherwise there is no healing. If the spirit is not touched there is no healing.

Paul: The illness is simply a message that our thinking is incorrect?

It is on an energy level. Try always to think of illnesses as—what I termed to you before as 'dis-ease'—dis-ease of the spirit that the human form has created. I know that will always be difficult for you to understand, but that is the truth.

George: Yes, one little area that I find puzzling is: illness and disease are rather different from the common cold which is just transient, and I suspect that one is not subject to spirit.

Jan: Environmental...

No, no my dear friend, you cannot separate anything. If those who catch cold or whatever, they are vulnerable to those outside influences. Why do some (*get colds*) and not others if it is environmental as the lady says? *Everyone* should be prone to these colds or flu or viruses or whatever you call them.

Paul: They relate to our stress levels...

Yes.

George: So in an ideal situation we shouldn't ever catch a common cold?

No—if you are strong in spirit. But as you know, you humans are not perfect—and we know and we understand. But I am speaking more of deep-rooted disease.

Jan: What happens if—for example I was speaking to my sister today—we have the same inherited condition—surely that's on the same level...

It is because you both chose the same parents with the same human conditions.

Jan: Well that makes sense!

You choose parents with genes, with disabilities, with many, many issues. So that is why sometimes it affects more than one family member. Try not my dear friends, to separate these issues. It is basically that you are responsible for all things that come to you.

Whether that is hard to accept, I cannot change that for you. But if you are strong in spirit, you will find that it is much easier to throw off these negative energies. Do you understand? (*Affirmed*)

Sara: And can they throw them off completely?

Of course!

Sara: That's what I thought. I imagine the challenge is for them both to do this—to find a way?

Yes.

Lilian: But people that abuse their bodies, like with drinking or smoking—that again is their own thought...

They have their free will, yes of course.

Sarah: I was just thinking of a friend of mine who died of breast cancer. She was actually—I *thought* she was quite spiritual, although on a different path to me. She actually died of the disease—that was because she wasn't quite strong enough in spirit, was that?

Originally yes—once disease takes over the human body, it then becomes difficult, especially if that person is not strong spiritually to resist disease.

Sarah: So once you've got it then you've got to be very strong...

Yes, you need to—you need to go within, you need to cleanse from within. And again, because you are human, you have human frailties and are not always able to do what you inwardly know is right.

Rod: So with meditation and thought, one should be able to heal oneself a lot better.

Yes.

Sara: I think you can become more self-aware with meditation and recognise when your thinking is not clear and hopefully stop the vulnerability from starting.

In meditation you are in contact with that higher self and all of those angels and helpers who are there to help and guide you. Therefore meditation is your first tool.

Sarah: If you have a disease that is caused by what you've done in a previous life, before you come back, will you know that you're going to get this disease?

Not necessarily, but you may be attracted to the same conditions. You will be attracted—it is not the people that you choose, so much as the conditions of life. So if you have not 'cleared' it in one life, then you will choose it again.

Sarah: Yes, thank you.

Rod: Could I just ask you: would you say meditation is superior to a prayer? I pray every night, but I just wondered whether I should meditate every night?

It is a form of meditation, but in the meditation that I speak of, you leave behind that human thinking. You go within to that part of you that is all-existing. Therefore my answer to you my dear friend is that meditation on a deeper level is preferable to uttered prayers, for your own help. Prayer for those in need of course will always be recognised. But if we are speaking of disease and illness, you really should go deep within.

Rod: Thank you very, very much.

Further on the subject of self-healing, Valerie asks a question. (3/3/08)

Valerie: Please could you tell me how we can heal ourselves, please?

Yes. Everyone has the ability to self-heal, but to be able to achieve this, you have to go inwardly; you have to allow that spiritual being to be the stronger force in your life.

Valerie: I understand now, thank you.

As all of the others within this room realize that sometimes earthly life can be harsh, but the ability that is within you to heal is a natural happening. But firstly, as the others know, you have to allow all fear to leave you and we know full well that you human beings find this most difficult. You have to allow the fear of life and loss and sickness to be forever gone from your thought, because you see my dear friend, your thought is that strong force, which can bring to you help. But I have to tell you, it is a huge responsibility for you, but it is achievable. Are you happy with that explanation?

Valerie: I am very happy.

In future, your medical doctors will not be treating the outcome of spiritual dis-ease, but they will begin to teach self-healing

Salumet states that this has already started amongst some doctors and will grow in the future. (16/7/07)

Lilian: Welcome Salumet.

Good evening. Remember my dear friends that last time I spoke with you we discussed how this Earth planet is growing spiritually. (Agreed) I wish to speak just a few more words about this. I told you that more and more people are becoming much more aware spiritually, and that all of your world leaders are being influenced for good. What I wish to tell you this time is that as life continues, your medical doctors will become much more influenced from our world in not only dealing with the physical condition, but they are even now beginning to understand that there is more than a physical being; there are many accounts within your world of this happening. And what I wish to tell you my dear friends, is that in time to come, your medical doctors will not be treating the outcome of spiritual dis-ease, but they will begin to teach self-healing and that is what we are aiming for with these good and gentle people who wish to help mankind. That is not to take away from those healers already in your world who work with spirit in order to heal, but in time to come there will be healings of what you human beings would call 'miraculous'. So, you see my dear friends, great strides are being made in your world for these things to happen.

George: Yes. Wonderful! For so long we've treated mere physical symptoms and not the root cause.

Yes, yes, but that way of thinking is gradually changing, because of the results of your 'quantum physics' as you name it and it now cannot be denied that there is more to life than the physical being.

George: It's good to hear that confirmation of that realization.

Rod: So, our prayers should cover doctors as well, which I haven't included in my prayer list, but I can see that we should do that, and that will spread to the ordinary man in the street, won't it?

Of course, they are healers in their own way although, as our dear friend has said, until now only physical symptoms have been studied. But once the spirit is recognized then your medicine takes another step forward, but it is happening in a very small way now.

George: And a very big step.

Yes, a big step for humankind.

Sarah: I suppose it's just full circle really, because in ancient times they probably would have treated illness in the way that we are learning now.

Yes, yes. For many people, they had that knowledge, which I have told you on many occasions has been lost by humankind in the event of materialistic outlooks of life, and we have discussed this my dear friends. You have to keep material goods and wishes in their proper places if you are to survive spiritually.

George: Yes, I guess it's true to say that we need both, but we must keep things in proportion.

Yes, it is difficult for mankind to return to a basic state of existence now that they have experienced so many materialistic values, but the two can abide together to create a wholeness in humanity and it can be used more wisely.

Lilian: I was just thinking about mentally handicapped children or disabled children in whatever way—we know now that it is good for them maybe to ride a horse or swim with the dolphins and that's a similar self-healing, isn't it?

Yes. Of course, it is a form of healing and, yes, why should these people not experience the joys of earthly life? Why should it not be given freely to them, because you are not to know what that experience can create within the spirit?

Sarah: They take animals into old people's homes and those sorts of places, because the very act of stroking the animals has a healing effect on them.

Yes. As I have said, all creatures and human beings belong to each other. You are part of each other because you are part of that great creation, therefore there has to be benefits from that coalition.

George: Can I mention here that there was a story in the tradition of the Hopi Indians about a white man developing materially and a brown man developing spiritually and the two uniting. And with the spiritual and the material developments coming together, there is a synergistic affect that's greater than either on its own. This suggests that there would be some advantage in developing materially as well as spiritually and then uniting the two. Have you any thought on that?

Yes. It has already happened in your world where races have come together, no matter what their reasoning, but it is a natural progression that you are all part of a brotherhood (yes!) and whatever qualities each brings to that partnership can only be fruitful spiritually. One more materialistic, one more spiritual and the coming together of these races creates what our Creator would call 'unity', unity of man. You understand?

George: Yes, and the two together will represent a further progression.

Yes.

Organ doning

Jan asks a question about the rights and wrongs of organ doning. (17/11/08)

Jan: My question is about organ donorship. (*Transplants*) It's certainly been raised in the media. I'm not sure which side of the fence I actually sit on—whether or not it's something we should choose to do, or whether our governments are going to try to make us all donors, unless we choose to opt out of that situation. But on a spiritual level, if another person gratefully receives, which we know they do, somebody else's heart (**yes**), for both sides spiritually it must be an enriching experience. Obviously, the recipient carries on hopefully in good health for some years, but for that spirit that has gone on knowing that part of that physical being remains and is keeping somebody else alive, must be an extremely enriching experience. Am I right or could you elaborate on the spiritual?

Yes, I understand, I have been waiting for you to ask, but that is why I have come to you.

Of course, if we are speaking spiritually, if we are speaking of disease, *dis*-ease of man; the answer to that question would be that these donations would not be necessary, because mankind spiritually would learn to heal that body—but that is an *ideal* earthly world.

What is important is the reason *behind* what is happening, and of course, someone who gives is doing so for good—that would never be judged as a wrongdoing—how could it when the act is done in love? So, yes, I would say anything done in the name of love would not be frowned upon in spirit, but what we, as spirit, would like you to do as human beings, is to focus on that disease of man and change things *that way*; but that is not likely to happen just yet. So, I say to you my dear friend, be guided by your conscience and what you feel to be right for *you*, because no-one walks *your* pathway in life.

On 8/2/16, the subject of some rather gruesome experiments involving head transplants is discussed with Salumet. He reminds us that we must look at the wider view and try not to judge, although he does agree that that experiment has gone too far.

Our prior conversation had included the mention of surgical procedure updates and the news that 'hand transplants' should be available from April onwards; also 'head transplants' were being seriously considered following experiments with monkeys:

As humans, you always will have had many doubts about advances in your world. Remember how we discussed about transplants of the heart and how our comments helped many of you at that time. I wish only to say that these things are never clear at the time of speaking about them. All I will say is that advances in medicine will always be taking place and sometimes it may not be to everyone's agreement, but still you have to allow these things to advance. I of course see a much wider picture and have to this time in your universe, been aware of many changes. I will say to you my dear friends, that continue to question whatever you will, because in that way you will surely for yourselves reach the correct answer. We do not come to tell you what you should think—that, my dear friends, is entirely up to you. But I want to reiterate this evening that I have indeed come to you in the name of truth. That is what I have always stated. My message to you has always been simple. I try to bring to each one of you 'love', 'understanding' and many of the qualities which make for a good human being. Your understanding sometimes takes you too far from the *simple* truth, and I wish only to say to you this time that love, understanding and allowing spirit to help you at all times, that other gifts that I bring to you; but again, I offer them to you this evening. But when you leave this room, you will *feel* that love of spirit, you will have understanding of your fellow man, even if you do not fully agree with him. You have to allow this planet to evolve, because that is what is happening all of the time—that this planet and many, many others are evolving at the same time. So, I would like you my dear friends, when you leave this room tonight that you think about that simple word 'love'. It is a small word in your vocabulary, but it is of great magnitude for all. This is what I ask you to do this time, my dear friends. Do you have any questions for me this time?

George: I think I am right in saying how the steps on our way forward, are as your words very strongly imply—are an important part of our evolution.

Yes, and for your own spiritual development; after all, with your mistakes in your lives, you learn so much do you not?

George: Indeed (**yes**); with the thought about head transplants, I feel so sorry for the monkeys, who are being experimented on.

Yes—yes, and you must hold those thoughts at all times, but as we have spoken of in the past, you do not know the reasoning behind all of these things. But yes, of course you must have love for all of the animals. It is never right to create these conditions with the animals. So, I am in agreement with you that it is not always suitable. I cannot say more than that at this particular time (thank you). After all, humans and the animal kingdom belong in this planet with equal rights (yes).

Lilian: We use—it's quite a hard one—thinking of the animals in the experiments.

Yes, but again my dear friend, when you do this, you are thinking in the moment. You do not see the wider—

Lilian: Yes, the bigger picture—

After all, there was so much outcry when you had the first heart transplants, and people were saying that it must have been their time, but no, you humans as human beings can—shall I say? —make a mess of your lives (yes). You create situations that are wrong and create ill health from within the body when in fact the body should have remained healthy. You must think along all of those lines before you make criticism.

Lilian: Well I know when I was facing operations on my heart—it did worry me about the animals that would have been used, so I defend them in my way.

But today those animals would say they were grateful that they could have helped, if they could use human words. That is what they would tell you.

Lilian: That's lovely.

George: That's interesting.

Jan: As you mentioned monkeys (**yes**), are there things in their consciousness—of the monkey involved (**yes**), —because they can see the bigger picture from spirit. Would they not see it as—

—A gift to humankind? (Yes.) That is exactly right; and that it is always difficult when we are trying to explain why these things happen—of course it seems horrific and of course we do not wish harm to anyone—animal or man. You must look to the wider picture of this.

Jan: Yes, because in my own little world I can imagine—like contracts between species almost—spiritually being drawn up, but it is for the betterment of mankind, but who knows that that medical advancement may help the animal kingdom in return at some later stage?

And also, when the human has received, not only from animals but from other people, whatever the transplant may be, it has allowed that person to grow—the one who has donated; but also, it has given more time to the person to whom the transplant has been given (yes). It has given that person time to look at his own spirit, and where perhaps he may have gone wrong in this lifetime. So, you see there is never one clear message.

Jan: No, not at all—no, even regarding the eating of another animal, I was reading that the animal kingdom; although they wouldn't really like us to eat them—but because a vast majority of them also eat members of the animal kingdom, it's a gift—really, when they go back to spirit as one consciousness, they really—how can I put this?—there's an acceptance. **Yes—yes, you have to understand that, from spirit, we are looking at everything in much more detail (yes)—yes.**

Jan: Well they prefer that we didn't eat them, *but* they understand why—that's the main thing.

Yes, but of course we do know and understand that the Earth is not a perfect place (no), neither are those animals who exist upon that planet. So, again I say to you my dear friends be careful in your judgements.

Jan: Yes, because some of the animal kingdom just literally kill for fun (**yes**). So yes, we shouldn't judge one another at all.

George: Perhaps an extreme example is during World War II, a thriving rabbit population became (in UK) a very important food source. It certainly increased thought that there might be on Earth a certain gratitude in relation to the rabbit, for the service given. It was certainly appreciated by humans at the time.

Yes—yes of course, and you have to remember you all belong to the same energy—that when you leave this Earth plane, you will all return to that energy that you know as the Great Spirit. So, whatever is happening in your world today, I say to you my dear friends:

analyse if you wish, but keep your hearts open to all of the things that are going on around you. Remember the word 'love' and it will carry you through, no matter what conditions you may come across.

Are we getting too anxious about cleanliness?

Salumet reminds us about the importance of balance with all aspects of our existence.
(23/6/08)

George: Yes, I rather fancy something like that took place when Albert Schweitzer, a rather enlightened one, was in Lambaréné in Africa and there were open sewers there, and in that sense there was not cleanliness, but there were hospitals there and I suspect that people get a chance to develop their antibodies in their systems when a few germs are about...

Yes.

George: ...but in extreme cleanliness conditions perhaps we don't build up the antibodies well enough.

Yes. As in many things in your world, medicine also has been abused at some points and not used correctly, but always we are trying to influence so that mankind grows in understanding, that mankind becomes as one with everything in this earth.

George: Including the germs!

There has to be balance, yes. You may find that some people will be shocked by those words, because they see your germs as alien to good health, when in fact all things have purpose. But I would say the important word here is 'balance'. I hope that has helped you.

Lilian: Interesting.

George wrote the accompanying note on this subject.

Germs and Disease: In contrast to today's hospitals, Albert Schweitzer's first is described in George Seaver's biography (1947): '... he utilised a windowless broken-roofed fowl-house for his surgery, his bungalow for his dispensary, and the open sun-smitten courtyard for the treatment of his patients till the regular evening shower drove them for cover to his veranda.' Today, we attempt to eradicate germs and as a result develop problems of poor or non-resistance to disease. It is a pity that there are slogans such as: kills 99.9% of all known germs, when at least 98% are actually helpful to us, in fact without microbes we simply cannot survive. Half the planet 'excludes' such diseases as foot-and-mouth at great cost and with periodic animal slaughter (the shame of which is felt by many of us) while remaining countries allow such diseases to be endemic. This is a difficult situation for our world in which animals of the 'exclusion countries' build no antibody resistance to the disease in their blood, while those of endemic countries have been allowed to build their natural resistance. The latter may on occasions succumb to disease to the extent of a few percent of the herd ... depending on quality of diet. Good diet is of course another very important factor.

You create, therefore you can change

Salumet tackles the difficult subject of why some people recover and others do not. Life plans and other aspects are discussed. For those whose illness is part of their life plan, then healing will not work. This cannot be interfered with. However, for many, we are reminded that if we can create illness in our bodies, then we can change back to full health. Salumet also reminds us that the spirit has to be touched for healing to take place. All illness has to be looked at from the spiritual aspect, not from the human viewpoint. (24/4/09)

George: I have received a request from one of our newer readers, who is very interested in our meetings, and he has asked if he can place a question with you. It is from one we know as Tony and it is about spiritual pathway and the ability to be healed. I will read the paragraph from his letter that is the crux of the matter. He says: our Earth life-plan is predetermined before we arrive, having been discussed with our guides, spirit helpers and family in spirit. This is something which I have felt for many years to be the case. On the basis that our life here will follow predetermined lines of development and experiences, I cannot understand how spiritual healing can help somebody who is not well, if that illness is something which that individual must experience during his life on Earth. Could it not be argued that if the spiritual healing has an effect to remove or reduce the illness being suffered, then the healer, if he or she is able to grant relief, is in fact altering the operation of the normal, natural laws. I'm sure he would be grateful to you for any words you may have on this.

Yes, firstly, let me say to our dear friend, that no healer on this Earth heals. They are used as an instrument *from spirit, through spirit, to spirit*. This we have discussed before; but a healer, no matter in which way he is used for healing, whether it be within your medical profession, or what you term spiritual healers, no matter what form of healing, no healer can *interfere* in that life. Therefore, if an illness is what has been 'accepted for this lifetime' then no healer can heal that. I agree with his words. So, firstly, he must accept that no one upon this Earth, whether they be an instrument for spirit or not, can interfere in another's life. But what *does* happen and *is happening* is that people who—and remember my first words—who create their own illnesses whilst in this lifetime, can, with the help of spirit forego all of these conditions. Can you see the difference? Can you understand what I am saying to you? If not, please say now.

Lilian: So, if they're really spiritually aware, they would be able to accept the help?
It is nothing to do with being aware, but if *they have created* medical conditions within the physical body, then what is needed is for the spirit to be touched, so that a healing can take place. That is the difference.

George: And such a condition would arise from wayward freewill?

Yes, but you cannot interfere with someone who has come with a condition of illness, because that is the life they have chosen. There is a difference; you need to see that difference to understand why these things happen.

Sarah: There could be people who have come with an illness that could be cured and perhaps that is to give them some sort of belief or understanding. Could that be the case as well?

If they have chosen to come with an illness and that is their life-plan, then no healer upon this Earth can change that, but there are those who are willing to be changed sometimes. As long as the healer does not encroach upon that life-plan, then healing, of course, can and does take place—but it is the spirit that is touched, not the physical being. You have to remember the difference: you are *spirit* with a *physical* body.

Lilian: It may just be that the healing will help them cope with whatever ails them.

Yes, it can help, but it cannot erase the condition—sometimes. That is why some people respond, others do not. It is because the spirit has not been touched.

George: And I get the impression there's more illness on our planet from misapplied freewill (yes), than from pre-determined life-path.

Yes, human beings have to take responsibility and I am sad to say this is not happening too quickly, because the human being always finds another reason why there should be these conditions in their lives. If only each one of you would go inwards to find that spirit within, there would be so much less illness in your world. You understand?

George: So, in effect we could self-cure so much more.

Of course, I have stressed this to you in the past that you create, therefore you can change. If you have created something with your mind, you can undo it with your mind.

Sarah: But not if you've come with a...

No—with a life-plan, yes, it can be helped, but it cannot be erased, otherwise you are interfering, and with natural laws that cannot take place—that would not be allowed. So, you see, it explains why even with people who seek healing, they do not find it, because it is not meant to change. You understand? But I have to tell you, my dear friends, most conditions that people suffer on your Earthly plane are self-inflicted. You understand?

(Affirmed)

Sarah: Sometimes the self-inflictions actually can help people—if they get something the matter with them, that in turn, once they realise what it is, that can put them on the right pathway, perhaps a better pathway. I was just thinking of Emily, for example, who thinks that she has had depression for a long time, from a very young age, but now she's got over it, she seems to be going forward much better.

Because the spirit has been touched, because illness you see, is a selfish act; illness creates attention, illness deflects from the true spirit and nature of life. But yes, once the spirit is touched, spirit can then help, and move forward. You have to look at it from a spiritual aspect, not from a human viewpoint, otherwise you will be discouraged, you will not accept our teachings of illness, but there will be an outcry of: 'how can that help?' 'Why do we have this?' 'Why do we have that condition?' You cannot allow it to take hold of your life.

