

SALUMET – 1st February 2010

Lilian: Good evening Salumet.

Good evening.

All: Good evening.

As I join with you once again, my dear friends, I will say to you how happy I am to be here with you once more.

Lilian: Yes we're happy to have you, and sorry we're few in number again (6).

George: Yes, we're aware that there are several who would very much like to have been here tonight, but travel is sometimes difficult.

We always appreciate, my dear friends, no matter what number—we appreciate the effort that is made by you all to come to these meetings. It gladdens us that you are so willing, each time, to listen to the words of Spirit.

Sarah: It's to our benefit, Salumet.

Thank you for your kind words. Like the last one of your years, I will not always be with you, because we wish to continue with each and every one of you, to help you to expand your consciousness to enable you to recognise that Spirit which is your right; to bring forward—to bring it to the fore of your living, in order that your lives become much richer. And also, my dear friends, not only does it give *you* the opportunity to grow, it also gives those in Spirit that opportunity of growth also, and for this, we will remain ever grateful.

George: Yes, we are, likewise, most grateful for the opportunities given.

Lilian: We do miss you coming to talk to us. It's a different evening!

Yes, but when I come to you, at times, I will try to bring to you, something perhaps known to one or two of you, but nevertheless, we will endeavour to bring you much interest.

Thanks

But, for this time, I will answer just a couple of questions, if you like, but then I would wish, my dear friends, to work with this instrument, on a deeper level. So, I *will be* with you until the end of your evening, but there will be others to come to each one of you. I suggest that you do not be afraid to speak of what you feel amongst yourselves.

George/Paul: Thank you!

Be open to those who stand by you. *They* are there only for your well-being and your love and your protection.

George: I think I can speak for us all, when I say they are most welcome!

Thank you, my dear friend, we are aware of your great love for spirit, and only those who feel that love, would come so close to you; but I am sure that already you recognise that.

Sarah: Could I just ask about you working with Eileen? I don't know if this question has been asked before, why did you choose Eileen as your medium? Had you had your eye on Eileen for some time? I would just be interested to know.

As energy—spiritual energy over many, many years of time, her energy was chosen, so that I could blend more easily with her. You speak of her as a person. I speak of her as energy, energy that has existed for quite a long time in the physical sense; but energy, as with *all* of you, that has existed for *all* time. It was just a matter of being able to blend also with the physical energy in this lifetime.

George: A small question that occurs—would that length of time go back beyond the time when she was an aspect as the one we know as Nahashiwah?

That energy extends much further back. Yes, Nahashiwah, as you call her, was just one existence of Earth time. Yes, it extends beyond that life.

George: Thank you! I'm sure that fact will be of interest to many.

Lilian: So before Eileen came back *this* time, she would have known this in Spirit.

No, she would not. I know you are told that you know why you come. She knew her pathway she would take, but she was not aware of the connection that would be.

Lilian: I see.

So her agreement would have been to live the life she *has* at this time.

Lilian: Yes, I see

After all, no one knows all. You understand (yes)?

Sarah: So this is really a bonus for her?

I do not know if she would regard it as a *bonus*, as you say, but she is always happy to allow me to use her as my instrument.

George: Yes, I know she's very happy with that and it's certainly a bonus for all of us here.

I never cease to be amazed by the kind words, my dear friends that all of you are willing to express. But, once more, I will say, without you,

my mission would not have been possible. So, I say to you all: Give thanks to yourselves.

George: Thank you for putting it like that.

Lilian: So, the moment was right, really.

Yes, it is something you have to understand, that we in spirit, who have much better vision, know what is going to happen, but, as you know, there are many levels of spirit and each level has a quantity of knowledge within it. Do you understand? (Yes) Yes—when you reach the level from which I came, much more is known (yes). Yes.

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 indications 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.

And now, my dear friends, I thank you for your questions, and I ask that I now work with this instrument.

General thanks

George: Thank you so much, Salumet, for your enlightenment, and I'm sure that detailed explanation will be of much interest to many. Thank you!

If only I could take it from you, but I would not be allowed.

George: That is understood!

We next experienced various impressions that were discussed amongst ourselves. Then the lighting was turned up a little and the recorders safely packed away. But then it became apparent that Emily had a presence—two young children. Lighting was again dimmed. The children were attracted to Emily's energy, clung to her and did not wish to leave. They responded to questions carefully placed by Eileen, Sarah and Lilian, and gave their names as Amy and younger brother Thomas. A few minutes passed and they became aware of increasing spiritual light and could then see a kindly lady with a fluffy white puppy waiting to receive them. They happily went with her and Emily resumed normal self. So this was a completely unexpected first 'rescue' for Emily and happy transition for the two young children—wonderful!

George's Notes:

Nahashiwah: Nahashiwah has visited 26th February 1996, 10th January 2005 and again 3rd September 2007. On the first occasion, Eileen had been both surprised as well as a little shocked to find herself confronting a past life aspect of herself—an Amerindian lady with hair in pigtails and wearing a blue dress—with Eileen's own face. Following the vision, this lady then spoke through

Eileen, giving her time on Earth as 19th-century. On the third occasion she came to us to join in our conversation about 'lights in the sky' and 'crop circles', explaining that her people were well aware and accepting of them. Regarding the general non-acceptance of these things as authentic and the widespread lack of understanding by modern humanity (present company excepted) and Press, she said: "You are like children. You are in need of first education— Ha Ha!—you do not recognise the signs in the sky!" And on each visit this dear one has spoken with such a light ethereal voice that we have all so much warmed to.

Arthritis / dis-ease: Salumet spoke previously on arthritis and on the more general nature of disease 14th May 2001.

Cranio-sacral therapy: Paul attended a course in this whilst in Thailand.

Edgar Casey: The wonderful Edgar Casey recommended Castor Oil used externally – rubbed into the painful joints twice daily as a treatment for Arthritis