

20<sup>th</sup> April 2009

Lilian: Welcome to you Salumet.

**Good evening.**

All: Good evening.

**As we come together this time there is a great sense of peace. I am sure that each one of you feels this to be so.**

Lilian: Yes, thank you.

**As I speak with you this time it will be quite short so I will invite you, my dear friends, to ask me any question that you would like me to answer and for the rest of your time each one will be worked with by ones from our side of life who will try to inspire and to help you in whatever way is needed for you.**

*General expressions of appreciation—in fact our second question was answered at considerable length such that Salumet remained with us 40+ minutes*

**So, if you would like to begin, I am happy to be with you.**

George: Thank you. Well, I think there is one question that I think we are all thinking about. At our last meeting (6<sup>th</sup> April) there was no speech, but one of us, Sue, was impressed with the information that energy was being drawn from each of us and it was described as like the aurora borealis, with streams of energy. And it was also being drawn from other groups around the world and was being blended for redistribution. I was wondering if you would have any comment on that.

**Yes—as you fully understand, each one of you is a light-being; of course, as spirit, that has to be so. As energy is used, sometimes it is displayed or recognised in the form of colour, which would explain why the instrument explained it in this way. The closer you come to us in spirit the brighter the colours become and the light has a ‘sharpness’ which you would not be aware of in everyday life. These lights are indeed spiritual lights, but it should not surprise you, because until you truly recognise yourselves as spirit first and foremost you will always have this surprise. I would have to say this to you: that as far as other groups and energies are used throughout your world, they are normally used as individual groups. I cannot say this time, but I will look to see why the instrument would feel that there would be some blending here as well. Many groups throughout your world are aware of the**

**light energies—of course, you cannot work with spirit without it, you cannot exist without it. You understand?**

George: Yes, yes, I am sure we all accept that.

**I will confirm for you next time what indeed was happening.**

George: Thank you! From the way that it was described, it seemed like a ‘grand event’ but perhaps it is something fairly normal.

**Yes, that is why I say: you need to become more fully aware of the beings that you are and the energy that you are, because, my dear friends, even as you sit here this time your energies are blended for the purpose of helping us to come to you, and that energy is utilised to the best of our abilities, in order that we can make use of it at these times. You understand?**

George: Yes, thank you Salumet. That does open our eyes a little further in relation to energy considerations.

Lilian: I think your instrument (*Eileen*) described how she felt—it was as though her mind was travelling through space and on coming back she did have quite a job to connect back with the body.

**Which happens sometimes; that is why I request that there be no sudden noise. Her mind is always placed to one side whilst I use the physical body for speech, but the difference last time was that she had some memory of it, that is all. It is not anything that is different.**

Sarah: Was it just a coincidence that she had some memory of it this time or was it because she is becoming...

**...More attuned, yes, more attuned to what is happening, more demanding in what she expects. She has been asking questions.**

Sarah: Ah right, and now she is getting some answers.

**Yes.**

Sarah: That’s very good. Thank you.

**Has that been helpful to you?**

*Affirmations*

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?**

*Affirmations*

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.**  
*General agreement*

**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 and 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.

*General agreement*

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.**

**Now, my dear friends, I have been happy to join with you, once again.**

George: We are most happy to receive you Salumet.

**But, it is now time that I take my leave of you and allow those who are waiting close by to come nearer and to impress each one of you with something that hopefully, you may recognise, or feel or see. I will now leave you, bathed as always, in that great love of spirit, and until we come together next time, I leave you.**

*General thanks*

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.