Lilian: Well, I was thinking about my granddaughter. Now It must be about a couple of years ago, I had a message from my husband, who is in spirit, saying that, by the time she is eighteen, we would see a difference in her (Yes). So, she's on the right pathway and it's something she has to put up with, because at that time she had about three years to go to eighteen. So, he (*my husband*) could see in spirit the wider picture again.

There is a wider picture. But remember also, that you human beings have the capability of changing your lives. Each step along the pathway belongs to your freewill. That is why sometimes people say: 'but I have been told this, I have been told that, why has it not happened?'—Because somewhere along their pathway, the will of that person has altered.

Lilian: Ah! I'm glad I asked you, because we were rather banking on this '18' thing. That's lovely. Thank you.

Emily: Going back to the fact that illness is self-inflicted: for children, that are very young, how could that be self-inflicted, unless they have been born with the illness if they were particularly young.

That is a case of spirit coming back for a reason—a strong reason. If a baby is born with a condition, it has been born in that way in order to lead a life of spiritual growth. That is the difference.

George: Thank you for that clarification, Salumet, and I think your words explain why spiritual healers are, broadly, so successful!

Yes, they cannot interfere in anyone's life and if the spirit is not touched, there will be no healing, and there is nothing any healer upon this Earth can do to change that. But it is most important, my dear friends, to begin and always understand ... recognise, that you are spirit first and foremost, then all other parts of living will become less important. You must know of people who have overcome great obstacles in their lives, whether it be health, whether it be living life in terrible conditions with tragedies abounding, and yet these spirits shine brightly.

(Agreed)

That is a case of spirit taking responsibility for what is happening in their lives.

Sarah: So, if you've got an ongoing illness, the belief that you will get better and the 'going within' and listening and telling yourself you are not ill...

It is not a belief, it should be a 'knowing', a certainty that spirit can overcome many things. You cannot have one answer to so many different conditions. That is why, in our world, there is much discussion before people are born into your world. These decisions are not taken lightly, but those who choose to live a life of hardship or illness and at the end of that lifetime have created a wealth of spirit. Do you understand?

Sarah: So, you could ... if before you come over, you decide that you are going to have a life of illness, so whatever you do, you're going to keep being ill...

You will have that illness—I would not say many illnesses. Most illnesses are created within the lifetime they have chosen, because of the way they think, or the way they eat—so many conditions can change, and remember, my dear friends, the stress of your daily lives and the inability to allow spirit to heal you each day of your lives. And I would also say to you that illness does not always show itself at the time of worry or confusion or wrong thinking but can sometimes make an appearance years afterwards. So again, we have time factors coming, and that has to be a consideration.

Sarah: So, if an illness comes many years later, that would be a planned thing, would it?

Not at all, it depends on why that illness has shown itself within the body. The *physical body* has the power to heal itself, but the *opportunity* has to be there. THE HUMAN BEING MUST ALLOW QUIET TIMES TO ALLOW SPIRIT TO COME FORWARD. That is why so often, my dear friends, I tell you that you must take time in your daily lives for meditation. What is meditation? It is a union of your spirit with those in our world where after all, that is where you belong. But you are clothed in these physical bodies which can go wrong, unless you keep spirit strong. Do you understand?

(General agreement + thanks)

Sarah: Do you understand Emily?

Emily: Yes.

And she is making good progress, because now her mind is working and looking forward. Her spirit is becoming stronger, which then encourages the body to help to heal itself. You understand?

Sarah: Yes, thank you for that.

Now has that helped you with your questions?

George: Yes, I think that's wonderful. It's clarified much for me and I'm sure it will for Tony when he receives this transcript. You mentioned time factor in illness or disease to show itself.

Yes, not always, but sometimes.

George: While there may be a time factor involved in a disease showing in the physical body, might there also be a time factor, in the healing of that disease? Would time be of a variable nature so perhaps one condition takes years to heal, or would it generally be faster in the healing process?

Dependent upon the cause of the condition, depends the time factor. Some healing is instantaneous, other healing, of course, takes some time and can be attained over quite a long period of time. It's variable, yes, as you say.

George: Yes. Perhaps the state of the physical body is a factor.

Yes, of course. It has to remain a factor. After all, healers in this world are physical beings themselves, so as we use them from spirit, we encounter their *own* conditions, if you understand, and that sometimes can make a difference.

George: Ah! Yes.

You understand? Is that clear for you?

George: Yes, I see, so the physical body of the healer also comes into the picture.

Of course, because we have to use their bodies, their hands, their minds—it is coming from our world through the healer's spirit to the spirit of the person who seeks healing. It is not a one-to-one set of conditions. It is not that simple. I wish it were, I wish I could say to you this, this and this, and all falls into place! It is all much more complex than that.

George: Yes.

That is why you should not judge one against another, because, not only are two people physically different, but probably spiritually different. You understand?

George: Yes, I can see it's not a simple matter at all.

Not at all!

Lilian: No, it's quite complicated

Now, if you are happy with that question and answer... are you?

George: Very happy! Thank you. I think that's clarified it for all of us. (*Agreed*)

Emily: Could I just ask. I know we are spirit and we have the overcoat as the body, but if we look after the body, is that a way of looking after the spirit too?

Of course!

Emily: So eating well and looking after yourself, that's a way of looking after the spirit?

Yes, of course, yes.

Emily: Thank you.

If you had a car or an animal, would you not look after its outer well-being, in order for that to function properly? (Yes). Yes of course.

Emily: Thank you.

Remember that your physical body houses your spirit, and that is the important ingredient in any lifetime.

George's Notes:

Whilst there are clearly many facets to the subject of illness and healing, it might nevertheless be appropriate to attempt to briefly summarise:

Ordained life-path Condition: *Remains in place without being erased, for purpose of spiritual advancement.*

Ordinary free-will inflicted condition: These represent the majority of illnesses. They may arise from stress, wrong or excessive eating and drinking, careless living, smoking, too much sun or generally lowering the body's natural resistance to disease in some way.

Spiritual healer: Is a channel through whom healing may reach those in need.

Healing proceeds: Once the spirit has been touched. Healing acts from spirit, through spirit, to spirit (and it is the energy body that underpins the physical body that is first corrected).

Mind stress: Can cause illness that mind can also cure.

Doctors will become 'Tutors of the Mind'

Salumet starts the evening with the reminder that mind, and body are indeed connected, and that the mind influences what happens in the human body. This simple, but powerful truth, is finally being accepted across the planet. To quote Salumet, in the future, doctors will become tutors of the mind, and so help prevent all the unnecessary trauma that illness creates. (28/9/09)

All: Good evening.

As I join with you this time, so many have joined with us to listen to all of your thoughts—not only healing, but much of what you are thinking. But I would like to just say to you, my dear friends—I do not know if you are already aware of the talk in your world about the way the mind works, the way you think and how it affects the physical body.

Lilian: Yes, I saw something today actually, on those lines.

It is being recognised at last that it is an important issue. I do not say they accept spirit, but they can see that the mind-body connection is there. To us in our world this is good progress—it shows at last that mankind is opening his mind to things other than their own physical being—that the strength of their thinking can affect their physical beings. For so long we have shown to you these connections—the connection of mind—the spirit body, as you call it in this world; because as you full well know my dear friends, MIND IS SPIRIT. It is not a separate issue—mind belongs to spirit. So many in our world have happy hearts, to think that at last on your planet Earth, many men are working towards the truth of this discovery. To you my dear friends, it is nothing new, but to the majority of all human beings, it is a big part of understanding. I'm sure you would agree.

(Agreed)

George: Yes, this does seem something to rejoice about.

There will be great strides made within your medical world, all over your world in many different places, they will come up with the same ideas, the same progress—of helping many diseases. And especially a little more understanding of what you call the MIND. This is useful my dear friends and I hope that in your quiet moments you will give much thought to these words I have said this evening. I do not wish to remain too long this time.

George: In recognising spirit and its connections, I imagine this in time will make hospital work more successful and more effective?

Of course! When it is recognised—the power of the mind—then, a lot of hospital 'work', as you call it, will be unnecessary. **Doctors will become Tutors of the Mind. Is that not a wonderful thought?**

(Enthusiastic sounds/wonderment)

That would be doctoring in its highest degree (yes). But of course, that will not happen overnight. Of course, as always on this Earth, time as you know it passes much more slowly. It takes much time for all human beings to be of one mind.

George: And it just so happens, that Lilian here has got a book from the library on the work of Matthew Manning as a healer, and I guess it might be said that that particular gentleman is well ahead of the field in the recognition and use of mind in this way?

He is but one of many. Yes, there are of course many who *lead the field*, if you like to express it in that way. He has many years of experience, but so too do a great number of people in your world.

Sarah: Yes, there are civilisations such as the Aborigines. Somebody today said to me that they couldn't believe, having been to Australia that the Aborigine people haven't changed, and she thought it was awful that they haven't changed. I said they probably didn't *need* to change, because they were already in tune with the Earth—and we've actually spoilt it for them.

Yes, they are much more in tune with their inner feelings. They use most of their senses, but so much has been lost (yes). Yes, again you see, mankind is quick to judge; and if people do not come to a certain so-called *standard* of living, people are most scathing, and that is why you cannot judge, my dear friends. But there are many, many peoples in this world at this time, who have much knowledge of spirit. But it is the *progress* that we are working towards. We are all working towards one thing, and that is: **to go home to spirit with your knowledge intact. Now that gives you something to think about. What knowledge should you have? You *know* what knowledge you should have. But your work my dear friends, as I have said before—you are all emissaries of spirit. You are spreading the word of spirit, and it matters not whether people criticise or disbelieve you—you have done your work of spreading the truth.**

Sara: And of course, we need to be good living examples of it ourselves (**Of course**). I think living with *joy*—it sometimes seems to me that it's a key factor in good health (**yes**)—experiencing joyful feelings on a regular basis (**yes**), because, without that, I think everything is lowered—the immunity...

Yes, when you lack joy, you allow fear to enter, and as we know, fear is not something that you should entertain in your lives. It is something to eradicate in your lives. It matters not what the situation is, because many people have had lives of great difficulty and yet they come home to spirit full of love and joy. So, it is the *way you react*, my dear friends, to what is placed in front of you.

George's notes:

Mind – Body Connection: *Is it as Salumet says—the realisation gaining general acceptance? At home, I looked at my copy of the Scientific and Medical Network journal and the article by John Caddy PhD that I had already marked for reading. Part of summary read—'the relationship between the spiritual and physical dimension'. It lay beside the book passed on by a friend and likewise as yet unread: Science and the Akashic Field by Ervin Laszlo. Inside the cover there are endorsements by some of the world's great thinkers, using phrases such as: '—greatest waking of the human spirit. Not since Plato and Democritus has there been such a transformation in the history of thought—science is poised at the threshold of a new paradigm—a road to understanding the universe as an integrated entity, connecting science and consciousness, and recognising the wholeness of the universe, life and mind. So Salumet had pre-empted my reading schedule! Going to the Internet and Google-searching 'MIND*

AFFECTING BODY' it was a similar story. Yes, of course Salumet knows where we are heading, and his words are precisely correct.

Mikhail Gorbachev: He must indeed be seen as a truly great man of our time.

George's notes can be read in full in the transcript file (28/9/09).

We alone cause our illness

Salumet starts with a timely revision session on illness and that we are solely responsible for it. We therefore also have the power to throw it off! Salumet sheds a little light on the causes of arthritis which may be of interest to those who suffer from this unnecessary and painful condition. It is perfectly possible to free ourselves of arthritis. (1/2/10)

George: I've been thinking recently that, equally, there are levels to the love that one can know and experience. Some of us, perhaps, don't go deep enough with that. So, one has love, but am I right in thinking there are these deeper and deeper levels?

Yes—you human beings, of course, know quite a lot about *emotional* love, which is a very different thing. I feel you are trying to express love on a more spiritual plane (Yes). And of course, the more refined you become as energy, the deeper the spiritual love you feel.

George: Yes—which leads me into a question I have actually. We did bring up the question of one of our conditions, called 'Arthritis'. We brought this up some years ago in 2001, and I think you indicated then that it had a connection to love or quality of love, and you talked in general terms about it. Now that we've moved on a bit, perhaps, I could refer to that condition again. I have just a little bit of arthritis in my wrists. It's only very slight, so perhaps I can apologise for the depth of love that I can express. But it prompted me to look up a few facts, and more than 10% of our population have this condition, which surprised me, and it's not just elderly people such as me, but younger people have it as well. I wonder if this would be a good time to say a little bit more about that condition—

I will not speak about one particular condition, because, let me say this to you my dear friend: all disease, however minor or major, is exactly what it says—DIS-EASE. You will remember my words when I said there is dis-ease of the mind and body. In fact, it is an imbalance of spirit and the human form. Let me also say to you, my dear friend, that all of these conditions, whether minor or major, if not caused by cause-and-effect—or, for example, what you feed your body, or whatever condition your mind is in—it has an effect over time; it does not happen in one day. Therefore, I would say this to you, my dear friend: Firstly, any *disease* within the human frame must be acknowledged, and before you can acknowledge that imbalance, you have to go inward to find the time when these problems began to surface in your lives. When you speak of young children, sometimes it can be a condition that has come with them from another time—

George: Ah, Yes!

—but not always. You have to look inwards, as you do for all things of importance.

George: Yes—I think, I understand you to say, 'look inwards', and 'go backwards in time'.

Yes—you will not find your answer for yesterday. It is a *gradual dis-ease*—harmony that is not there, but you have to find it to acknowledge. Once you acknowledge, you can free yourself. The reason I am speaking *generally* to you, is because I am sure you are well aware of cases where people have freed themselves from this condition (yes). That is

because, each one of you, as human beings are so different in the way you think, in the way you live; and let us be truthful, my dear friends, this world you live in has been for so long, one of disquiet and unrest, and so many of you have lived in fear at some time or another (yes). I am not speaking of your wars or your countries I am speaking to you as individuals. You are responsible, each and every one of you, for the condition of your housing of the spirit.

Lilian: I wondered about the arthritis that I've got it in my ankles and my knees.

When you speak of arthritis, it is an inflammation within the body—an inflammation—what is inflammation, but an anger? Can you see that? It is an *anger* that has come from somewhere.

Lilian: Yes, I wondered if it was worrying about the family at times (**Yes, that could be!**) and not going forward.

Yes, because when it is affecting your joints, it is stopping you from movement, that free flow of movement. There is something burning within you that has not been recognised.

Lilian: If I can sort them out, I'll be okay!

You then have the tools to work with.

Sarah: If, as in Lilian's case, it's in her knees and ankles, it's stopping her from—

Moving forward—

Sarah: Can it also be that you've the problem within you, and, if you abuse the joint in any way, um—

Yes, that is the cause-and-effect aspect of which I speak (yes). Or if you ply the human body with food that it does not accept or like, then there will be an effect from that. You have to look at all aspects of your living.

Sarah: So, in the case of Emily, who's got 'Food Intolerances', that's also something that's not right within her body that's causing the food allergies then?

Yes, it is a *dis-ease* of her spirit and her human form. Yes, each one has to go within.

Lilian: It's very difficult to get it right.

But, if you so desire and your desire is strong enough, you can free the body. You *can* free your body from all pain, but, I do not say to you, my dear friends, that this is easy, because, as I have already mentioned, it is not something that happens to you overnight.

Sarah: So, the longer it takes to arrive, the longer it will take to go!

Not necessarily, no—

Sarah: Ah right!

George: And we're considering ourselves as individuals when we do this, and I think this would suggest we are looking at ourselves as individuals and the way we are *fitting into society*.

Yes! Yes, as in all disease, you will have people who will recover and those who do not. That is the strength of the inner knowledge, and that comes from your spirit. Spirit and the human form should be equally in balance.

Sarah: So, those who don't recover—for some of them, is it because that is what they need in this lifetime?

That may well be for some, but not for all. You cannot generalise too much, you cannot place everything on what you might call 'fate'; that is wrong. Each and every individual in your Earthly world has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives. Do you understand?

Sarah: You have told us, for example, that some people who go to Lourdes, in France to be healed—some will be healed and some of them won't.

Because they have that inner strength and knowledge that they *will* be healed—that is what that is.

George: It's so good to have your detailed commentary on this Salumet, because our medical professions, so frequently, deal with painkilling pills (**yes**), which merely stop one's awareness of the pain without changing the condition.

Yes, of course, unfortunately, still, the medical profession see you all as one. They do not see you as spirit, as you must do if you wish to be well. You have to go inwards, you have to *know* that *spirit* is the important thing. You *are* Spirit, my dear friends, first and foremost. These human coverings are just there for this particular lifetime.

George: The one we know as Edgar Cayce left some recipes, which included massage oils (*Castor Oil*) for this condition, but, again, I think, these were not 'cures', but recipes for providing some relief (**yes**) from the inflammation.

Yes, that is true. But whatever relief that can be given in a human form, of course, you must look to them to make your lives more comfortable. But, if you wish to be *free* of *any* illness or disease, it is a much harder thing to do.

George: Yes.

Sarah: Paul has been doing some cranio-sacral healing (**yes**). That would be complementary then to your own spiritual healing?

Any therapies which help can only be good. Of course, we do not discount any help that the human being can find. But what I am saying to you is that no matter what the problem is, no matter how long or how short the condition, there is a point where you have to recognise and accept what this condition is. That is why when you come and you seek healing, it is not just the human form we seek to heal, it is in search of the balance of both.

Sarah: Even with spiritual healing, it wouldn't be possible to heal totally, if the individual weren't prepared to work on his own spirit.

With spiritual healing, it is slightly different—it is spirit working *through* spirit to spirit. The Spirit is touched—it is then up to the human individual to continue that work. You have to accept *some* responsibility for your human form.

(General expressions of understanding)

Sarah: So, spiritual healers would be well to advise the people they're helping that they should try and work on themselves—because people who go for spiritual healing, have the healing and then perhaps just go away again.

But that is not necessary; it is the spirit who touches the spirit. That spirit has already been touched, and *within*, there should be an *awakening* of that spirit. You understand? (Yes) That is the difference between many physical therapies that are taking place, because they are working on the human side—the *human* side, not spirit (yes).

Lilian: And small children when they come back with a complaint, they brought it with them from another lifetime?

They can do, yes. I would not say always. You cannot generalise. Each one of you is spirit, first and foremost. That is what I have repeated to you so often, my dear friends. Until you recognise that first and foremost you are spirit—when that is recognised, all things can fall into place. What I do *not* wish you to do, when you have any condition, is to place blame upon yourselves, but rather, that you go inwards, accept the condition, and work to free yourself from it. That is the way forward, and until the medical profession see each person as a separate and different individual, they will struggle with some of these conditions.

Paul: I was trying to mentally picture anger and to think what it is. If someone has arthritis and anger is at the root of it, then I was thinking of the energy. It's like the anger doesn't exist on one level. It's like something that blocks the energy from flowing.

That is what is happening. It is an imbalance between spirit and body, whether you call it a blockage, whether you call it imbalance, whether you call it disease, it matters not. What matters is what this imbalance is creating within the physical being, some kind of problem. Let me, before I leave you, just say, my dear friend, what is the colour you use in your world for anger?

Paul: Red.

How do you think of inflammation?

Several: Red!

Can you see, if you think upon those lines, it may be helpful to go back into your lives, and, at some point recognise that, perhaps, you did not want to move forward, you lacked love, or you were angry—all of these emotions. And once you have acknowledged and accepted those things, you can then ask your body to be *free*!

Emily: So, by asking your body to be free and acknowledging your—

You have to acknowledge what the problem was or is.

Emily: And, once you've done that, you can ask to be free?

You can ask your body to help to be free, to be in balance, so that spiritually, emotionally, *all* is in balance. I do not say it is an easy task, but I do say to you, that is why some people are able to free themselves from any condition. I am sure each one of you is aware of these things.

[What does the spirit \(or soul\) being touched mean?](#)

Leading on from a question by Paul, more information is given about this concept. (26/4/10)

Paul: I just wanted to ask how Salumet would describe that point, where the spirit is touched.

When the spirit is touched, all healings take place. Remember my friend that you will never be able to use your Earthly word 'cure' people, because some conditions are 'meant to be'. It is part of peoples' pathways to have certain conditions, but when the spirit is touched, then the best of health for that person will be attained.

Paul: It's like a sort of 'magic moment'?

Almost like a light comes within the human being, and they know which pathway to follow. Like we were speaking of treatments, they will be guided and helped to the right people at the right time.

Paul: So, it's almost like a little enlightenment suddenly occurs.

Yes, perhaps that might be a good word to use for understanding. Yes, the spirit is touched—enlightenment takes place. I am sure each one of you in this room knows of someone who is *never* better, no matter what is happening, or whoever they see, and that is because the spirit is not ready. I am sure you are aware of someone like that.

Sarah: Conversely, you saying about getting 'light', I think it's been the right time for Emily to meet Paul, and Paul has helped her. In fact, Emily said she did see a ball of light' —
(Turning to Emily)

—that came into you, didn't you?

Emily: Yes.

Sarah: So, physically, I think you can perhaps be aware of it, as well as spiritually.

Yes—and also, she came into this room, and has stayed. There are many—there is never just one situation. There are usually many, and sometimes it can even take years of your time, but it is open to everyone to live the best way that they can. Some are drawn to the healing therapies, others are drawn to helping people or animals, or go to other areas to help. Each one of you has a pathway in life.

Paul: And it's more about Emily and the individual, opening and being open to these things around them.

But she needed the catalysts—of being here, being helped to relax a little more, having the therapies you have given her—all of these things are a combination, a culmination of different things—yes. And she now, because the spirit has been touched, she is becoming well. I might say she is a good example—yes. Also, I think the one that you know as Graham, is another very good example. When the spirit is confronted, good things happen.

Sarah: Yes, you have said in the past, you need trouble, sometimes, to help you grow, because otherwise, you don't learn anything.

Yes, some people do need to have those different experiences—not everyone—but yes, to recognise good times, sometimes it is necessary for the not so good to happen.

Sarah: You mentioned about animals, and I was thinking a little while ago—you may have touched on this before—but you have told us that we have illnesses because *dis-ease* causes disease; when animals get ill, have they also done something that they shouldn't have done?

Yes, the laws of life have been broken at some point. It is a slightly different energy, but the 'rules' I will call them—that is not quite correct—but I will call them that for your ease of understanding. Something has happened to create that illness within the animal—yes. Remember that 'cause and effect' is rife in all stages of human life.

Sarah: So, also, with the animals, maybe not in this lifetime, but in a previous lifetime?

Yes, you cannot always make judgement.

Sarah: Could you give me an example—I can understand where humans go wrong—could you give me an example of what an animal might do wrong?

An animal may kill its young, and too often we hear humans say, 'that is their natural way'. That is *not* their natural way. Too often, if they hunt for food—the big animals—that *is* their natural way—to survive. But, if you have, for example, what shall we say, a domestic animal that turns upon its young—that is not natural. No matter how many times you hear that said, it is *not* a natural occurrence.

Sarah: That's interesting. Thank you!

This is a confusing subject is touched on again when Salumet simplifies for our understanding. We know that healing cannot happen until the soul ,or spirit, is touched which is what prompted the question. (12/12/16)

Graham: You've mentioned many times over the years about a person can be healed when their soul is 'touched', (**yes**) and I was wondering what exactly that meant—whether it meant they'd reached the moment of enlightenment that their current condition was moving them towards, or whether it was Karma that had been paid, or all manner of things; and there could be very different reasons—whether it's an external intelligence that had

deemed that person to be ready for the next stage and therefore to be recovered? I was wondering what you meant by the words, *'the soul is touched'*.

Firstly, you have to understand that the soul is the part that continues. (Yes.) It belongs to spirit, not to the physical. It is the physical that is governed by the soul. (Yes.) So, when I speak of the soul being *touched*, of course there are many reasons why this happens. I would say with health, and we have discussed this quite deeply recently, that when the body is healthy, then all is in unity—body, soul, spirit, I am sure you have heard. (Yes.) Yes, when someone who may not believe, comes to a healer for healing, only when the soul is *'touched'* will the healing take place; yes, (yes) you understand that. The soul may be at that moment in time, where it needs to be helped to heal; and there are two ways of healing. There is an understanding of the physical being, that they must be in touch with their inner-selves—it is a knowledge and an understanding which comes to them; but they are not guided or directed as *you* have said; this understanding comes from within. Is that a little more helpful to you?

Graham: Yes, yes.

Yes, I know it seems confusing when people are told that the soul must be *'touched'* or *feel that 'love spark'*—that is another way of putting it to you. (Yes.)

Sara: But is it that the soul's understanding that comes from within, causes some sort of openness to being touched—is it connected to an *openness*?

The physical being houses the soul; so, there is dis-ease when there are problems with the physical body. It is not the *soul*, but the physical being that has caused the problems. The soul is *pure*, the soul belongs to spirit. Does that make sense? (Yes.)

Sarah: Actually, I haven't quite understood myself—so when the soul is *'touched'*, does that mean that the *physical* has come to the realisation, or is that the innate knowledge coming through?

It can be a blend, but I would say that the physical being comes to a realisation of what is happening. (Yes, I see.) And in that way then the soul can step forward to help. It is the same as your absent healing, when you call for someone who is not present; the soul *has* to help, but only when the time is right.

Pause

Are you sure that you understand?

Sarah: So, if that person who has got something the matter with them, if the soul *isn't* touched, then they would perhaps go on to die, because they **(yes)** ...yes—and would that be, in some cases, that actually they are *ready* to die and that's why the soul isn't being touched?

That is also true. It makes no difference how much healing the person receives—if the soul is not *touched*, there is no healing. And of course, the physical body comes to a state of not *understanding* really what is happening to them.

Sara: So, would it be true to say they sort of choose to go, rather than stay—they can't really *embrace* the whole healing that's required for the things they need to do.

On a spiritual level the soul already knows.

Sara: Ah right; because to give an example, when our father was dying **(yes)** a few months ago, we felt that he was resigned to it. **(Yes.)** We did have many, many cures that we wanted to perhaps try if we were able to, but he wouldn't accept all of them—though he did try some and we sensed that he was resigned...

...Because he took responsibility for his own soul. (Right...) And when the time comes, no matter how much *healing* is given, if your time upon this Earth is here, there is nothing that will keep you here.

Sara: Yes, he did say: 'It is my *Time*.'

Yes, and that is *why* he took charge of what he knew to be true.

Sara: Right! So, he was reading the situation correctly.

He was listening to that inner voice.

Sara: Right, yes, we did feel that very strongly.

Yes, yes—it makes the transition to spirit much easier if the human being would only let go when the time is right. (Yes.) All too often, as human beings, *fear*—that word I use so often, fear comes into play, and although it may keep your loved ones here for longer, it is in a way, a little destructive for the soul.

Sara: Yes, he seemed to know his own mind very well (**yes**) and he shared some insights as the time drew near. He shared things that he was seeing, (**yes**) such as a white door, and he seemed very confident at times.

There are many people in your world, who can choose the day of their passing. How do you suppose that they have reached this point? It is because they know from within that it is the time and they *allow* the body to slip away quite easily.

Sara: Yes, we were quite—I did feel admiration for that—for how he embraced it and seemed to *know* and yes, he did seem very peaceful for a lot of the time leading up to it.

(Yes.)

Ben: I think that's the same for my mum as well.

Yes, once there is a knowledge of spirit, it is difficult to break that (yes) and it does help when the time of passing comes.

Sara: Yes, and he was so drawn, and he actually said: '*I need more—more than this.*'

Meaning he needed more than what we could give him or/and Earth plane; he needed to pass on.

Yes, the draw to spirit at those moments is *great* and the time comes when the *pull* of the Earth no longer has meaning.

Sara: Yes, I felt that when he was feeling it and they talk about a certain euphoric moment (**yes**) and I could feel his euphoria at wanting to go.

Yes, because they have the realisation that they too are returning *home—home* to more loved ones, *home* to the knowledge that is innate within them, but has never been used upon the Earth plane.

On 19/11/18, this subject is touched on again from the viewpoint of energies.

Graham: You have mentioned on a number of occasions that healing can happen when the Spirit is *touched*.

The Spirit has to be touched—that is the whole idea of spiritual healing. Yes, if the Spirit is not touched, then the conditions can continue.

Graham: And the Great Creative Force decides that?

It depends on the energies; again, we are talking difficult subjects when we speak about energy. (Yes) Yes, but once the Spirit is touched, then, when you ask for healing for someone, those energies are ready and willing to be used. Do not forget that energy, in a sense, has mind, has feeling, has all the things that you, as human beings, have, because

you are the same energy. It is probably very difficult for you to accept the workings of healing energy.

Jan: So, you can ask for somebody, but the energy can only help if that person is willing to help themselves?

That is part of it—that is why we say, when the Spirit is touched, there *will* be a healing.

Sara: When you say, ‘*the Spirit is touched*’, could we liken that to a sort of awareness of the *unity of life* and a feeling of *oneness*?

When you have the feeling of oneness, you are allowing the energy to be refined, which of course, puts you on a different level. Yes, it is complicated, there is no simple explanation that I can give you that would explain all the factors of healing.

Sara: Yes, so there are a few things that need to be in place for the Spirit to be touched?

Yes, but if you realise how people are attracted to Spirit, then it is not so strange that they would be *touched* by the healing energies. There are no mistakes, there are no accidents, and if someone comes for healing, or whatever kind, then they are ready to receive that energy.

Paul: Perhaps another word for ‘touched’, might be *moved*?

That kind of implies, when you are being moved, it is more of a physical attribute. So, no, I would not quite agree with you on that one. But to be touched, means to be touched spiritually.

Sabine: And not emotionally.

Not emotionally, thank you, yes.

Graham: Yes, that has helped a lot actually. That has been a difficult subject to understand, but that’s made it a lot clearer, thank you.

Yes, it is just, you have to think, it is like when you pass to Spirit, your energy changes, and although *you are* the same person, *you are not* the same person. Can you understand that?

Agreed

I’m not sure you all do, but that is what happens. It is basically the use and energy transmuting itself, for the right cause and the right purpose.

Lilian: The energy, as we pass, will be a little bit more pure?

As you move closer into Spirit, it refines, yes, becomes more pure, yes. Not too much to begin with, because you do not alter that much, you still have *thinking*, which needs to be dealt with, and it takes a little time, depending on how you have lived your lives, yes. So, when it is your turn, any of you, and I’m not saying *who*, do not expect miracles, because that is not what happens. You are already a miracle, you are already here upon this Earth. But I hope it has helped you to think just a little more about energies.

Agreed

[Healing therapies are not new](#)

George leads by asking a question about a particular therapy, which then widens into a general discussion about the place of healing therapies, and that they are not new!
(26/4/10)

George: Could I ask a question about Craniosacral therapy, which is the method of healing that Kelly is experienced at. In our times, it’s a relatively new method of healing, and,

typically, it was frowned upon by orthodox science at first, but much development has happened since, and scientists have, I think, demonstrated now this method of healing does, in fact, work, and would you care to comment on that?

Always, my dear friend, there has been doubts about many of what you call ‘different medicines’. Firstly, let me say this to you—that these types of healing have always been known. Nothing is new, but it is only since mankind has begun the use of chemical treatments that these other healings have been pushed away, as being sometimes called ‘nonsense’, but that comes from ignorance of people. All of these treatments that are available take intuition and insight. I would wish to say to you, no matter the title of the healing, if it works for the *people*, how can that be bad? And again, I hear you use your word ‘scientist’. Oh, how often they come into the conversations that we have. It is their lack of knowledge which holds them back. Let me say this to you: The human structure even now, is not completely and fully understood, but as in all things, people are being influenced from spirit to use these healings for good. There are too many to name, and again, I would say to anyone, use your own intuition and you will find your pathway to the treatments that are suitable for you at that moment in time. Also, let me say, although the physical body is healed, it comes from spirit, no matter what treatment, what healing, whatever—all healing comes from spirit.

George: Yes, with some of these healing practices, it’s more *obvious* it comes from spirit, than others—

Than others—yes, but although the practitioner may not be fully aware, they are being influenced.

George: Yes, I think it’s fairly obviously from spirit, in the case of the cranio-sacral therapy (**yes**) and the kinesiology that we have also spoken about.

Yes. I know you have said this is a new treatment—let me tell you, my dear friends, that the ancient Egyptians used this method of healing—that is a little-known fact.

George: Well, that’s nice to know!

So, all of your ‘new’ treatments are not new.

Lilian: And even the medical treatments?

Medicine, as you know it today is fairly new, because of the chemical construction of what they give you. I am speaking of natural remedies.

Lilian: But sometimes their so-called cures can be pretty horrific on the body.

Yes indeed—yes, that is true. That is why, humankind, at this moment in time in your world, are turning to these other therapies, other treatments, because people realise that the body does not need all of these harsh chemicals. That is why, these therapies, ‘new therapies’, as you call them, are coming to the fore.

George: Yes, unfortunately, we have this scientific bias (**yes**), which is most prevalent today and I would say goes too far (**yes**).

Sarah: Is this treatment that Kelly and Paul are using—you said the ancient Egyptians used it (**yes**)—has it continued to be used all that time, or has spirit influenced modern man to re-ignite it?

Spirit has always influenced. Even throughout the darker days of humankind, spirit has always been by your side, but mankind has gone through many stages, I must say, of self-destruction, and many of these beautiful therapies have been lost. I am always intrigued by the word ‘therapy’. To me, all of these ‘healings’—because that is what they are—it is a healing of the physical frame. But, as I have said, on many, many occasions, that the spirit has to be touched first, before the physical body will re-align itself. You understand?

Sarah: Yes.

George: Might I ask if this healing principle was developed by spirit and the Earthly-ancient-Egyptians, or did the visitors from elsewhere help in the development?

No visitor was responsible. You must remember the ancient Egyptians at that time were much into oils and bathing and all kinds of healing properties. It was just their knowledge, all of which they lost, as did many communities in your world at different times of your history—but they have always been available, even to your early cavemen! They knew the benefits of healing the physical body. They had their own ways of treating things and so it has always continued.

George: Yes—when you said ‘it has always been available’—it is always there in spirit—

The influence—yes

George:—or perhaps the Akashic Records, as we say sometimes (**yes**) and it can be tapped from there—is that your meaning?

Yes, that is always a possibility. Yes, all knowledge has always been available to mankind. You must remember that nothing has been withheld from man. It is mankind himself, who has lost himself, if I may say.

George: Yes, it’s available by ‘going within’ (**yes**) and by opening oneself to that knowledge—

Yes, you must go inwards to seek knowledge—it is imperative. Again, I constantly repeat myself: You must sit in quiet times, you must allow yourself to meet all that is around and about you—to know yourselves and to listen in that quietness.

Negative energy around the Sphinx and Great Pyramid

George asks a question about absent healing concerning negative energies around these ancient monuments. (8/8/11)

George: You mentioned ‘negative energy’, Salumet, and I wonder, at this point if I could put to you a question that a friend has sent in (**yes**). He has recently joined a meditation group, and the leader of the group is proposing to take an expedition to Egypt to dispel negative energies from the Great Pyramid and Sphinx. The questions are: Is this necessary? Are they out of their depth in doing this and can it be done from a distance anyway?

He has answered his own question. Of course, the dispersal of negativity can be done from a distance—of course it can, in the same way as you ask for healing help for others (yes). How would you suppose we help those people? We are not present with them, but we are able to help; in the same way that if you are trying to dispel/disperse negativity, it can be done from wherever you are; sitting here or going to wherever the negativity is.

Sara: Could I ask a question?

Well, I will allow you to, but I wish to just finish this point with the gentleman. If the lady in question feels drawn, that she must go, then so be it, but I would say to the gentleman who asked the question: there is no more or less negativity in that place than in many others in your world. Therefore, I would say, and of course he has his own freewill and is able to think for himself, but I would say to him, there is no need to travel many miles in your world to do something that can be done from his own armchair.

George: Yes, I’m sure he’ll be very happy with that answer. Thank you Salumet!

Sciatica

Salumet gives insight about this distressing condition and many others, and some advice about how to overcome these challenges. (14/11/11)

George: I wonder if I might ask a question about yet another of our illness conditions? **(Yes)** It's a general problem, because it's something I feel that our medical people don't seem to know the answers, and it's brought home to me by the fact that my wife has suffered with sciatica for several months now, and the doctors seem to hand out painkilling pills, but they observe that the condition may last a few days, it may last a few months or it may last several years. There doesn't seem to be any serious move to *cure* the condition—just kill the pain that arises from it, and this so as to interfere as little as possible with sleep pattern. So, I wonder, Salumet, if you may care to say anything about the condition of sciatica? —the trapping of the sciatic nerves?

Yes, I have to be a little more general in my reply (yes), because what you call 'sciatica' or 'arthritis' or any of these conditions, is indeed the showing of *unease* within the body (yes). Throughout your time, there have always been illnesses, there has always been *disease* amongst mankind. We have spoken about this on many occasions, I believe, and I have told you that any disease within the body will result in a condition whether it be affecting bones or flesh or whatever the body is made from. I would like you, my dear friends, to just consider what your physical being is. You know that you are first and foremost spirit (yes), clothed in physical garb made from flesh and bones and blood, and you know what a human body is made from. I have to say that throughout time, there has always been some discomfort with the human condition throughout your Earthly history; and always, from our side of life, we have helped to solve many conditions, (yes) yes. I would say to you, at this moment in time, the condition that you call sciatica and arthritis, and after all, sciatica is trouble with nerves (yes)—I have to say: it takes many of your Earthly years before this condition shows itself (yes). It is not something that happens in a second, a minute, an hour, a day. It is a build-up of tension within the body, which then creates the nerves to become trapped—to become jangled—that is another one of your Earthly expressions which I would like to use—the nerves become *jangled*. In other words, they are not happy within that human garb.

Lilian: That's interesting.

I can only tell you at this time in your world, that many and much help can be given, but there has to be an alignment between spirit and physical body. It is not always easy, I know, because, as I have said, you are dealing with something which has taken probably many years to come to that point (yes). So, my dear friend, I cannot give you the answer which you are hoping for—only to say that the more the spirit comes forward, the less the physical body reacts—and I know, as the body becomes older and older, that too the mind loses that energy to make itself better.

George: Yes, and this connects with 'going within' no doubt.

Yes, it is something that all of you, all of you who are well, can work upon. Any illness or upset of the physical being lies within. We can influence doctors, which we do all of the time for help with the diseases, and you must know there are many diseases which you now do hear very rarely of.

George: Yes, many diseases, and many dedicated doctors I must say, and so many do a wonderful job.

Of course, but ultimately, I have to say, my dear friend, all illness is the responsibility, hard as that may be to take—illness is the responsibility of that soul.

George: Yes—yes, thank you for that, Salumet.

Lilian: Whereas, I imagine, the majority of us, myself included, would think that a back problem comes from something we've done—like a bad fall that we've had—

That may be the trigger, but it comes from much longer back.

Lilian: I see, yes.

M.E. or Myalgic Encephalomyelitis

Gary asks a question about this poorly understood condition and what causes it. (14/11/11)

Gary: Just reflecting on my own condition of my immune system and the tiredness I get (**yes**). I've been told it's accumulation of past lives, and I see that I don't really feel comfortable at this physical level and I'm partly trying to escape to a higher realm.

But, you cannot escape, my dear friend, until you have dealt with the problem now.

Escape is not the way. If you have a problem now, it may well come from past times, as it does with many, but you have to deal with the problem *now* by 'going within' and strengthening that spirit. Then those outer results will follow. But you cannot escape what you have come here to experience. Do you understand?

Gary: Yes—

No, you do not!

(*Laughter*)

Gary: I thought—I'd been a very *long time* on this planet, and I suppose I felt a bit tired and wanting to go to another planet. That's how I feel.

But you cannot always have your wish.

Gary: I don't feel bad about feeling that way—I just feel that's how I feel.

Yes, but that is what you have to let go of, and to *deal* with your time here. All of the time that you spend wishing for other things, is that *moment wasted*—if I could use that word. I advise each and every one of you, as I have done for many occasions—to live **NOW—not a time gone or a time to come, but **now!** And you will find, or you should find, if you are going within also, that your health would improve.**

Jan: I think I can vouch for that—living for 'here and now', certainly does help with certain conditions. Simple things like hay-fever, which I know is an environmental problem, for many on the planet, but—

But why is it not a problem for all people? You all live in the same environment.

Jan: But I cured mine.

Yes—yes, that is what I have been trying to tell you.

Jan: I was reiterating really what you were saying (**yes**) that certain aspects of health I think we hold onto—feeling that we have to—and once I let it go, it went. I've had two years now completely free of it, but I was completely debilitated in the summers with it, but it's gone.

What about those who are born with illness

Jan asks about those who suffer illnesses. Quite often they remain bright and cheerful despite their problems. (14/11/11)

Jan: I can think of several people that I know that have got the most awful diseases or conditions but with such spiritual light energies, always smiling and they never complain. So those conditions—I'm not sure whether they've come to learn a lesson from that disease, or whether that's a condition that other people can learn *by*.

We are speaking of something slightly different when you speak of someone coming with a condition. That spirit, that soul has chosen to enter life with the opportunity of those conditions being there. That is why I have said it is not parents that you choose, but the opportunity and conditions that those two people will bring to a life (Mm). And of course, if those conditions exist from birth, that is slightly different, because freewill has a much stronger part to play, but still, they can free themselves from many of those conditions (ah right!), as life continues. Not all, not all, by any means, but—

Jan: Some of them don't have to hang onto the condition as long as they do.

Yes, they can improve with a lifetime. It is not an easy subject for you to understand, because most people feel: I do not want this condition; but are they happy to have the results in a spiritual sense from those conditions? I can tell you, my dear friends, that when they come to this side of life, those experiences will have been invaluable to them.

Jan: I can imagine.

So again I say to you: look to the wider picture.

Lilian: Yes, because if we never had pain, we can't appreciate other people's pain.

That is one way of looking at it. It gives you an empathy with others—yes, of course. But that does not mean that you have to hold onto pain. Release it and release yourselves.

Sara: It's a bit like when you give birth to a baby, the more you embrace the pain and allow it, the better it is and then it ceases to be a problem.

Yes. Pain, as you know it in this world, is so individual to each one of you—that what is right for one, may not necessarily be right for another.

Sarah: Yes, that's true.

But what is right for each one of you is that you live every second in the 'now', that you 'go inwards' each and every day until you unite with that spirit within, which has the power to strengthen and uphold you through all of life's trials. And finally, that you give thanks to all of those who surround you with love and are there to help in any way that they can. And with those words, my dear friends, I am going to leave you.

George's notes:

Illness and Body Condition: An important part of Salumet's teaching seems to be that we are all very much architects of our own situation. It is easy in retrospect to see our errors with illness arising from a toxic material such as asbestos. The sad asbestos story goes back a long way. Pliny, writing in 1st-century AD, noted that slaves working in Roman asbestos mines die young of lung disease. (They wove it into napkins and clothing and flame-laundered—also used as lamp wicks—those of the Vestal Virgins never wore out!) In more recent times (1918), the Prudential Insurance Company in New York refused to sell personal life insurance to asbestos workers. They knew the score! In the early 20th-century, several notaries drew attention to the known hazards. But still we made a huge industry of asbestos causing widespread distress throughout the world. A learning for unthinking commerce no doubt! When we discussed cigarettes and smoking with Salumet, he was quick to point out

that, although toxic, not everyone succumbs, or not all are affected in quite the same way, because there is also the spirit connection to be considered. But smoking is nonetheless unwise, and we should of course respect the human body that is a home for the spirit. But when we consider conditions such as sciatica and arthritis—these differ in that there is no external toxic material involved. It relates much more to mind-play and how we think, and this makes it so much more difficult to understand—for ourselves as well as medical profession. The doctors and nurses can assist, but meditation and looking within will often alleviate.

What adjustments can me make to enjoy full health?

Salumet discusses how to enjoy full health with members of the group who are quite honest about their perceived failings. (20/8/12)

I wish to take this opportunity, my dear friends, to ask you to look at yourselves, to focus on those areas of your life which need adjustment in order for full health to be obtained. This is a subject we have discussed on many occasions, but it is an important one, in as much as you have full control of your own health—this I reiterate in order that you each consider what it is in your own lives that needs changing. Only you and you alone can make those decisions. Therefore, my dear friends, I ask you this time to think closely and clearly about your style of living. Would anyone wish to make a comment?

George: So, it's a matter of 'going within' and a matter of 'power of thought'. But then there's perhaps the matter of little things in our living that are not quite right which we become aware of—

Yes—you have to have the balance of the physical and the spiritual for complete health to be there. So, you can go within, my dear friends, you can think about *thought*, but if your physical lives are not 'in unison', shall we say, then there will always be imbalance (yes), yes, and that is your responsibility, after all these physical bodies are the houses of your spirit.

George: And would you say that the matter of 'diet' is an important part of this?

It is of course an important part, because that is what sustains your life—so of course, it plays quite a considerable part.

Sara: And recently I've been making adjustments, with my husband—we've been putting more exercise into our daily life (**yes**)—because without movement, I feel there's less mental positivity—

Yes, I would say that you all have that innate knowledge—what is right for *you*. Each one of you has this knowledge, but you do not always use it. But that is part of being a human being. But you, my dear friends, have been given the knowledge to use and I say again: it is your own responsibility.

Sarah: So probably it's your actions as well that probably play quite a big part of what you *do with* your life. And would you say, when you feel you're doing the right thing then you become contented. So, once you've become contented with all parts of your life, do you think then you're on the right track?

You of course know when you are living your lives correctly. I do not have to come to you to tell you this—you instinctively know. You may deny it, but you *do* know. That innate knowledge that you bring to this life is always there. But sometimes in human life, so

many other aspects of living take over, and as spirit you tend to forget what is best for you—best for the physical being and best for your spiritual growth. So, it is an important aspect for you all to consider. I hope you agree.

Sarah: Yes, thank you and thank you for reminding us about that, because I have to confess that had slipped my memory a bit, what you are saying.

Rod: Is there one specific thing that we're all not doing correctly as a group?

As a group all is fine—you come to that state of acknowledgement where your love and your thoughts are given to others—that is an important part of your physical lives, that you think not only of yourselves, but that you give, not of yourself, but your thoughts to others. It is physically impossible, I suggest, that you can give *all* of yourself. You have to retain some physical portion in order to live an Earthly life.

Sara: You mean you need to retain some time and energy for yourself?

Yes, of course.

Rod: One thing that you told me to do once—young man you said, you should control your emotions (**yes**). Well sir, I've failed most miserably on that—as soon as I see something, especially with children, I switch it off. I have tried—

Most human beings, my dear friend, struggle with emotion, so do not chide yourself too severely. The effort of trying is all that we can ask of you. But to be overly emotional when compassion is enough, interferes with your own being. Do you understand?

Rod: Yes.

Yes, so all I ask of you, my dear friend, is that you continue to just give love and compassion without the great emotional state.

Rod: Yes, I have no problems with that—yes— thank you. (**Yes**).

Paul: When we do find pain within our bodies, I guess that's a sign that something needs to be addressed. That's like—I know you've said in the past—I think something like the different parts of the body— fitting pretty neatly with the thinking that's not quite right. So certain parts/illnesses have a meaning—

Yes, very often there is a correlation between the body and the thought. Yes, you will find that on many occasions—not always, but mostly I would suggest.

Paul: So —

What is the pain telling you? That is the question that you should be asking? What is this pain trying to tell me?

Paul: Right! Yes, it's opening the communication—dialoguing with that pain, which is only a messenger (**Yes**). So, we have a negative view of pain I think.

So that is when you need to go within and find out *why* you are suffering pain.

Paul: And then hopefully at the heart of it would be a pattern of thinking—

Yes, and you must understand that the pattern of thinking could be from quite a long time back in your existence. It may not always come from this moment in time.

Paul: Right, so that makes it more difficult perhaps, but if you go deeply into it enough, you should still get an impression I guess of that.

That is why it is so important that you *all* go within—you go within *daily*, not just on odd occasions when time or thought permit. It should be a linking of spirit on a regular basis. How else can you rejuvenate that physical body, if it is not a constant—you understand? (Yes) It is no good to wait, my dear friends, until you have illness or pain. These are things that really I would wish to teach to the youngsters of your world. Yes, it begins at a very young stage of living.

Sara: I think the rigidity of mind often produces a rigid body (**Yes**) —problems with joints or something in the body. Would you agree sometimes?

I would rather say resentment creates—because with resentment you become rigid in thinking—yes, you are quite correct.

Paul: And then, once you've discovered and maybe named it—the thing that's gradually caused it—

The recognition would free you.

Paul: But wouldn't you still need to sort of 'watch' your thinking? (**Yes**) You'd still be prone to resenting—

That is your responsibility to change your thinking. We cannot step in and say: all pain is taken from you without any work from you—you understand?

Paul: Yes, that's why all this going to see healers of various descriptions, is okay I guess, but unless you *change* that thinking, it will come back in some way—

I have told you in times gone that with healing or whatever help you seek, if the spirit is not *touched* there will be no healing; which you can my dear friends, do without the aid of healers or anyone else. But because your thinking is not in the right place, sometimes it is better for you to allow any type of healing to take place in order to help you forward.

(Pause) **You can have a condition where two people have exactly the same thing. One can be healed another may not. That is because the spirit has not been *touched* in the second one. So often we hear cries of: why does it work for one and not for the other?**

Paul: I don't know why it reminded me this year of all these sporting competitions, some people get a medal and they cry and seem very touched by it, while others don't show much feeling. They get the same bit of metal but react differently.

But you are speaking on a physical level (Yes). Yes, I am speaking on a spiritual level.

Paul: That can be an emotional release, I guess.

That can be a block for many of you human beings, because you truly do not understand the difference. That is always the problem that we in spirit have, in telling you human beings how to behave. It's not easy, because you are so physically minded.

Paul: But if it's a spiritual touching, there would still be an emotional involvement wouldn't there, or not necessarily?

I'm sorry, in what way?

Paul: If there was some kind of healing and if someone *was* touched (**yes**) spiritually, then that might be apparent in that there might be tears, there might be an emotional reaction?

Yes—yes. Sometimes the release of tears is all that is needed when the spirit is touched, and that release of tears then allows that human being to think more deeply about who and what they are.

Rod: Salumet, as you've just heard, we're a very competitive animal, aren't we (**yes**), and I just wondered when we go over into spirit, if we lose that competitiveness and just sit back in an armchair and read books, but not get involved in—a 400m run?

You do not change suddenly because you pass to spirit. All the physical attributes that you have gained will remain with you for some time. That is why those who have gone before are able to be recognised when they make communication. After all, if a loved one passed to spirit and came back and was so different you would probably say: that is not my loved one, would you not? (Yes) Yes, so no, as you are here, so you will be when you pass to our world, for some time—whatever you so desire, because that is the power of your thought—then becomes your reality.

Sara: Some people may after a time decide to have a sort of prime-of-life appearance?

Most people, I would say, when they wish to communicate especially, will appear at the prime of their physical life, yes.

Sara: Because once a friend of mine had a difficult poltergeist experience and not long after that his mother appeared to him and I'll never forget he was in awe of her beauty, (yes) because he hadn't known her like that when she left the Earth Plane.

Yes, you will all return to that energy of your physical lives that you felt—we will use the word 'best' for understanding reasons only. But yes, most people will appear to be much younger, depending upon what age they came to us.

George: With regard to healing Salumet, there is also the matter of healing plants. And I was rather interested, because recently there has been a publication about cancer and the way that the cannabis plant or extracts from it can be seen as a cancer cure. And the reason given is that within the body there are chemicals that are very similar to what are called 'tetrahydrocannabinols' that occur naturally within the cannabis plant. I guess of foremost importance is the matter of 'going within', identifying and power of thought; but certain plants such as this one, there seems to be evidence that it is quite effective.

Yes—let me just say this to you: all plants within this world are here for a reason—that is my first statement—again I repeat some words that I have used before. Many people, especially scientists and doctors and men of learning, are influenced from our world for 'good' and at particular times of your evolution, information and knowledge has been passed to those who are able to make use of that information for the benefit of others. Sometimes that information is abused, but so often the information given is utilised at the correct time, and so mankind has *help*. And although the physical body can be cured of cancers, so many times it is often a little late to make those changes (yes). So you have to equate what is being given from spirit to what is being done as individuals.

George: Yes, cannabis is one of those—

One of those that has always been there—

George: Yes, and it's one of those that has been abused (yes) but can have proper use.

Yes of course, that is the *point*, that everything that has been provided for you in this world has a use for good. So, you always have to again, keep a balance in all things. I would suggest to you that you always look for that balance within yourselves, because as I have told you, again, you are an equal share of light and darkness. So, you always have to try to maintain this in all aspects of your life. You understand? (Yes) I do not suggest that it is easy—of course it is not, and physical life brings to many of you many problems, and especially today when your pace of living is so quick. Gone are those times when people spent more time developing their own spirit than looking after their physical being. Again, that is not good, because that is not *balanced*. So, I say to you: always look for the balance in your lives (yes), and please my dear friends, look inwards and see what is your body telling you—because as always, you have the answers. You just need to be reminded sometimes.

(Murmurs of appreciation/thanks)

And with those words I will take my leave.

George's Notes:

Cannabis: *It is understood that the human body has within what is termed an endocannabinoid system, and this can be boosted by ingesting cannabis extract, i.e. juice extract of the plant. The tetrahydrocannabinols (THC) contained in the juice seem to have the ability to 'add on', to inhibit tumour growth and kill tumour cells without affecting surrounding normal cells. This is not the same as smoking the dried plant which is abuse,*

does not help in this respect and can cause further health problems. The knowledge that THC can combat cancer tumours without harming adjacent tissue would appear to be an important breakthrough in curative medication. It is my understanding that this has not received wide publicity because (1) cannabis has thus far had a bad press (2) it would mean less business for drugs companies manufacturing synthetic chemicals used in cancer treatment. News of the breakthrough is quite well documented on the Internet. Thank you Ray, for drawing our attention to it—and clearly this is a powerful illustration of the immense value to humanity of an uncensored, unrestricted, free Internet—Wiki Leaks and all.

Depression

Salumet discusses the cause and cure for depression. (5/11/12)

Good evening.

All: Good evening.

Firstly, let me extend a warm welcome to our new friend. 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.

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).

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 consol 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.

George's Notes:

Depression: *One might say that depression is a widespread phenomenon. American statistics (2006) declare that 1 in 20 adults report periods of depression. The American College Health Association carries out extensive student surveys. These indicate a quite alarming increasing incidence amongst young people:*

2000 – 10 %

2011 – 21 %

Medical articles have a lot of big words in relation to categories of depression and its causes, but I feel Salumet's few words are much more to the point. Symptoms are stated to include a feeling of becoming detached from the world and emotions becoming negative. It is generally recommended to take counselling, join groups, take part in an activity of some kind; even anti-depressant drugs get a mention (together with acknowledgement that they do not always work!). And of course there's always self-analysis of the situation. But perhaps country walks, communing with nature, music and going within offer the best and most forthright solutions.

Beijing Hospital Using Thought-power: *There is a U-tube film depicting a Greg Braden lecture re a hospital in Beijing, China, where thought-power is used for healing. It is a remarkable piece of film in which three doctors enhance their therapeutic thought-power with a simple chant that creates the feeling in their patient of already-having-been-healed. During the sequence, an ultrasound image shows a 3" bladder tumour disappearing in less than three minutes. Wonderful!*

Healing burns using fish skin

There are many useful discoveries being made at the moment. This is an example of one. (27/3/13)

Sarah: I don't know if I mentioned this last time Salumet, but you said to us that we would need to look to the sea—we would learn a lot from the sea (**Yes**) and I read the other day that they're putting fish skin on burns. They sterilise the fish skin and they put it on people who've been badly burnt and then it adheres to the skin and then when the skin has healed underneath the fish skin just comes off, and normally they would have to bandage the burn and treat it every day, which is very painful, but they put this fish skin on and the burn heals beautifully and there is far less pain.

It is a prime example of humans listening to the information that we give to them, and yes, there is still much to come, many discoveries from the seas of your world; but it is confirmation of what I have told you previously that there will be many discoveries.

Jan: ...including the main source of energy, I understand?

Yes, there is much for human beings to learn.

Jan: But we do need to ask for help and the responsibility to look after our seas if this is the case, **(Yes)** because there is so much happening at the moment that's not good for the seas and the creatures within it.

Yes, I do feel that now people of the Earth are beginning to realise what damage they have done and are still doing, but as long as you have those who listen to Spirit, there will always be good work (Good) and although it seems unnecessary for some of the happenings, I would say to you, my dear friends, again patience and love and thoughts for all good men.

Jan: Yes, but sometimes we have to learn the bad to reap the good, to be balanced.

Yes, again it is light and darkness together, yes, now—well, my dear friends, I will take my leave of you this time. As always, I leave you cloaked in my love and I ask dear friends also that you love yourselves.

Jan: Definitely—that's the place to start.

Yes—you have all grown in wisdom, even if you do not feel it, I can assure you, my dear friends, that your light is ever-brighter in your understanding of our world.

Thanks

Paul: We're like little baby co-creators, I guess.

Chuckles



Fish skin heals burns: This is a nice example of new discoveries from our seas.

Viruses

Viruses are a mystery to the human race although knowledge is growing. Salumet gives an interesting perspective on them. (6/5/13)

Rod: I asked a question the other day of a learned friend, what a *virus* was. And apparently, we can catch a virus which *knocks us off our feet* and we don't have much say in the matter. I don't know whether with all our knowledge we can do anything about that. Or am I wrong?

There is much more knowledge now, about what you call 'viruses'. But what I would like to say firstly to you is that viruses have every right to inhabit this world. What problems they create—man is limited in his knowledge of them, therefore the virus will always win if the human being is at a stage of *non-health* I would like to say. Your human immune systems have been made to fight such viruses, but of course as you well know, human beings do not always stay so healthy and strong. But viruses are not new, there has been

much discussion in your world about how these viruses come about. They are an *energy*, as are *you*. Does that help you to understand a little more?

Rod: It does. They are a bit of a mystery to me—

Most of them are mysteries to all of you humans, so do not be concerned about your lack of knowledge.

Rod: No. Well thank you for that, anyway, thank you very much.

George: I think Salumet, you're implying that there's an element of *co-habitation* here (**yes**), but we must see to it that our bodies are *tuned* sufficiently (**yes**) to resist being overpowered by the viruses, which you say are entitled to be here anyway.

Yes, but we are not unaware of the interference that mankind *places* and *tampers* with. So, I will say to you: we in spirit are quite aware of what is going on, yes —

Pain

In an ideal world, nobody should suffer pain, but the world has much learning to do. Pain should not be thought of as totally negative because it gives opportunity for growth.

(15/7/13)

Sarah: Salumet, you said to us that nobody needs to suffer pain, and a lady who has just died, she was in an awful lot of pain before she died and had been for many months. I half wondered if maybe it was her time to return and she was afraid of returning, and this was the boost she needed to help her back. I don't know if that is a wrong thought or—

No, when I say no one need have pain, that of course is in an ideal world. But, as you know, as human beings, you do not live in an ideal world (no), but the opportunity is *there for you* at *every* stage of your living, to be free from pain. I do not say it is easy for you, but I will state once again that you do not have to suffer pain. It is all to do with what is deep within. And sometimes you know that pain gives the being time to think—time to allow that spirit to come to the fore.

Sarah: I have in the past tried to give her some of your teachings. She was quite a church-goer, but I did try and slip in a few things which I hope helped her (**yes**) in her time of need. **You see, my dear friends, when people become ill, it is really a little late, because going within to keep healthy, begins from the time that you have existed on this Earth plane (oh right yes). That is why I constantly tell you: you must go within—you *must* make that connection with the Divine Power. In that way you should remain free from pain. Even if you have a condition which *gives* pain, you should have the knowledge to go within to ask for our help and also to free yourself from pain. But when it has reached a certain stage, it is difficult for you as human beings to control it for yourselves.**

Sarah: She certainly was in agony before she died.

Yes, and that lady was fearful.

Sarah: She was yes.

Which you see, lengthens the time of pain (yes). It is not an easy topic for you as human beings to accept, and this I know and understand. But I cannot retract those words, that there is no reason for anyone to be suffering.

Sarah: The thing is we're lucky in this group that you've given us these teachings. We can tell other people but obviously they have their free will and can accept it or not accept it (**yes**).

But there are many people who actually haven't had this teaching and haven't read the words, so that would make it difficult for them to know what they should be doing. **I would say to you, my dear friend: each and every one of you comes to this world with an innate knowledge of what is right and what you should do. It is only *life* which changes those thoughts, and as you grow older in life, you become further away from *truth* and *love*. That it is why it is necessary for people such as myself, to come to your world to try to help and to educate you. You understand?**

Sarah: We do thank you for that.

Morgellon's disease

Serena asks about this particular disease. (15/7/13)

Serena: Yes, could you explain about Morgellon's disease, that I have been reading about recently?

In what way?

Serena: Where it comes from, what actually it is—perhaps what it is connected to?

Yes—I understand. I will say to you, my dear friend: firstly you have a mind which is quite expansive for different levels of things. Yes, sometimes with your reading, you take things a little literally, but that is not a fault. But I would just say to you: do not be too much of a *sponge*—that is my first words to you. The condition you speak of is primarily based within the blood. That is not quite understood yet. I do not know quite what you have read, but I will say to you: it is a condition of this time of your Earth. It is a condition that has to be, if I may put it that way. Do you understand what I am saying to you?

Serena: I think I get that, but do people *catch it* or do you just get it?

At the moment it is passed through contact, and again, that is not widely known. So yes, I will say to you, it is a contact condition. So, yes, but I will speak to you more next time about this (thank you). I hope that is enough for you at this time?

Serena: Yes, thanks.

Experiencing the pain of others

Jan shares the dilemma of experiencing the pain of loved ones and what can be done to avoid it. (18/11/13)

Jan 1: Yes, I have a question Salumet: From a spiritual point of view, is it possible to have hypersensitive empathy toward somebody else's pain, who is close to you?

If you have a strong spiritual connection, then of course you can feel another's pain; you can live another's pain. But it is all to do with the spiritual connection of those people. I would say most people do not have that connection. But you have those connections when you have your 'soul mate' for example—where that energy has come down many lifetimes; and sometimes that bond cannot be broken. So, when one suffers pain, then the other feels and is most sensitive to it.

Jan 1: So that's quite rare then is it? It's more a physiological—

It is—I would not say *rare*, but it is not the *norm*, as you would say—it is not the normal way of things. Every one of you as human beings has some empathy with your fellow man, but I believe you are speaking of a much deeper sense (yes I am). Yes. Sometimes it can be an unresolved question between the two people (right). Letting go of pain—it is something that can be worked upon in one lifetime.

Jan 1: Well I've pondered on it just recently. I've experienced it—feeling pain of people around me twice in the last 24 months—Lilian, when she was experiencing heart problems—I had a short period of experiencing the same sort of pain, which went as soon as mom had her heart operation; and now with my father with bone cancer—I seem to be struggling and having the same sort of pain that *he* is experiencing. I don't want these pains, but I'm just wondering if I'm actually picking up in a sensitive mode—

Yes, where you are speaking of our dear lady friend here—that is a spiritual bond that you have because you are united here, and the power between each one of you can be utilised in that way. So the empathy you *feel* is very strong. The situation you speak of with your father is a karmic one.

Jan 1: I did wonder that.

Yes, I know you did. It is a karmic one and it is something that you have to, in this lifetime, 'suffer' if you like (yes). I do not like that expression but it fits aptly for you.

Jan 1: You are just confirming—

—Yes, what you are feeling.

Jan 1: And what I already knew.

Yes, it has to be worked through—this life.

Jan 1: So is this—

Just go with it

Jan 1: It will pass?

It will pass.

Jan 1: So what I'm doing—I'm not doing anything detrimental to my own health at the moment?

No, because it is mainly on another level. You are feeling it physically, but you are experiencing it on a spiritual level.

Jan 1: I don't know why—it's just nice to have your words to confirm what I have been feeling—I *knew*—

Each one of you knows why these things happen, but you are either afraid or you wish to block it from your minds; and the better way to treat this kind of experience is to work through it. You will be fine.

Jan 1: In some way I am becoming stronger through the pain.

You are learning, yes. No experience upon this planet should be fruitless. Every life experience that you have should mean something. You should grow spiritually. Do you understand?

Jan 1: Yes I do.

Lilian: That's something we tend to forget.

Yes, you become too absorbed with the human side of life; and how often have I told you, my dear friends, that you must always look to the spirit for your answers. You know all of your answers, but you do not utilise it.

George: Perhaps I could mention that I have read about Australian Aborigine people—about what is termed 'pain sharing'.

Yes, which is in fact what is happening with this dear lady friend (yes). She is taking on the pain of her father.

George: Yes, and does that reduce the pain of her father as the result of sharing?

No, because she is fearful of it. She is fearful for herself and for her father. If only she could let go of the fear, it would be much better.

Jan 1: Well now you've confirmed what I was suspecting—now I can let that fear go (**yes**). I wasn't *sure*—deep within me I was—I knew, but the personality, the one that comes to the front— me, Jan, wasn't (**yes**), if you understand—I know you understand! So now you've told me that, I can let that fear go (**yes**), that I don't need to take on this pain.

You do not need the pain

Jan 1: I can let it go.

You have to allow your father to experience his own pain in order that *he* grows.

Jan 1: Yeah. I now know also why we've been brought together as a family—why I chose them (**yes**). That's all just becoming so clear.

That is good. When clarity comes then life is easier for you. So often, my dear friends, I tell you: Do not be afraid.

Jan 1: No, you've told me that in the past so much and I can let this pain go now.

I know it is easy to use words—to give you words of what you must do, but the *healing* comes when the *recognition* comes, and that is what you are about to do.

Jan 1: Wonderful, thank you. I have felt rather stuck I must admit, not knowing what to do.

Do not be fearful. Let the fear go. You must allow your father his time (yes). I know, as human beings, no one likes to hear those words. No one likes the word 'pain', no one likes the word 'fear', but I have to tell you, my dear friends that they go hand in hand.

Jan 1: In fact I know, on many occasions since he's been poorly, however long he's got, I've actually said to people both those words in a sentence: 'I am fearful for the pain he will suffer,' (**yes**) and I'm taking on that fear and that pain follows. (**yes**) So I understand that completely. It's almost like you have to be careful what you wish for. Yeah, I can see that. With mum (Lilian), it was one episode where I took on her heart pain (**yes**). I've thought of that lots of times, whether or not it was just our connection.

It is your spiritual connection, yes.

Jan 1: Well, I can't tell you how much better I feel, so thank you very much and I'll try to let the fear just dissipate.

Yes, this does not apply only to you, but to each of you in this room.

Lilian: Yes, seeing people suffer.

Yes, and no matter what some people assume, we do not wish any of you to suffer unnecessarily.

[Discussion about aspects of medicine and into the future](#)

A variety of topics are discussed, mainly about the current need of doctors and hospitals but as we learn to use our 'mind' we will become a lot healthier into the future. (25/11/13)

Paul: I guess gradually, the human life span is going to go up and up, with all these advancements?

That is what science is hoping for. Of course, it is possible, but I would not say that it will increase by too much—not at this time; partly because of the negativity that exists in your world.

Paul: Yes, and possibly also we are so conditioned to live to a certain life span. It may take time to gradually change that mind-set.

Yes, and may I ask you why the human being would want to extend a life, when the body is not so good? What is so wonderful about keeping a diseased body on this planet?

Paul: Yes—if you were old and healthy it would be okay (yes) but if you are not—

And the way to remain healthy is to use the mind. So, you do not need all of your doctors and medicine for this.

Sarah: That's what I was going to say, you've told us we can cure ourselves with the power of thought.

You have the ability—yes. Unfortunately, people do not recognise it, and that is not to say your doctors are not needed—of course they *are*. They are healers—they are here to help others. But I would say my dear friends, think always of your own minds and what you can achieve. Are you happy with that answer?

(General agreement)

Mark: I was just wondering whether the medical advancements would be made to benefit people in general, or whether people would make a lot of profit out of them for people with money?

There is always that risk of course and that happens quite often in your world today. But any advancements in medicine should be for *all* of your people. But of course, greed still exists, and it is up to each individual to go forward with the right mind and generosity of spirit, in order that all people in your world benefit.

George: Yes, in a sense a true medical advancement would relate to getting us to understand ourselves better, so that we don't fall ill.

Exactly—I repeat my words: you use your mind. The mind holds the answer to all things.

Paul: I was thinking that if we can develop this mind, we won't need doctors.

In an ideal world that is what it should be, but of course being on this planet, means it is not an ideal world, and the purpose of coming here is of course to *learn*.

Sara: We can influence others (yes), but real self-knowledge, in my experience, takes a long time (of course), and children, they go through the process of learning and acquiring, and sometimes rebelling; then perhaps changing their mind. It's quite a lengthy process for most human beings, but still for those who know more, we can always influence and help and continue our own journey of acquiring more.

Yes, I would say the influence begins when the child is born, because they come to this world full of knowledge, even though it is not obvious. Children can teach adults—if only adults would listen (yes). But yes, I understand your words, and for the average human being in your world it takes quite some time (for them) to understand themselves.

Sara: Yes, there are exceptions to the rule (yes), but I agree, children are very open until a certain age—as you've said before—they are close to spirit (yes) until they're maybe 7 and certainly they show many abilities.

Yes, and then unfortunately life's influences are upon them.

Sara: They go to school.

Well, they enter the world that is around them. That is why you should nurture your young ones—allow them to be themselves, because ultimately they *know* themselves, even at very young ages, yes.

Mark: Working therapeutically with children is very eye-opening—you learn a lot from the children, and it's very sad now that children are being given drugs instead of therapeutic help these days, more and more.

Yes, but that is up to every individual to recognise themselves, and then they can help others. That is how you should live life. You should understand and you should give forth the information that you receive, in order to help others—not only children, but those who are spiritually lost within this world. Sometimes it takes only an indication and they can move forward.

George: I don't know if you can shed any light on this at all Salumet—but there has been mention in the past of a very good cure for a number of forms of cancer. And that item was listed in the United States Pharmacopoeia for many years, until the time of prohibition, when it was removed. But 'cannabis oil' was listed as a very good treatment for a number of types of cancer and a number of other medical conditions. But it has been made 'illegal'—its growing and its use. So, it isn't available to vast majority. But it would be nice to know how effective that plant really is or was. And I can see from its chemistry that it would boost the protective chemistry of our bodies and would help in several cancer situations. I don't know if you have any comments on that, Salumet?

I do indeed have comment for you. First of all, I will return a question to you. And there are many diseases within your world. But the one that you mention—cancer—is one that many people still fear. What is a cancer?

George: Yes, you have told us something of this in the past (**yes**). This is where the cells—'go mad' I think is an expression you used.

Yes, well I wish you to hold that thought, and then to let me say that all the treatments within your world, have use in some way or another. It is either use or abuse. That has always happened with mankind, that whatever has been given to them from our world, they either use for good or for something that is abusive.

George: Certainly, the cannabis has been misused.

Yes, but what I wish to say is that all of these things used properly can help the human body.

George: All these herbal things—all these plant-derived things?

Yes, and the medicines that are man-made so to speak, all have their use. But what I wish to say my dear friend is that there is a much simpler answer to your diseases of the world and I am returning again to what we have just discussed. I am speaking about your *mind*. After all, as I have said previously, what is disease? Break up the word, and you have disease (yes). You must look to these feelings and emotions before you embark upon a trail of medicine.

Sara: I think Louise Hay has helped people a lot, with mental affirmation to help people with disease, and I think she has helped people to correct their thinking specifically about different illnesses—to assert a more positive way of viewing their body. It's not the whole story—it's a negativity of the mind usually that causes the stress—the anxiety.

And that is why affirmations would work, because they are positive, and you are making positive statements. So yes, I would say, that is a positive thought.

Sara: Yes, I think it helps, because thinking about children again, when they go to school—I'm only conscious of this because I have a teenager who has experienced this sort of negativity at school; and I think Louise Hay talks about loving the body in detail, and it's just that this sort of thing is quite powerful, because it offsets the negative remarks that children

become influenced by when they are out of their comfortable environment (**yes**). So I think the affirmations are very helpful to empower the mind.

To simplify this I would say only that human beings have two choices. Positive and negative are the two faces of the same coin. All that the human being needs to do is to choose the correct side. It is as simple as that, and I cannot make it simpler for you. But as I have told you in the past: responsibility lies with yourselves.

Jon: When you speak of an advancement in medicine, it seems to me that *mental* health is more of a problem these days than physical health, and mental ill-health causes physical ill-health (**yes**). So therefore, surely the way for people to improve their physical health is to improve their mental health.

That is exactly what I am saying to you.

Jon: And can I agree with you then. And currently the problem we have particularly with people in the West is that we are just being medicated (**yes**) more and more and more, and they are moving away from their spirituality or wellbeing.

That is why I say that treatments are either for use or misuse/abuse, and again it is up to every individual to make their own life choices. Of course, medicine and herbs and whatever name you give to these things, have a positive aspect. But if you had the power of your mind, these would not be necessary at all. But mankind at times has the need to feel useful, when in fact all is within. It is such a simple message and I cannot stress it to you often enough.

George: Yes, so the mind approach is the best.

Yes, because if the *mind* was strong, if the *thinking* was good; then the body does not become diseased.

George: And the medical approach—

The medical approach is needed at the moment, because there are many people who do not believe in the *mind*. They cannot separate the brain and the mind—that is the problem.

George: Yes, when they can't get the mind right then the medical approach is what's left.

Yes, and sometimes it takes disease of some kind for the mind to focus. You understand? (Yes.) Sometimes that happens in order to help that person move forward.

Mark: And I guess that's why the placebo effect is so strong (**yes**), because they've already focussed themselves (**yes**), then they are given the tablet and it appears that the tablet has healed them, when they've actually healed themselves.

Yes—that demonstrates does it not, the power of the mind, in those situations? Yes.

Jon: What's interesting is the doctors seem to accept that the placebo works, which it clearly does, but they don't really advertise the opposite, that if you can make yourself better you can make yourself ill. They don't seem to focus on that at all.

No—I agree, but at the same time, they are so focussed on doing their work, that they cannot see anything outside of themselves in curing people—that is the problem. But I would say that the doctors in your world mainly have a very good heart and wish to help their fellow man—you have to remember that also.

George: And the spiritual doctors—

Have a busy time!

(Chuckles)

George: —can see so much further.

Yes, *all* comes from spirit and again I will say it is again the way the information is used that is important.

George: Yes, I was thinking of those spiritual doctors who work through a medium, like St. Paul working through Ray Brown **(yes)** —they can see so much further than material doctors living on the planet.

Of course, and that has been chosen by many people to do in your world. They are either accepted or ridiculed; but no matter, the spirit will work on to help humankind—that is the main task. Ridicule matters not—you cannot argue with spirit.

(Chuckles)

George: I think a factor is that such doctors are able to see the energy connections and channels of the body, which Earthly doctors cannot see.

But that is because they *are* spirit (yes). You see? There is no problem in that. Spirit sees spirit and looking at the human being, which after all *is* spirit—after all—you have to accept that it is no problem for them to see spirit (yes). But there is so much we could discuss—but what I wish to leave you with is to think again about the power of your mind. It is something that you can—when you speak with others, bring up the subject of the *mind*, because too many people still in your world think that the brain and the mind are one (yes). And when you are on Earth of course, the mind and the brain are as one, because it has to be; the mind has to use the brain, because you have a human body. You understand?

George: Yes, I feel that we should be, and some people are seeing the brain more as a biological computer **(yes)**, which is *loosely attached* to mind.

Yes, you could put it that way if you wish, but I want you to focus more upon the mind—where all knowledge is stored.

[It is better to use natural remedies as our bodies are not designed for chemicals](#)

Salumet confirms that there is much useful research being done which will one day help with diseases that are currently incurable. He also reminds us that the natural route is best, as we are not designed to cope with chemicals, hence the awful side effects that we can suffer. He further reminds us that it is **we** who should be doing the work to get better.
(19/1/15)

I would also like to say to you this evening that you will become aware this year of your time, of new finds within the seas of your Earth, as I have spoken of before (yes)—and also within ‘the heavens’, as you call them—the planets and the stars—there will also be information forthcoming, of new stars within your own galaxy. So that is something for you to look forward to—yes.

Serena: Are these new stars going to have an impact on us—because you mentioned them?

Not always, but they will be noticed (thank you). Yes, they are not really new—just unobserved.

Paul: But the discoveries in the oceans—will they have an impact?

They should benefit mankind—yes.

(Sarah observed that there appears to be more interest being shown on TV featuring discoveries from the sea.)

Yes, we are trying to influence those with that type of nature—that interest—and those scientists who wish to push a little further.

Paul: Is it like a new energy or medicinal?

Yes, both—it should be both and you will hear of it this coming year.

Sarah: Thank you. You have told us that all diseases will be able to be treated within the next 5 years—I don't know how long ago it was you said that, but this is probably a way towards that, isn't it?

If you look towards your medicines now, you will find that in the last few months there has been much progress in many of your diseases. I am not saying that at this particular minute all will be cured, but what I am saying is that they will be eventually, because of the research and work that is being found now.

George: It has been mentioned Salumet, on the Internet, that there is a very simple cure for cancer—a cure and preventive. The named plant for this is ASPARAGUS. Of course, we never know if this is accurate information or just someone who wishes to sell more asparagus!

(Laughter)

Yes, you, my dear friend, are raising it to a humanist situation.

(More chuckles)

But yes, look to all things natural, if you wish to cure the disease of the body. Remember what I say: DIS-ease. I have said that to you on many occasions.

George: You have indeed. And yes, there does seem to be some chemical justification for this claim (*Asparagus*) and perhaps we should take it quite seriously.

I would not dismiss anything that is brought forward to you, because these people are working for the betterment of mankind (yes), not only in your country but throughout your Earthly world.

Mark: There's a lot of criticism on the Internet of chemotherapy being used in the treatment of cancer. A lot of people are saying that it's a very damaging treatment (**yes**), and there's a financial gain that's keeping that going.

There is gain, there is hope, there is cure, but there are also problems. All of this would need to be refined, but I would say to you: always take the route of the most natural kind. Your body was not built for chemicals.

(Agreed)

Sara: And the mind needs to be helped with cancer, doesn't it? It is a mental help that's needed.

It is a disease of the human—yes. It does not occur in one second. It is something that builds, and that applies to all conditions (yes). So again, take those thoughts and make them strong within your mind. That is the answer to all of these questions.

Lilian: So, would they be able to help all eventually—the scientists and the people who look into this help for people?

The scientists already are taking and studying cases.

Lilian: I was wondering about mental problems—depression or whatever you call it?

All aspects of humanity can be helped. Some may take longer than others, but of course, the majority *relies* shall I say, on the spirit and the mind of the being.

Sara: And some can recover from cancer (**yes**) when they've changed their thought patterns (**yes**). Some healers have very good results, with patients who are willing to open in that way.

Yes, I am sure that all of you in this room must know of someone who has survived the disease.

(Affirmed)

Yes, so you must then ask yourselves the question: why? And of course, some people leave it too long within the body, and they cannot therefore expect to make that better.

Jan: It's too advanced.

It has been left too long without having been dealt with by the one. And after all my dear friends, you will be coming to us with something or other, but we would wish it to be peacefully and disease-free. But again, I am saying it is your responsibility.

Sara: My friend who works with people with anxiety and depression—she tells me that all the ones who do their homework and follow the teaching, always have a wonderful result and recover (**yes**)—but it's down to them, you can't wave a magic wand. They have to do the work to change their thinking.

Again, you could have a line of people all with the same condition, and each would have a different result. And again, I say to you my dear friends: you must ask the question: why?—if they are all being given the help that is needed, what is holding them back? You understand? (Yes)—yes. So, I feel I have spoken enough about that, this time. Is there anything you would wish to ask me?

[It is always better to allow the mind to open naturally](#)

George asks Salumet about psychedelic drugs and whether this is a good thing or not. The answer given is clear enough. (28/9/15)

George: Some information was recently sent to me, in fact the recording of an interview with one Graham Hancock. His writing has always impressed me as being or as containing much which is close to the truth. One part of that interview concerned 'psychedelic drugs'. Now it is sadly the habit of many in the western world to overdo things such as tobacco, asbestos usage and drugs usage, but where psychedelic drugs are concerned there have been a number of reports from the Amazon rainforest in particular, about the controlled one-off and rare usage of a psychedelic drug which can open the mind to psychic and spiritual things; it's described as like opening a doorway. One drug in particular mentioned was 'Ayahuasca' which is a vine extract which is used in combination with another plant extract has been cited as having this effect. So, I'm wondering Salumet, if you would care to speak on the possibility of *sensible* usage of a psychedelic drug such as ayahuasca for opening that doorway in consciousness?

I understand. I would say only this to you: there are many ways of opening the mind; and there are many, as you have mentioned, which use natural products. But this is not to say it is the correct way to open the pathway of the mind. Remember that the mind belongs to spirit, and sometimes the use of these drugs gives false impressions. Who are they to say that what they say is spiritual? It may seem so to them, but I would not advocate the use of them. And yes, I understand when you speak of overuse in the western world, not only of drugs, but of alcohol and such things. I would not use any of these to open the mind; that should come naturally to you, because, as in all medicines—and that is the word I will use—all medicines, there are effects which are not beneficial to the body. That would be my only concern. But as we have spoken on many occasions about free-will, then I have to say to you, my dear friends, that whichever road you take, you ultimately

are responsible for. So, I can only say: if people feel benefit from these things, then that is the pathway that they must take. Do you understand?

George: Yes—yes, thank you—yes, that’s a comprehensive answer.

It is always better—more beautiful, to see the mind open naturally.

George: Yes (**yes**). Yes, I was particularly interested because I had an experience myself, 26-years ago (**yes**)—and I was keenly interested in the Mayan peoples (**yes**), and I was in receipt of the most amazing sequence of synchronicities which led me to the wonderful Mayan temple site of Palenque; and I conducted what I considered to be a scientific experiment at the time, with what is commonly known as ‘magic mushroom’—

But you see, my dear friend, your experience was a very good one. What of those who have not had such a good experience?—of those you know nothing?

George: Yes indeed—my experience was a good one (**yes**)—I received a spiritual message (**you did**). And it set me on a spiritual pathway.

—which can only be good for you.

George: It certainly worked for me, and that is the only time in my life (**yes**) when I have had recourse to a psychedelic drug.

Yes, but of course, as you know, all of your society relies on drugs today, as you would call them ‘medicines’, and of course, they have their good points—I will not deny this for you, but on the other hand, I have to say, my dear friends: what is better than to heal from within with that clear mind?

George: Yes, perhaps this is something I lacked at that time, but I think what was particularly relevant was the extraordinary sequence (**yes**) of synchronicities which led me to that occasion.

Yes, well as I have said, that experience for you, was a good one, but that is all perhaps I wish to say. Each one of you has a pathway to tread, and it is up to each individual to choose in which way they go.

George: Yes, thank you for that, that’s a very clear answer, thank you.

Lilian: Well, you’ve talked about medical advances (**yes**) that we shall be seeing in the future—in the near future.

There have been many in this past year.

[Will mankind always need to take drugs?](#)

Lillian asked this important question, as many are trying not to take drugs for say things like pain management. (28/9/15)

Lilian: Yes. Will it happen that we won’t need—or they’ll discover something—that we won’t need to take so many drugs for medical reasons? Will they slowly die out or be not needed?

That I cannot see for a very, very long time, but the possibility is already here. It is just that people have forgotten how to heal themselves. Do you understand? (Yes) Yes, and today your bodies have been adjusted and become dependent upon all of these drugs, which are made I hasten to add, from natural products. But that does not make them good. You understand?

Lilian: Yes, I do understand.

I am not trying to tell you that you should never take any of these medicines—that is not what I am saying—after all, the doctors in your world are being influenced from spirit.

They are the healers of your world at this time. Therefore, my words to you, my dear friends, is that, do not always be so hasty to take these medical products, but firstly to put into place, the state of your own mind. I hope that helps you all and gives you food for thought.

Lilian: Yes, thank you.

Jan: It's certainly something that I feel I've experienced over the last 18-months—not taking all the drugs that the doctors have prescribed for me.

Yes, and you are beginning to win that war—

Jan: Yes, I am healing thank you—I can feel it every day.

We have been helping you my dear friend.

Jan: I know, thank you very much. I understand it entirely now—the words of the 'human spirit can heal the body'—entirely (**yes**), if that's the right way of putting it.

So many people would say but that is not common sense. What is not common sense is that they do not think for themselves.

Jan: No. I think I know what caused mine—I know I'm lucky to have that—to be able to go within and find the answers to why I was in pain, and I know a lot of people aren't as fortunate.

And I hope, my dear friend, that I have taught all of you to think more clearly for yourselves, and I know that spirit are so grateful to all of you for the work that you do, and we will endeavour at all times to help those who try to help themselves.

Jan: It's very powerful—so powerful—to be able to help yourself.

[Stress is a form of fear](#)

George asks about this poorly understood problem that many suffer from. (9/11/15)

George: One condition that we do not understand too well is stress, and the stress-related conditions.

Yes, there are always instances that you can recall. But yes, the very lifestyles that most of you lead, creates much stress. Yes, it is a human condition—stress, and as such, can be diminished or made greater by you. It is one of those conditions, where the mind becomes too much involved in its own issues. Whereas with the people who suffer from stress—if only they would open their hearts to a wider audience, then they would find that love flows into themselves—love which would bring you happiness and upliftment. So, the answer to stress, my dear friends, is that you dismiss it as a form of fear and let it go. I hope that has answered your question.

George: Yes indeed—a form of fear—and let in love.

Yes, and allow the love you feel to extend its arms to those others—not only within your own circle of friends and family, but to those who are in need. In the same way as within this room, you send healing thoughts to others—others that you do not know personally, but who nevertheless occupy your thoughts. You understand.

(Several acknowledgements)

George: A wonderful message and teaching—thank you Salumet.

There are no mistakes when it comes to spiritual healing

Jo asks about getting the right healer for the patient. (23/11/15)

Jo: Salumet—I thank you for coming and talking to us. I would like to ask you about spiritual healing, when we are being used as channels. Do you get the right person for the right person, if you know what I mean?—the right spiritual person for the healer to pass on their healing?

Yes—it depends rather a lot on the spirituality of the person who is being used, i.e. the person who is giving the healing (I see). We can only give as much as that person is able to relay (I see). Yes, there will always be those in spirit whose desire is to help with healing, and it is imperative that the right one is blended in order for the best healing to take place. So—yes, there are no mistakes within that healing for someone not to have the right spiritual healer behind them (thank you).

Self-healing

Jan discusses problems with the bones in her leg and the fact that they are not knitting together properly after surgery. Salumet advises that there must not be any ‘separateness’ which is what is causing the lack of healing. This was carefully explained to the group. (20/6/16)

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

Jan: What you are talking about I presume is the power of prayer, and the power of—
All of these things together, allowing yourselves to take time to become part of the God that you recognise. I will use ‘God’ because it is the common name for humans to use.

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

Yes, it is power, and it is not power as strength as you may imagine. It is the power of energy which builds within to create the unity that you need to be with God.

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

Yes, you must forego all thoughts of physical if you are to be united; after all, you are only just sparks of goodness, which you need to cultivate in any lifetime that you may have.

Yes, I do not say that it is easy, and I do not say that you will always capture it in one

lifetime—you will not. But that does not mean you do not have to strive towards it. So, be aware of all things, but mostly have that quiet, peaceful time to rebuild the power and energy within.

Paul: Yes, I think it's such a valuable time and from the talk last week, to be able to sort of add to the meditation time and then perhaps do self-healing (**yes**), maybe afterwards or during—

Just take small steps at a time and you will be amazed how quickly you feel the difference in your energy within the human body and the connection that you make to spirit. You are all capable of it, but of course as we know, these words 'self-will' always appears, does it not? Paul: Yes, it's *our choice*.

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

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

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

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

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

Serene: Yes—thank you. I've also been told that if you massage in a circulation motion, you *generate* and if you do anticlockwise, you *de-generate*, so you could take away inflammation or you could add healing—

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

Late in the evening, Sarah returns the conversation back to self-healing.

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

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

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

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

Yes, but they are human.

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

Therefore, there would be no healing.

Jan: Well they told me my leg wasn't healing.

No—that is the problem, but it is a human problem, but with self-healing, you need as I said at the beginning, that you need to make sure there is no separateness. In the same way as your bone has separated, so too in some way have you separated yourself from the unity of God.

Jan: Before it broke, or after, or—

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

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

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

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

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

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

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

George: Yes, with the heat from that healing, it didn't seem to me to be like a physical heat. **No, it isn't. It is a spiritual energy (yes). If you are healing properly you have to be guided by those with more knowledge, and when you have that unison that togetherness, then healing is simpler.**

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

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

Jan: Yes, the culmination of thought (**yes**) can be a long time, even from infancy. **Yes, and you know I have always said to you: the power of your thought is the most powerful thing you will ever possess. And I'm sure you could name instances in your lives when you feel that has happened. Now—**

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

Yes, and if it becomes too fearful or does not feel right, then you have to leave it; you have to step back and allow that person, whoever it may be, to continue on their own pathway, because there comes a point sometimes when there could be interference and we do not wish that to happen. Each and every one of you has trodden this Earth with a pattern of life, and it is not up to other people to interfere in any way, unless they are on a destructive pathway which then calls for help from those higher beings—and that I believe is what you are speaking about.

Jan: It is—so I should really be putting my asking for help—**That the right and correct help be given (yes). Yes, that is right.**

Sara: That helps to remove the anxiety within us.

Yes, because you're giving it up yes—and that applies to yourselves as well as others.

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

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

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

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

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

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

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

[We must make time for a proper connection to our spirit](#)

Many health issues are caused by a lack of connection to our spiritual side, such as obesity and bad diet, where we have stopped listening to what is good for our bodies. The consequences are poor health and overcrowded hospitals. We must listen to the inner knowledge and that inner voice that we all have. (1/8/16)

Paul: There was just one thing that I was talking to someone about and that was obesity, which is a big problem. I sort of answered that I think a lot of the time, what you eat and the

amount that you burn off from what you eat—you have to get the balance right, between the exercise and what you eat. I know others have other ideas as well and probably there are other factors; it's not just what you eat, but it's a growing problem in the west.

Yes, all I can say to that is, each and every person in this room or out of this room, wherever, has the innate knowledge of what is right and wrong for their bodies. So therefore, I say to you, the responsibility lies with every individual. No matter how much you preach, no matter how much advice, never will some individuals accept that they are doing something that is not good for them. So, you cannot say that everyone should do this or that or anything else; you have to say to them that they have to accept responsibility, not only for their bodies, but for their thinking.

Jan: Is the fact that we aren't listening to our bodies, that there is a disconnection between ourselves and spirit (yes), even on a nutritional level?

Yes, it is a disconnection from spirit, because if you were attuned properly and you realised that obesity was a problem, you could quite easily correct it. The problem is that a lot of people don't want to and if that is their choice, then that is what you must accept.

Sarah: I think sometimes in today's lives, you know they can be very stressful situations (yes) and when you're stressed, you're actually not behaving in the way you would normally behave if you weren't stressed. So, I think sometimes that can...

Today in your world the word 'stress' is recognised throughout the world. Today I would say people do not allow themselves time to think, they do not allow themselves time to make, as the lady has said, connection to spirit properly.

Jan: No, they allow those external influences of noise, pollution, everything else to overshadow (yes) the important things...

...what is important, yes. That is correct.

Jan: So I wonder if eventually we'll be teaching our young Primary School children meditation as a natural course of their development—it would be nice to think so!

Yes, it is something for the future. You are looking for the perfect human beings and unfortunately you have not reached that stone, but the striving is what is important.

Sarah: I think there is one school where they do start the day with meditation.

Yes, all people should meditate. You would find an improvement in health, in the way you conduct your lives, the way you think—so many benefits from it.

Jan: And I think meditation makes you feel valued and that must make a huge difference.

In meditation, you are becoming united with that great power which you are; and you are just one part of that. When you return and reconnect, then you become whole, you understand?

Jan: It's almost like a rechargeable battery—that's our recharging.

You need to push the plug a little further, yes—that is a good way to put it.

Sarah: I was watching one programme also on the television and they said it depends on your gut bacteria as to what makes you fat and what doesn't. So, for one person, if they ate a cream cake they wouldn't put on weight, whereas another person would.

Yes, that is all...there is also part physical conditions. If you have been born to parents, it may be that you need to experience that for a short time, but if it becomes unhealthy, then that is when you must look more deeply. There is always a reason why people do as they do.

Salumet reminds us that we must 'ask' if we want to become healthy. Otherwise they cannot interfere. And you should use your innate knowledge - that is why it is there!
(1/8/16)

But you must ask spirit for health, you should not just expect. You must ask—we are here always to help those who ask, but if you do not ask, we cannot interfere in your lives. So, when you speak of your free will, you should have beside that free will, the innate knowledge that spirit is there to help you. Do you understand?

Jan: Yes, but isn't that really what I was saying?

No, you were saying that you thought that spirit would just automatically help you. That does not work and in a sense that is caused by a little fear, again of using the word, spirit are there, 'but'.

Jan: Ah I understand now, yes.

I am sorry if my words have not been clear.

Jan: No, it now makes perfect sense. It's not having the fear to have to *rely* on, by saying 'I will' and 'I'm going to...'

Yes, you must have the *positive*, because once you allow any kind of negativity, then you change the whole course.

Sarah: And also, when you're talking about having an innate knowledge, so surely when you have a problem, you can't always just rely on spirit, you should be going within and getting the knowledge that you know yourself that's in you.

Yes, all of you have innate knowledge about all things and you should use that, but of course we are here to help in any way that we can, and I suppose in your world, you could say that spirit was your 'back up'. Does that make sense?

Agreed

But of course you should use your innate knowledge that is why it is there—in all things, not just health or what is happening...

Sarah: Inner knowing...

Yes, you all come to Earth with this inner knowledge, but you have to tap into it.

Jan: I know *exactly* what you mean now, because since you've said that I'm sat here thinking, 'oh dear, I haven't necessarily got spirit all the time telling me what to do—I've got to make my own mind up! I've got to make my own way—and there comes the fear!

Yes.

Lilian: Yes, it does with all of us.

Yes, you see, as much as you know and understand, fear and negativity are so powerful in your lives.

Jan: ...and intertwined.

Yes.

Jan: It's just—the penny's just dropped!

I am pleased you have understanding now of my words.

Jan: It just takes me a little while to internally, you know? **(Yes)** But there again, that's that innate knowledge, that you're able to decipher and connect and the knowledge come to you. **(Yes)** So your discussion tonight—the experience I've just had.

Sarah: Yes, and of course the more fear you have, that fear becomes reality—so you've got a double whammy.

Paul: That's the importance of meditating regularly.

Yes, it is no good to meditate once in—I don't know, what is your expression?

Sarah: Blue moon.

Blue moon, yes.

Now my dear friends, I hope my words this time have been helpful to all of you in some way and it gives you just a little more food for thought.

Enthusiastic agreement

Sarah: Yes, we don't need any more food Salumet.

Chuckles

Simple but powerful healing exercise

Salumet shares a simple but far reaching healing exercise that can be used anywhere, any when; not just for ourselves, but for all that there is. (1/8/16)

What I would like you all to do this evening my dear friends, is to take just a few minutes and attempt to give yourselves some healing. If you have no physical problem, then allow the healing rays to help you overall. Are you happy to do this altogether?

Enthusiastic agreement

Firstly, imagine from the tip of your heads that there is a gateway; and I would like you my dear friends, to open up this gateway and to feel the healing power of spirit entering it so. I want you to feel where it goes within your physical bodies; direct it to the area that is troubling you and feel the rest of the energy throughout your body; but focus—see it clearly, the part of your being which is in need of spiritual healing. I will sit quietly and allow you a few minutes to try to help yourselves.

We sat quietly as instructed

Feel the warmth and the upliftment. Know that those healing rays come to you directly from spirit.

Long pause

I hope my dear friends that you have felt the healing that has come to you. it is something that you can all practise, within the confines of your own homes.

Lilian: Yes, thank you, that's good advice.

You can discuss it amongst yourselves when I have gone, to see what each one of you could feel. We send healing to your world and to many others. This could also become a daily task for you all, to heal your planet.

Keep that thinking strong especially when things are difficult!

Salumet gives a revision lesson over many important aspects of living a healthy life. One point made is why do some people suffer illness, and others not, in the same environmental conditions. The subject of arthritis is looked at again and why some will not receive healing during this current life as it is their chosen pathway. And who is our best doctor? (7/11/16)

Mark: There are so many digestive related problems around at this time and we were thinking that some of them could be to do with psychological intolerance, some of them to do with unnatural processing of food; but the worrying thing is there seem to be so many,

more and more incidences occurring. I don't know if there is anything you would like to say about that?

Of course—to consider, to ponder is good for you, but it is a complex issue with not just one answer for all. As human beings, you came to this life knowing that it was an imperfect planet. So, it should not be surprising to you that the complexity of life will in some way affect the physical being. Some people are much better at living the human life than others. And so, it brings me to say that if you associate the human body with the conditions that affect it, you can see that there is a sequence of events, that there is an explanation for many of the things that happen to the human body. We have spoken some long time past about some of these problems. I believe we spoke at one time about people who have repetitive back problems. If you compare it to what is happening within the mind or how that person is living, you will see that very often there is a rigidity, a *rigidity* of thought, a rigidity of thinking, which then would show itself in that painful back. Can you see that this is the possibility of many things?

Mark: Yes, I can.

You were already speaking of the sweetness of life, but there is also the other side of lack of sweetness, but too much sweetness. This is relevant in your world today, especially amongst your younger generation. It is important that you maintain a loving and peaceful diet, and by that, I do not say what you would commonly expect that you are told what is good for you. I say to you, my dear friends, use your instinct for what is good for you. What is good for one may not be very good for another. And so often we hear: 'But we are all made the same'—so why are there differences? That difference my dear friends, is within the THOUGHT BAND—the THINKING. That would be your first step of creating perfect health. I have said this on many occasions, in many different ways, but it is true.

Mark: Thank you.

Does this make sense to you?

Mark: It does, yes, perfectly—thank you.

So, you are correct in your thinking and trying to do what is best for the body, but first and foremost you must do what is best for the SPIRIT and *thinking* belongs to the SPIRIT. I have been saying this often too, but as human beings, you want very quick answers.

Agreed

Yes, if only you would take the time to not allow these things to happen in the first place, your lives would be so much better. And also, in your world today, the pace of your living, the lack of quietness in both the body and the mind also has consequences. You call it Karma, you call it many names, but the basis of this is, there is a restlessness and the lack of love within your own bodies; therefore, the body then creates dis-ease, that word again my dear friends— 'DIS-EASE'. So, I say to you, think carefully about this in your quiet moments, listen to the body and it will repay you in GOOD HEALTH.

Mark: Thank you for those wise words.

I hope it give you all something to think about.

Agreed

Paul: Yes, I remember once you said, in the future, doctors will be known as '*Tutors of the mind*'. **(Yes)** It illustrates beautifully, I think, that the emphasis is mostly on the *thinking*. That is why it is imperative for you as adult human beings to be teaching these things to your next generations. You can take command of your body, but unfortunately it is usually left for too long or too many years, when actually the body *can* be helped quite quickly, if the mind is in the right place.

Paul: Yes, we've got to get the—as you say, mostly the lifestyles and the lives we live are just so busy, **(Yes)** it's difficult to find the space and the time to live what we call 'good' lives.

But my dear friend, why would you not make the time?

Paul: I agree, I agree, this needs to be put at the top...

It has to be part of your daily living—it has to be that part of your life which comes naturally to you. You should not have to *think* about giving those thoughts and that body time to recuperate, it should come naturally to you.

Paul: It is more important than food really.

Yes, yes. So, when I come to you next time, I will ask that each of you tell me what you have discovered about yourselves in the meantime.

Agreement and thanks

Paul: On the subject of health then, I don't know if this would be an appropriate time, but the friend Pia from Helsinki in Iceland, (*meant to say Finland*) I mentioned in the past who's still struggling with arthritis, **(Yes)** and you mentioned a little bit, and you said that you could possibly say a little more later. I don't know if there are any more words for her at this time?

She struggles—yes. Again, I would say there is a simple explanation: that the mind is not quite in the right place. With people with arthritis, very often, there is a *regret* of some kind, a regret which twists the body in pain. So again, you see where the connection with the mind comes into play.

Paul: Yes, yes.

So, I would say only that this person continues to strengthen their thoughts and their thinking and, there are many remedies used by your doctors today, which can help to alleviate this problem. Do not be afraid to accept their help; after all, they are doctors from spirit too. You understand?

Agreed

So, I would say, continue, and have ABSOLUTE BELIEF that it can be helped.

Paul: Right, yes—much like Jan and her leg, I think.

Yes, she is an example of how it can change even when doctors give diagnoses of '*nothing can be done*'.

Agreed

There is always something that can be done; to what extent, there is no *one* answer.

Paul: Absolute belief then, in...

You have to have that strength of thought, yes.

Paul: Thank you.

Sara: And sometimes an affirmation might help to repeat. **(Yes)** I did say that to Graham when he was ill, to say every day: "*I know that I can be healed*" and to repeat the thought, because...

Ah, can I stop you there?

Sara: Yes.

That is one of the negative thoughts, "*I can be*"—that is almost like saying "*can I be*". So, you say: "*I AM healthy*".

Sara: I am healthy, yes, yes--even better.

Did you see the difference in the words?

Sara: Yes, I think we used to say: "*I know I'm getting better*" everyday—they were the words, but "*I am healthy*", is better.

Yes, “I am WHOLE”, because it is not just the body, it is the mind; so, “I am whole in body, mind and spirit”, that is the better way to convey the message; and the more you say those words, the more you feel the *strength* in the body—the workings of the body, because it is a marvellous contraption that you have been gifted with—I know you would agree with that. So, my dear friends think upon these words and put them to some action.

Agreement and thanks

The best doctor for each of you is yourselves.

Graham: When I wasn't very well a few years ago, somebody said to me, when I went for some healing, that you should say thank you for the condition that you have, **(Yes)** because it is giving you an opportunity for growth **(Yes)** and that I found very strongly resonated at the time. And, when I took those words in, and really reflected on them, I found that I did start to improve.

The recognition is so good for you, because it means that you are beginning to understand yourself.

Graham: Yes

You see? Yes.

Graham: I enjoyed saying ‘thank you’ for the condition, because it did open new doors and my life went in different directions as well, so I used to call it my ‘*gracious condition*’.

Yes, you have done well, in your condition—not quite perfect, but you did do very well, yes, so it shows again what is possible; and then you become like an example to other people, you become that light which becomes even brighter. So, you see, in becoming well, you are affecting others.

Graham: It makes other people *believe* that it's possible.

Yes, and it is that knowledge, that strength of thought, which will continue to help each and every one of you. There are so many questions, so many contradictions, that I understand why you all become confused about illness. But although there is no one answer to anyone's illness, I would say that that one person is the best physician for them. So, remember that also.

Paul: Are there exceptions where, presumably you've agreed to—some people have ongoing illnesses throughout their whole lives.

Some have agreed to come back with illness, misshapen bodies—all the things that people say: ‘*Why would you choose to do that?*’ Those who choose to do that are teachers in their own right. They come to this Earth to show others. And how often do you see these incapacitated people with smiles on their faces?

Agreed

It is because the spirit is shining from within.

Mark: Yes, we once had an England football manager who got into a lot of trouble, because he was open—he said that we shouldn't pity these people for their condition and he was completely misconstrued, which was rather sad; but our media has a tendency to take things wrongly and broadcast things in a bad way; but Glen Hoddle was very much badly treated over his talking about this issue.

That is why again, my dear friends, a thank you to that Great Creator is necessary, because you do not know what you will encounter in your human lives and to have that connection with the Great Creator is something *wonderful*. So those people who come—and I answer the gentleman's question: Yes, they come for a purpose. And they are the ones that will never receive healing whilst they are here, because that would be interference in what they have come to do.

Paul: But for the rest of us, to achieve ‘full health’—I expect most of us have got a few little what we might call ‘niggles’ and things that are wrong with us—but to achieve full health is certainly well within our capabilities... **(Your capabilities)** ...and it would be advantageous on our spiritual paths to get to our peak, I suppose.

Yes. If only I could get you to understand that *everyday thoughts of your thinking*—because that is the beginning of good health—if only you would treat that as you do making your breakfast in the morning, or your dinner in the evening, because that comes naturally to all of you, because of *hunger*; so why not FEED YOUR THOUGHTS? Why not make it a regular blessing, to give thanks and to strengthen your own thinking?

Paul: Right—because as I said those words, those ‘niggles’ are quite possibly...they ARE relating to our negative thoughts.

Yes. You can always find an answer for some discomfort in the body; and sometimes of course, those problems have taken a great hold on the body. That is why you have some illnesses which are so strong and are quite difficult to fight, unless you know what you are doing. That is why I say: Teach your children well. But we do all we can from spirit, as you know. (Yes) If the thought goes out for help, then that is what we will give.

Sara: I think having enough peace of mind—enough peace every day—that’s important, because then you make the choices that are going to make you happier, because if the spirit’s not happy, you’re going to be sad and that’s going to bring down your health, so...

Well, you must remember that the spirit inhabits the body; so, would you put a young puppy in a cage which was twisted and dirty and gnarled? No, you would not. So why, why do you neglect your thinking and your body? It is a lot for you to think of and I look forward, when next time I come, for you to all have some insight into your own, own selves.

Paul: Yes, we should maybe write down if anything comes to us. I’m sure it’ll be very valuable to look into that.

Because also, being human beings, do you see yourselves as others see you?

Sara: No, you don’t.

No, that is something again to think of—to think about.

Case studies

The honesty of the group members, when providing the details of these case studies, reveals the human side of our lives, and many people will probably be able to relate to some aspects within their own lives. Salumet has addressed each case, and confirmed, or advised, where needed. Through illness, our body is speaking to us, and giving us the information we need to go on a different pathway. Of course, it would be even better, if we could catch the wrong thinking **before onset of illness!** That is where **going within** gives us just that! This lengthy transcript is unabridged to give full justice to each case. (28/11/16)

I have come this time, as I have said, to let you all speak; I hope that you have remembered well, those of you that were here, when we were discussing healing and healing oneself. Do you remember? (On 07/11/16, Salumet asked us to explore the connection between our thoughts and our bodies in relation to self-healing)

Yes, it will be most interesting for us to listen to each one of you; and I want you, my dear friends, to be very truthful and to speak about those deep inner feelings and knowledge. Before we commence that, do you have any questions for me?

Paul: Yes, I could start if you like, I did start to make a few little notes. One thing I thought about the 'Dis-ease'—I've got quite bad circulation—cold feet and things, and I gave it some thought about why that was manifesting, and I felt possibly that could connect with in the past, but also today, I think I don't circulate too much with people. And circulating—I tend to have—perhaps I find sort of groups of people and I don't perhaps circulate as much as I could. I don't communicate quite—like some people just naturally go to lots of different people. I tend to be a little bit—not circulating... so I just wondered if there's a connection with my poor circulation and my slight lack of circulating with different people. I also have—we talked a bit about food allergies and I have certain ones I think, certain allergies that sort of block me up, block up my nose and I feel irritated and blocked and I felt that was kind of connecting as well, feeling, communication-wise, being a bit blocked up; not with certain people I know well, but with people I don't know well, the communication isn't perhaps there. And I wondered—just sometimes I feel a slight sort of almost an ache in my heart area just occasionally and I wondered if that was like a regret or something—literally like a heartache at *not* having the communication or the circulation. I'd *love* to be 'at one' if you like and in great harmony with the whole world—animals and ALL people, but my human part of me isn't quite there yet. I have good love connections with certain people close to me, but the love connection just isn't there with strangers or even some neighbours and people. And so, I've got that to work on—I need to love everyone and everything.

But in finding this you have already begun to free yourself. Circulation is the life force within you, which is pushing you forward at all times, and when you speak of blockages that is when the problems occur. But you have done well, my dear friend, to have reached those conclusions.

Paul: Thank you, thank you...

I do hope that you take it forward and work upon yourself, in as much as you gain more knowledge of how you react to this 'dis-ease'.

Paul: So, would you say then that it is partly (**yes**) a case of embracing all things and all people—loving everyone?

The circulation, when it flows freely, creates good health—of course. That is the spiritual aspect of the human condition. You understand?

Paul: Not quite—so my poor circulation, how does that relate to the thought process?

You would have to free your mind, you have to trust completely that you can allow your circulation to flow freely throughout the human body.

Paul: Right, ah—sounds simple!...

I told you last time I believe, it is not simple. As human beings you find it almost too easy to block yourselves from what keeps you in good health. But in recognising the problems, you have taken the first step forward. So, I will say to you well done.

Paul: OK, thank you.

You must use your *Mind* to clear the dis-ease.

Paul: Right, so I will work on that circulation.

You cannot expect, my dear friends, to pray as you say, to those of us in spirit and to expect a miracle without some input from you.

Lilian: That makes sense.

You are in ‘charge’ shall we say, of the human body. After all it does house your spirit and it is your responsibility to treat it in the very best way that you can.

Lilian: So, would you say the biggest problem with human beings is their thoughts?

Of course! It is the thoughts—even if you accept that or not, if you have perfect thinking you will have the perfect body. Until such time you need to return home, and then your journey will be peaceful and quiet, without illness and all the many conditions that afflict this world.

Pause

Who else will speak?

Sarah: I wasn’t here actually when you asked that question of us. I did know about it, but I’m afraid I haven’t worked on it. But listening to Paul, it’s quite extraordinary listening to him, because all the symptoms that Paul has, are exactly the same as I get and I’m actually quite happy with my own company. I do probably mix a bit more than Paul does, I don’t know, just with my activities that I do, but certainly I’m quite happy being by myself. So, it was quite extraordinary—everything he said was exactly the same as I get as well.

But sometimes you hold back on the emotional stuff in life. You speak many words, but sometimes you hold back; and when we speak of circulation, it is ever free flowing. It should never be interrupted if you are to remain healthy. You understand?

Sarah: Yes, so I too have to work on that.

All of you, everyone within this room. That is why last time I said to you about teaching your young children. Teach them from a young age, help them to speak about inner feelings, not just the everyday trivial matters, but deep, deep searching of how they feel.

Sarah: The other thing that has been very much—I don’t know if this is quite relevant, but I’ve been thinking a lot about it; I bought this house that I began to feel that maybe I’d made a mistake and then I thought to myself, no, I haven’t made a mistake—what this house has given me has made me search within myself and my thinking has become actually quite different since I’ve been in there, because it’s *made* me change, it’s *made* me think differently. So, I think actually it has been the right move. Maybe it perhaps isn’t quite the right *place*, but the actual *move* has made me change and think in a more positive way about lots of things, so...

Of course, not all as you term ‘mistakes’ are bad, because as you have said, you have grown a little strength from these experiences. It is the *recognition* of what you do that is important. You understand?

Sarah: Yes, I do, yes.

But you must all work on your *thinking*.

Sarah: Thank you.

Pause

You are in no hurry to speak with me.

Chuckles

Graham: About 3-4 years ago, I noticed that my knees were beginning to give me a bit of jip; on staircases and when I was cycling and when I went skiing on the dry slope, I found it was affecting my ability to ski. And I remembered your words about thinking and all of that and so I tried to analyse my thinking and trying to identify where my strongest thoughts were—perhaps *negative* thoughts—and it had been in fact all that was going on in the Middle East and all the outrages that were going on at the time and I was allowing my thinking to become very negative and I think that that was manifesting, that sort of critical thinking, was actually manifesting in my knees. And I remembered your words and I started trying to

work on myself, trying to *transmute* those negative thoughts and then, as you've said, you should obviously pray for the victims, but perhaps you should equally if not more importantly, pray for the perpetrators of the outrages, because they are struggling and in their own way they're doing the best they can and in their own way perhaps believe that they are creating an ideal world in their parameters of whatever. So, when I started catching myself getting negative—and I'm not perfect and I'm not perfect now, but every time I try to remember that if I ever allow my thinking to go negative, I've tried to stop that and my knees have, over the last year, almost completely recovered **(yes)** and I just wondered if there was a parallel there?

Yes, again it is a sense of moving forward; (yes) legs, knees, ankles, feet—all of those are indications of movement. So, when you have negative thoughts, the disease or dis-ease of the body shows itself in the way that it recognises. So, of course when you free the mind, to let go of these negative thoughts, then that is when healing suddenly becomes possible, when the mind is in the right place. (yes) So, I say to you, my dear friend, continue in this way and you must be always your own successful physician.

Graham: Yes! I think there was a wonderful book, which was called '*The healing effects of illness*', **(yes)**, or words like that, which I thought was rather splendid in a way, because your illnesses do show where your problems are.

Yes, it is whether you deal with the problems or you allow them to become stronger, and that is what happens in your world, where illness takes over, becomes stronger, because the negativity has not been properly dealt with. You feed your bodies, you feed your cars, why is it that you do not feed your minds? (yes) It should be a natural occurrence for you, but it is not in this human world.

Graham: I think it was wonderful when you said, when you feel negatively towards a region of the world, you are actually adding to the negativity of the world **(yes)** and that was a *big* motivation to me to stop doing that as well—*chuckles*

Yes, you must know Love, you must have compassion, but you must also know yourselves. (yes)

Ben: Then can I just ask about George, who developed cancer, **(yes)** and I would think of anyone in the group, George was advanced and evolved in his spiritualism, and yet he still... **But you do not know that my dear friend. You are passing a judgement. You are living one lifetime now; you do not see the full picture of your own spirituality until you return home. Then you will understand there are many people who have lived lives, which you would term probably 'cruel', which I term a little 'misguided', but because you have lived one good lifetime, and who is to know what is within another's heart and mind? You cannot. So—but I understand why you say these things—in this time he was a good man; but he also went through times when there was negative thinking.**

Sarah: In this lifetime?

In his lifetime, yes, when he was a young man. But you cannot pass judgement, you can only do what you want to do. That is why you have all been given freewill, to use it as you must, and not always wisely as you know.

Sara: Did the period as a youth, did it affect him later on? Was it stored in his body?

Yes, you must not always feel that illness comes upon you in a flash. It is a slow eating...

Jan: ...process

Thank you, yes.

Ben: I think I was just surprised maybe with his illness, and obviously, I passed a judgement on him without realising. **(yes)**

Sarah: But his wife as well, I mean in all the time I knew her she seemed to be a very good woman and yet she had cancer as well.

Ben: Yes, I wonder how much of cancer...

Cancer, let me tell you my dear friends now, cancer stems from some form of *regret*. Whatever that regret may be, has quite a hold upon the physical being. And as I have said, it does not happen in a second. All illness grows; that is why it is important for you to know yourselves very well, to be able to change the thought patterns, as our dear gentleman has just spoken about. You have to deal with them as they occur.

Ben: With cancer, would some of that be environmental impact as well?

Yes, there are many conditions. Once the body becomes a little less immune then many things take place, yes. But initially it is a thought process which has happened in *all* illnesses.

Ben: So, in the case of young babies or young children born with leukaemia or some form of cancer, that might be a hangover from a previous life?

That would have been their choice. If they are born into this life with a condition, it is something that comes with them, or something they need to experience for a very short time, yes.

Sara: So, we can heal our bodies in the *present* of wrong thinking in the past? **(Yes!)** We have the power to do this now.

You can *transmute*, as the gentleman has said, you can *transmute* the energy of thinking, from negative to positive. How many illnesses in your world that people become well from—how do you suppose that has happened? Does there not have to be a reason? Yes.

Sarah: Then there are these epidemics too—Ebola and all those things.

Yes, there will always be diseases in your world, but if you have a strong, clear, open mind and a clear body with immunity that is so strong that none of these viruses or whatever you call them, can invade.

Jan: That is why some people contracted Ebola and others don't.

Yes. Those are the questions you need to ask of yourselves.

Mark: I've got a bit of arthritis in my elbow, which I guess is a rigidity...

Yes, it is a form of rigidity

Mark: ...rigid thoughts. **(yes)**

Jan: I read only today that pain in the elbow can often be a sign of anger from somewhere.

Yes, yes—anger also can show itself within the joints of the body. It is almost like in those areas it is a clenching of the mind. Try to always compare what you *feel*—the body and the mind, the differences and the changes; that is what I am trying to convey to you all.

Mark: I was trying to think about it, and somebody, very recently, told me an exercise I can do. That's a physical treatment, but I wonder if that can actually help?

Jan: You'd be better concentrating on your mind...

Mark: Yeah, I know that too, but I was thinking in a way maybe it can be a double—two pronged?

Of course, you can exercise as much as you like, but if the mind has not been worked upon as well, there *will* be no healing. I have told you many years ago that until the soul is *touched* the body will not heal.

Sarah: So, if the mind isn't clear, that's when, for example, just ordinary wear and tear of the body, if your mind was thinking—was *right*, you wouldn't *get* the wear and tear of the body **Exactly. Once you have allowed it to come into the body, then it becomes a little more difficult for you. We understand that in spirit, and we know you live in stressful times on**

this Earth, we know there are many things that happen, that make you feel angry, hurt, etc. But you have to rise above all of that if you are to remain strong.

Sarah: I was also thinking about Lilian's heart **(yes)**—that's the same thing then

Lilian: The heart was ok, it was the cholesterol.

Yes, which is partly because of food that has been eaten and the fact that the mind has not worked upon that problem, or there's been no *change*. I am trying to get you to understand a fuller picture my dear friends; you're a complex being.

Lilian: Yes, we are!

Mark: I'm guessing that because it's my right elbow, and not my left elbow, that that's significant. As I'm right-handed, I suppose I do more with my right. **(Yes)** So, therefore my right is more involved in life, so that's why it would affect my right more than my left, would it?

You see, I can tell you all of these answers, but what I want, my dear friends, is for you to go inwards and find the answers. YOU ARE IN CHARGE OF THE PHYSICAL BEING. The physical being houses your spirit and it is entitled to a good healthy body. You understand?

Agreed

This is why I say to you, why do you not feed the mind? Why is it not a natural happening in your everyday lives?

Sarah: Because we're human, I suppose—*giggles*

But that becomes an excuse.

Agreed

Serena: I think sometimes, well most of the time, people don't actually realise what they're thinking.

Oh, I think they do on a deeper level.

Serena: Quite often if you say to people, what are you thinking? *'Oh, I don't know'*.

You are talking about the physical brain.

Serena: Yes.

Yes, when we go to spirit, the mind belongs to spirit and your spirit knows *much more* than you could imagine. But I understand what you are saying; yes, people are so involved in everyday living that they have forgone all the *beauty* and the thinking that belongs to them. You understand?

Agreed

Jan: May I go now—may I speak now? **(Yes.)** I have always joked that I was born guilty, which sounds rather a flippant comment, **(No?)** but the way that I was brought into this world, I have always felt guilty in some way, and I lived my life with that guilt and I did things and said things that I shouldn't have throughout my life, purely I think to myself, to compensate for something. And then as a child I began to have growing pains in my legs and always pains in my legs, and I now know for sure, that that was the fear. Fear stopped me moving forward and has done, up until this year, and that culmination throughout my entire 56 years was the break in my leg. I wasn't fearful at that time at all, in fact I was so calm the day I broke my leg, I surprised myself. And then it was your words Salumet, a couple of months ago, that I thought, I've got to stop saying: 'I need to put this into the hands of Spirits', 'I' need to do this. And then, that night, my whole idea of mending this leg, it was just like a light bulb moment and it got stronger and stronger and it's healing—I know it's healing, it's going to heal, there is no two ways about it. It might take longer than the medical people want, but it is going to heal, because I am healing this leg. And something

happened on that coastal path, that took away a lot of the fear that I have held within myself for past misdemeanours or whatever you call it, and the way I was as a child, the way I was treated as a child.

I would say one thing at this point: Can you look at the break as being like a new beginning?

Jan: Yes, that's what I think I was...

Breakages are always about new beginnings.

Jan: Yes, there was a lot of cleansing that seems to have taken place. I've got a long way to go, I mean I'm no way perfect, I tend to take on a lot of other people's negativity and I need to work on that—I allow that...

But you have recognised it, my dear friend.

Jan: I do—a lot of my health issues in my head etc., are all taking on other people's negativity, **(yes)** not my own and unlike Paul, when I was much younger, I craved people, I craved having people around me. Now, I *love* people, I absolutely love people and I get such a buzz out of spending time with people, but I also love my own space and spending time with myself, which I *never* loved before. I love ME—I think that's what I've learned to do.

And all of you *should*; and when you have reached that state of knowing, then we in spirit, that is when we can step forward and really help, because there are no obstacles in our way. You understand? (yes) Yes.

Sara: I can relate to what Jan was saying, because I think I've always had a special ability to communicate and I can empathise easily with people and connect with them easily, but in the last few years I've been learning also to love myself and enjoy silence more and peace and it has become very important to me; but at the same time I feel that I'm building up to a new role, where I can connect just as easily as I always have done, but in a very purposeful way—with more purpose than I did when I was younger. So, I think I'm going to bring the two things together—the ability to be silent and peaceful and hopefully the ability to communicate and find a good role for that that's perhaps a bit more than it is currently, but I think it's coming and I'm using my creative abilities hopefully as some sort of platform for communicating. **(Good)** But, yes, similar to Jan, I have felt the need to be more peaceful recently and go within more.

Yes, that should come more naturally to all of you, only in as much as the conditions that you meet under, that when we come together such as we have this time that the mind will take over. I'm sure you all experience within these walls a sense of *peace* at times...

Murmurs of agreement

...much needed peace sometimes, but I am glad that you recognise that you need to go within. It will not blot out the everyday worries of life, but when you change your way of thinking, then you are on the road to good health.

Sara: And in my sleep-state I felt I was being given a message. I saw myself drinking a green drink—turquoise-green colour, and I had the word 'Amaranth' given to me. I've looked it up, I didn't know what it was before, and it's something you can grow and it can be a sort of salad leaf that you can eat, but I felt I was being told that this would be beneficial, because it felt like a message—strongly visual and I heard it as well, the word.

Yes, you must always pay heed to those who come close to you in sleep-state; that is when your connection is strong; but the strongest part of all is when you are in a meditative state, but also still alert. That is when you realise that you have connection with the Mind and the Mind of those in Spirit. So, listen closely, my dear friend, to what is being given to you.

Sarah: Serena, do you want to say something?

Serena: I haven't really to be honest thought too much about it, but a health problem that I have—it doesn't relate to my *health*, it's discomfort of heartburn, **(yes)** and what I—I can't really make out why and I can't put it down to food, because it's not dependant on what I eat or when I eat.

Again, this is an emotional problem. (right) If you think of the word 'heart' and you think of the word 'burn', there is a disturbance within the Mind, which is causing this. You will know and understand in your quiet times what that is. You may have to seek for it, but it is there for you to find. And if you do, I would say, speak to the heart, speak to the body, and if you do you will have results. I hope that is helpful to you.

Serena: Thank you.

Jan: You haven't spoken mum. **(yes)** You haven't spoken Lilian, have you?

Lilian: No, I've just been listening. I can't really think of anything that I'd like to say.

Yes; but all of you my dear friends, I do wish that you will think differently, think differently about being in connection and I will use what the gentleman said earlier about your Higher Self; your Higher Self will always listen to you, in order to help you also. And I have not heard from the young lady who sits by me. Do you have anything to say?

Natalie: Um, I wasn't here either, but I got the general idea. **(yes)** There were two instances, probably in the last year—and I thought about this a few months ago when it last happened, when I had this flare up of tonsillitis, and at the time I was really angry at my mum and I wanted to tell her how I felt about something, but I knew it would result in an argument that I didn't want to have, so I withheld that anger and then I got this throat thing **(yes)**—at the time I thought that was probably that, because I haven't told her how I feel. **(yes)** And then also within the last year I had these two—I've never had it ever in my life, a debilitating kind of trapped nerve in my back. And the first time it happened I had no idea what it was and it was horrible pain and I just couldn't move and I was just basically in bed and I couldn't do anything. And I think that's also—I don't know why necessarily the first time, it could be in relation, but the second time it happened was the day before my granddad passed away and I think it's like an exhaustion, but also when I know people are demanding of me in some way—various people and I don't want to talk or see people, and it's almost like my way of avoiding people, because I physically debilitated myself, **(yes)** and then I don't have to leave—it's like an excuse, if you know what I mean—I've sown a seed and then **(yes)** I'm almost paralysed, I can't...

You have explained your condition yourself. The throat is the power of speech, power of communication to others. What you have done wrong this time is not spoken what you truly felt, and you have to at times be true to your own self. It is not being unkind, it is not being angry as you say, but it is just allowing people to know how you are feeling. If people are upset by what is said to them by another person, that fault lies with the—within yourself. And if someone is hurt, that is their problem, because they do not always understand that you are being true to yourself by speaking out. I do not say to you that you use harsh or unkind words, but always be true to what you feel. (OK) You understand? (Mm) That is why the throat will suffer. You can understand that, can't you? (Yeah)

Jan: I think I've just realised why my daughter suffers with so many problems inside her mouth. **(yes)** And between us, I know I don't want to hear the real truth and I skirt around it a bit and that's probably why she's still holding onto these throat problems, because I'm really the only person that she can talk to.

**Yes, however hurtful it may feel to you, she is being honest in wanting to speak. (yes)
Therefore, the fault lies with you, my dear friend.**

Jan: Yes, I've just realised that.

Yes, think about those words. It is all quite complex for you I know, but it has given you much to think about.

Jan: Yeah, because it's not a judgement, is it, when you recognise in somebody else, that you not only have an innate knowledge about *yourself*, but you can start to *see* and *feel* where other people's blockages *are*.

Yes, when there is an openness, then it can be dealt with fully. If there is something you dislike, and this is words I have used back many years since, if you do not like something then look to yourself *first*, because the problem will always lie within yourself...

Jan: ...as you why you don't like what you're hearing...

...as to why you do not like either what you hear, see or what someone else has done.

Sarah: When a child has been traumatised by mostly an adult and then for the rest of their lives they struggle with what's happened to them, is that because they are then not letting go of what's happened?

Children need to be helped, only in as much as until they reach adulthood, they cannot figure this for themselves.

Sarah: No, but once they get to adulthood, and they're still holding on to what's happened to them...

Yes, they must let it go.

Sarah: So once they've completely let that go then...

...their health will be on the mend, if you like.

Sarah: So, can that take a lifetime to happen?

Yes, and sometimes people will pass to spirit and it has never been sorted.

Sarah: So they really need to work on **(yes)** letting go as soon as possible. **(yes)**

Jan: I think that lovely word 'forgiveness' comes into play.

Forgiveness, yes—love...

Jan: Love and forgiveness comes first, before you can move on from anything like that.

That's right, that's right, and having the recognition of what is happening and why you are feeling as you do, why your body is reacting as it does. All of these are important questions to ask of yourselves.

Ben: I think personally I've always had quite a strong fear of loss and I think that's led to me being quite indecisive at times, and also avoiding conflict **(yes)** and like Natalie I had many years of tonsillitis and ended up having them removed **(yes)** and I think that's probably connected.

There is always a way in difficult situations for words to be kind and loving. So never be afraid to say what you feel to another human being. Do it with love and kindness in your hearts and you will not go wrong.

Sara: I also have often had a fear of conflict and dislike of it and used to have a lot of sore throats—and bottled up—and I can even remember as a child desperately wanting to sing beautiful songs of love and, you know, nice words at the piano, but I couldn't—I didn't feel comfortable to do it; it was just my own, you know, blocking myself. **(yes)** And then later I was able to, through more experience and travelling, I was able to then open up my throat to do what it wanted to do; and even now, if I don't sing for a long time, I feel sad, because I want to express that joy and the depth of the feelings inside me—I need to do it for my health really, **(yes)** it's part of my spiritual health I think to do these things, because without

that expression, I'm only expressing a very small part of who I am, **(yes)** not the whole of me.

Sara then mentioned a personal issue which was resolved through communication. Sara continued:

So, communication I think is very important—open communication with people, because quite often we can bottle things up.

Yes, which again creates dis-ease, yes.

Sara: Yes, it causes problems not just for you, but for other people too, who need things to be talked about sometimes.

Jan: So collectively, we're able to not only heal ourselves, but we're able to heal each other.

Yes, that is an important point. You not only bring self-esteem, love, all of these great words that we use, but you also help another, and it is like a *rolling ball* that continues on and on and on.

Jan: I can only talk for myself, but I realise now from what you've said tonight that I hold onto this fear, **(yes)** which is a fear that what I'm going to hear, I'm not going to like, so you block it out **(yes)** from somebody else and you draw back into yourself, thinking, well, if I'm over here that can't hurt me. Whereas in actual fact, to heal *both* of you, you've got to hear it—you can't go on until you do.

And when you withdraw from one person, you are showing to another a completely different person. So, you could also be damaging another in a sense, because you are not free to respond.

Jan: And you're not being your authentic self actually, **(no)** by withdrawing in that way, just to protect the negativity.

That's true.

Jan: So, it's being able to *protect* yourself from the negativity, but have the compassion...

It is an instinct within the human being; fear, anger, all of these emotions are part of spending time on this Earth plane.

Jan: Yeah, they were our flight or fight responses originally.

Yes, but there comes a time when you must go inwards, you must be open to others, you must give love. That is why as I end this talk with you, it is important for you to guide the young children of today.

Sarah: I was just thinking, my brother used to have a lot of tonsillitis when he was quite a little boy and he was a very happy child; but he was a child, so why would *he* have had all that tonsillitis? Is that something he brought with him from a previous life?

Children can have negative thoughts also! You do not always know, unless they feel free to speak in love and openly what they are feeling. And children are more prone to anger outbreaks, only because of their immaturity in this world.

Mark: Yeah, I had my tonsils out quite young—or adenoids, I can't remember which now, but it is quite common, **(yes)** so I guess in a lot of families, children can't quite express.

Or they are told to be quiet and not allowed to express themselves. If they are allowed to express themselves in a good and loving way, there would be no such thing as tonsillitis.

Sarah: That's interesting, because I didn't really think my brother suffered in any way at all. He was the youngest and he had a very easy life.

But you do not know how he felt within.

Sarah: No, that's true.

Sara: They don't show feelings unless they feel it's safe to.

Jan: Richard, my son—everybody knows Richard was part of the group—he was born with those sorts of problems; from 9 months old and earlier, he had huge tonsils and was deaf until he was three almost. So, maybe Richard brought that with him, or...

Sarah: Maybe he was mourning it, because he was a twin, wasn't he?

Lilian: I was just thinking that.

Murmurs of agreement

Well, I give thanks my dear friends for listening to you. I am so pleased that you listened to my words last time. And as I leave you, know that I leave you cloaked in love and upliftment.

General thanks and appreciative comments

Health in animals

Although animals do not think the way we do, they do think and so are capable creating illness. However, generally, animals are much healthier than humans, especially sharks. (4/9/17)

Sarah: On a slightly different tack, you've said to us that cancer—well, all illnesses are something that we have created ourselves, maybe not in this lifetime, but in previous lifetimes. When animals get cancer, is that the same thing, have they done something wrong?

Yes, it is an unbalance, the animals as well as humans, become unbalanced. That should not surprise you.

Graham: They *think*, but not perhaps in the same way that we do.

No, that is true, their thinking patterns are different; animals are different from you as human beings, but they are still 'prone', shall I say, to imbalances.

Sarah: How would they get imbalanced, an animal? Could you give us an example?

Because like people, you can have angry animals, you can have animals who become so afraid that they do not mix with other animals—there are many, many reasons.

Paul: They can become depressed, I think.

Yes, the same as any human being.

Sara: So they can all benefit from healing ...

Graham: ...and love.

And animals will give you unconditional love, if they are treated properly.

Sarah: Because I've watched some of those vet programmes and the owners are absolutely distraught that the animal's got cancer, so it isn't a case of them not loving the animal.

It is what the animal *feels and does* itself. You cannot blame another for any illness that occurs, either in an animal or in the human body. You see it happen when so many are told they will not survive, and they do. You have to then give an explanation for why this has happened—why does it happen with some, but not others? But remember, you all have to pass with something, unless you have the capability of understanding your own Spirit.

A meditation to a spiritual sun enabled healing energy to be used in Bangladesh

A two-part meditation where energy collected from a sun was used to give healing in a refugee camp. (15/1/18)

Where we're going is so dark, it's so unbelievably fresh and crisp, and silent, because again, we are leaving our planet, and going into space.

I'd like you in your mind's eye to imagine being in space, completely alone, totally safe, totally silent, completely weightless, but being able to move and turn in whichever direction you want to.

This is a very unique place, quite unlike anything on Earth. You reach out with your hands around you and just feel space. People say that space is a vacuum, but it's so much more than that, there are incredible energies all around.

So with your fingertips, try to reach out to those energies: There's a freshness, a coldness, a crispness, a lovingness, a sense of belonging—all these things together. Try to absorb yourself into space, and space into you.

Space is far from empty, because when you look around, you can see so much; and you have special eyes, where you can see all the clouds, stars, planets, asteroids—incredible things that we don't even know about, extraordinary things, all out there. You see objects moving around; planets, planets moving around suns, and somehow, you can effortlessly drift from one sun to another.

Because you're so safe and you can move to an infinite speed, you decide to go towards the sun, to have a closer look. Your special eyes are not harmed by the light of the sun, or the heat of the sun, so you can move towards the outer layers, and what a sight you can behold. Nothing through a telescope can do justice to the vista beneath you; because beneath you, you have the most dynamic environment you could possibly ever imagine.

It is hard to explain in words, but everything around you is plasma—super-heated gases and vapours swelling in tornadoes. There are tornadoes all around you, there are great black holes with powerful magnetic fields streaming out and there are vapour trails shooting planet-size flames above you.

Everything around you is in a state of incredible flux and movement, but you're totally safe, and you observe with a sense of utter wonder.

You don't want to go too close, because it becomes too overwhelming—there's too much going on. Suns are incredible, incredible forces of nature. This particular sun is billions of years old. Again, you reach out with your fingertips towards the sun and you can feel the streams of vapours, the entrails of tornadoes—the wispy bits I mean by that—you can feel them entering your fingers, you feel yourself being energised, because this isn't just a physical sun, it's a spiritual sun.

You feel invigorated—totally blown away by the whole experience.

Having had your fill, you decide to return to space. It's totally dark and fresh and crisp and electric. Space is alive with energies and having taken a little bit of sun with you, you feel even more so. You absorb that energy into yourself and then through some magic you return to this room.

At this point Graham began part two of his meditation, explaining he felt now the energy had to be used and that we would do this as a group, focusing on the huge refugee camp in Bangladesh.

We've been given fantastic energy, incredible energies and we're going to go to that place in Bangladesh, where all the people are in exile. We're going to the biggest refugee camp in the world. I want you to imagine yourself hovering near and coming closer.

It's during the day, a blazing hot day and you land on the ground. It's a dusty, brown plain and you see all the peoples around you, but your job is to spread your fingers onto the ground and to feel the energy that you've gathered from the sun and to let that energy pour into the ground—beautiful spiritual energy.

This energy is full of love and light, incredible power and the energy will go through everywhere.

So feel your arms and fingers. You are now crouching on the ground with your arms in front of you, and your fingers are on the earth.

You're aware of lots of people around, but they're not really noticing what you're doing, because what you're doing is very magical, very special and quite difficult to understand, but you're just pouring this beautiful energy into the ground and you can feel it coursing in every direction—into the trees, into the people, into the buildings—healing energy, uplifting energy, it is uplifting the entire area, giving people hope—a very important job.

When you're finished with giving your energy, you can now stand up and look around you, and you can feel and sense a difference, and that is your work completed.

Afterwards, Eileen got a strong feeling that we would hear something about Bangladesh over the next few months. Sitters shared their various sensations. Jan was being told clairvoyantly never to underestimate our power as a group—not as individuals, but as a group. Jan then wondered if 'energy' was a better word than 'power'.

Finally, another spoke through Eileen.

Lilian: Good evening; thank you for coming.

Thank you.

Lilian: Sorry I took so long.

I have been listening to you speak about energy and power and lightness and darkness. I had to come before you close this meeting, just to say a few words. You are INDIVIDUAL energy and yet, you are combined to all things. Your power, as you say, varies in the same way that your planets and your stars, that some are brighter than others and some much dimmer, but nevertheless a source of power. POWER is not too strong a word, lady.

Jan: Right.

Because ALL things are united in power. Use 'energy' if you will, but 'power' is acceptable. Power in as much as you can transmute whatever you wish.

Jan: I was trying to take the ego for my statement.

Yes, I know, I know you were, but it is an acceptable word for people do understand. All of you tonight, have been taken on a journey, a journey not many people would recognise in their daily lives, but nevertheless a journey which you deserve and which belongs to you all.

Jan: Wonderful.

I felt I had to say these words to you, to confirm that what you have been feeling is correct. And no matter if some have not spoken or have not been used, that time will

come when their energy is FULL enough, to allow this to happen. (That's good) You have within this small group much energy and it is your responsibility to use it.

Jan: We certainly did that tonight.

Yes. As I look around this room, I see Souls full of light, Souls full of Truth, Souls which are looking forward to more knowledge; and this you can bring to yourselves, you have the capabilities, you have each other, but you also as individuals have all the energy which you need to survive.

Jan: Yes, we certainly felt a different energy tonight, like the instrument you are using (Eileen) said—that collective energy was very evident, **(Yes)** as well as an individual one; the responsibility of the individual comes first, **(Yes)** and then that blending of those energies was very evident.

Yes, it is evident, and I am sure that when this room is left here tonight, that each and every one of you will feel that difference within you.

You have received a great privilege this evening and I hope that each one of you has felt that difference.

Jan: I can only speak for myself—what about everybody else?

General agreement

So, I will say thank you to each and every one of you. And thank you for allowing me those few words.

Serena: Could we ask who you are?

I will give you a name only for recognition. My name is Melvin.

General thanks

Jan: We hope very much to be taken on journeys like that, often and to use that energy as we did tonight...

Yes, you have to accept what is given, if you wish to move forward.

Jan: Yes, in any which way they wish to use us, we are eternally grateful for that.

I thank you, I thank you very much my friends, for allowing me here.

General thanks

Notes:

This evening has demonstrated Power of Thought in action, with Graham's meditative journey providing a focal point from which to send healing thoughts where needed. Salumet has stated many times that the Power of our Thoughts, is the most powerful thing that we possess and has commented previously on our combined healing efforts—in this instance, facilitating a child's miraculous recovery in Canada:

My dear friends, this time, I came to you on a wave of much love and gratitude. Are you now prepared to believe the power of your love, how that combined love can be utilised for good? ... my friends, it is not unusual. I wish you to know, that all of you have the capacity of much love, to use with the power of your thoughts. After all, the power of your love, can transcend all of life's problems. I hope that now, you are beginning to understand what vessels you are, what vessels of Love and Truth you have become and in using such Love, you are ever-increasing your own consciousness, thereby you exude more Love. It is a never-ending trail, towards perfection.

Les: Yes, I think certainly it's something to aim at and it is an object lesson to us all here. If any of us had a doubt, I think it's dispelled now.

There will come to you, many opportunities to send forth such love, not only from each individual, but as a concerted effort of love, by many. Not only here, but from many others.

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...no matter how distressing life becomes, you have the power in the moment to change your lives. You and you alone have that power...

Dr Klaus

After healing prayers, Jan sensed the presence of Doctor Klaus, a tall, slim gentleman with white hair and beard, who seemed interested in the people included in our healing prayers and Jan felt he would be helping in future. Meanwhile there was one with Sabine, with a problem with their throat, which Jan said Doctor Klaus was also helping. She placed her hand on Sabine's throat, which helped this one. (16/4/18)

Later a communicator who knows of Dr Klaus comes to give more information about him.

Lilian: Good evening and welcome.

Good evening.

All: Good evening.

I wanted to let you know that the doctor who came through is well known in my circle.

Lilian: So you're a doctor too?

I am a nurse.

Paul: So you work with doctor Klaus?

I don't work directly with him, no, but I do know of him and I would like to say to you that he has done some very good work and we are most pleased that he has come to visit you.

General thanks

Paul: Can you say whether he'll be coming again?

I cannot tell you that directly, but what I can tell you is that he will be working with you. It is such a pleasure to have been allowed to speak with such a beautiful group of people.

(Thank you) ***I feel much love in this room and that is what doctor Klaus has been attracted to.***

Paul: They're always very welcome, to have healers of any kind to help with the work; there's a lot of healing needed.

Yes, healing from both parties.

Sabine: Do you know in what way he'd like to work with us?

I cannot tell you that exactly, I just know that this has been on his list of things to do.

Sara: Nice to know, thank you.

And now I will take myself back, but I thought you would be interested.

Agreed / thanks

Absent healing

Serena asks for an explanation about the mechanics of absent healing. (19/11/18)

Serena: Could you explain when we ask for healing what actually happens and how it differs, if we ask in the room, and if we try and do healing ourselves at a distance for people?

Absent healing, I believe you call it? (Yes) Yes, we need to talk a little about energies, because that is what is happening. As the thought is made to exist, the energy which surrounds it is carried to those who can help. Remember that all things are *energy*—that is the key word here. That energy is affiliated to other energies around you, in the same way as you have radio waves that you never see, but can still create noise, so too can the healing energies that you send or give to another. And you have to think, how does it happen? All I can say is that you allow the energies to do what they have to do, and it is up to the Great Creator to decide—and not in the way mankind speaks of it, but to decide who will be helped and who needs to learn just a little more. It is not a judgment, never a judgment; so, what you have to do, is accept whatever comes.

Serena: So, when you say '*learn more*', this is *learn more* through the pain or the illness or... Yes, it is still an energy, whether you are of what you call, good health, or have complaints, it is all energy, and that is why you are able to control it, because with your spiritual mind, you can transmute any energy that is available to you. It is not an easy one to describe, because it is something we have never really discussed in *full*; but again, I say to you, why do you try to dissect it, why can you not just allow it to happen and know that you are part of that healing service?

Serena: So, when we're here and we ask for healing in this room, **(Yes)** it is again another form of healing, the absent healing, but, how does it *differ* from us asking *here*? Who's doing the healing here, is it *us* or is it people in Spirit?

It is both, it needs to be *asked* from here, because you are dealing with a human being. If it was spiritual contact, that is something quite different, and contact with the human on the Earth is quite different, the energies are the same, but used differently—that's what you have to remember. All energy comes from the same Source, but in the same way, as let's say, the table within this room is a much denser energy, but it is still the same energy of Creation. It is all to do with the transmuting of different energies; but at the end of the day, if you wish to have a healing, you have to accept that the main healer is the Great Creator. You have to remember that *Thought* and *Action* are instantaneous.

Jan: Yes, we don't have to be in this particular room, to send healing thoughts **(No)** or love, at all, it can happen anywhere.

Just one thought is enough to create what you are wishing for. That is the part that the human being has lost and needs to regain at some point. That is why, when your senses are heightened that you can look at another human being and feel and see their pain; that is the spiritual aspect of yourselves that is at work. You understand?

Jan: Yes, the difficulty is when you recognise that in somebody and that person closes themselves off in such a way that nothing can help them, it seems.

But you have to respect their wishes; you cannot live another's life, and it is up to you then, to say I have done my very best and now I will go.

Jan: Mm, not so easy when it's family, but yes, you do have to withdraw and protect yourself.

As you all must do. You are all responsible for your own selves; that is why you are here, to grow, to love others and to recognise that Spirit that you ARE, *here and now*.

Sarah: Also, when you're asking for help for somebody and you're thinking of however it should be that's maybe not what should happen, so maybe that's why it doesn't work either?

No, you cannot wish for what you want, you have to offer—that is not the correct word I wish to use, but you *give* that person to the healing energies of Spirit and you allow Spirit to decide what can be done with those energies.

Jan: That makes total sense, putting it that way.

Yes, this is always the problem, trying to explain in simple terms, what in fact is something not so easy to discuss. But, my dear friends, you have no reason to worry, continue to give your love to others, those who are well and those who are not so well. Every single human being, at some time in life, will feel the point, where they wished they knew just a little more, and that is up to each and every one of you.

Emily asks after a book called the Medical Medium

Paul asks on behalf of Emily. (12/8/19)

Paul: I've got a question from Emily, who used to come to the group—Sarah's daughter. (Yes) She's reading a book called, 'The medical medium', by Antony William. He has spirit with him who is always there, working with him to diagnose people and assist with food choices in healing. Spirit says he's never walked the earth, but he's not a guide, he just says he's a word, 'Compassion', which is the tip of God, who is Love. She wonders if you know of this and if you also resonate with a word?

We all resonate with that one word, 'Love'. All of existence is Love and your Bibles and your books teach that God is Love. There is no doubt that Love is an expanse of Spirit; it is a word that we all use and sometimes we use the word too lightly. Love is something that you *feel*, it is not there to be touched or to be felt with any kind of limitation. So yes, I would say to her, I would agree with the word of Love. Compassion, he uses, is because he is helping people and after all, we all have compassion, if only at certain times in your existence. Compassion too, is also lacking in some people, because it is a word that is misused, misused in the sense that people do not understand what true compassion means. What was the other part of the question please?

Paul: I think she was wondering about—it says that he's never walked the earth, and he's not a guide, I wondered if she wanted to know if that person helping Antony William, perhaps they are a bit like you, who hasn't walked the Earth?

Yes, I do not know the answer to that straight away, but I will find out. There are of course many people who tread this earthly planet; (Yes) yes, whether they have walked the planet is another matter, but I will find out and let the lady know.

Paul: If they haven't walked the planet, could we assume that they are from a more angelic realm?

There is no mention of that in her words, but it is possible that the spirit has decided to return in this way, perhaps to experience whatever—compassion and love for others. But I would have to, as I say, look to this when I return home. (Thank you) I am surprised that she uses it singularly. Normally in these cases, in cases such as myself, we are a conglomerate, it has never worked with just one person. Of course, there are people who come to earth to help others; there are many good spiritual doctors who do this work. So, I am a little surprised that there is no mention of this, but I will let you know. (Thank you.) I hope that helps the lady.

Paul: I'm sure it does, thank you.

