

During healing prayers, one of the group had to move their car and there was some discussion about problems of parking and we sent healing thoughts concerning the problems of parking in the world, among various other stresses and work pressures and the need perhaps for a more gentle, natural way. Salumet followed—audio link:

http://www.salumetandfriends.org/app/download/5930215/2016_12_12_salumet.mp3

Lilian: Welcome to you Salumet.

Good evening.

All: Good evening.

I apologise if I have interrupted the conversation.

Several uttered: 'No—not at all!'

As always it gladdens my heart to see how, as individuals, you take stock of all problems within your world. I come this time, as usual, to say to you as your holiday season approaches, I too will withdraw to that which I call 'home'. I also wish, this time, if I may, to work quietly with this instrument; and the others of you will be used appropriately by others who will come when I withdraw.

Thanks

As always I know the dear children will wish to come to you next time.

At our next meeting, Eileen will have a Christmas tree in the room and spirit children will gather.

I hope, my dear friends, you have been looking more deeply within yourselves, as we have discussed last time. I would like you to continue with this practise and you will become more knowledgeable about who and what you are.

Thanks

I will allow just one question this time, before I work with this one.

Graham: I've got a question. 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 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, yeah 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 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.**

But now, my dear friends, I wish you a happy holiday season. I hope when we return that you may all be refreshed and looking forward to more of your earthly lives. So I leave you as always, cloaked within my love and I will work quietly with this one, whilst the rest of your evening continues. I ask only that there is a little subdued speaking, in order that this one may not be disturbed.

Paul: Yes of course.

Sarah: And we wish you, if I can say it this way, a good trip back to where you belong. So, we hope you enjoy your time there.

Paul: That's right yeah, and we definitely look forward to next year.

Yes—thank you.

We sat quietly for some time. Jan got the feeling that hot-cross buns were connected somehow to Ben's mum, but Ben wasn't able to think of a link at this time.

Lilian was reminded of a program about Water-lilies being one of the first flowering plants to evolve and how the lotus flower is often seen in Buddhist temples. Lilian then picked up that Eileen was returning from a deep trance state. Eileen described seeing a golden arch with light.

She also saw a really **big ‘S’**. Eileen asked if someone had been talking about food and we mentioned Jan’s hot-cross buns. She wanted to say: Sally lunn bun. Then Cho jumped in—audio link:

http://www.salumetandfriends.org/app/download/5930217/2016_12_12_+Cho.mp3

Hello!

All: Hello!

Jan: I knew you were around. I was sat here thinking, ‘no Cho?’—yeah, he’ll be here! How are you?

I like it when I come see you.

Jan: Good, we like it when you come and see us. How are you?

Well, I don’t have a body...

Jan: I know—that’s true!

How are you?

Jan: We’re all okay I think, aren’t we? (*Murmurs of agreement*) And I’m fine.

Why you not working?

Jan: Not working?

No—why you all sit not working?

Jan: Oh I see.

Mark: We’re being lazy—we were yawning earlier, but we’re not yawning now at least...

Jan: No, we were just waiting. Perhaps we were waiting for you—we didn’t realise.

I bring two people, you not see them—you not working...

Jan: Oh I see what you mean now. Well, I haven’t picked up anybody, apart from a lady called Sally. Have you got Sally with you?

No, I not got...I bring two people—you work, see who it is.

Jan: Oh okay—so two people.

Lilian: So we should know who it is—or some of us... (**Yes, yes.**)

Sarah: Are they people we know, or have we just got to get their names?

No, not people you know, people like to speak.

Sarah: I did get the name Anna.

Yeah...

Sarah: Yes?

I not tell you, you do work!

Chuckles

You not expect Cho work!

Pause

I like little lady here—this little lady here.

(*Natalie*)

Yes, she make me want to smile.

Murmurs of agreement

Sarah: Maybe it’s the hat?

Oh, we got this funny lady now talking—she like your hat. I’m going to leave you now. (Oh) **Yes, you’ve got to work!**

Jan: We’ve got to work, okay.

Sarah: Are you going to come back and tell us if we’ve worked properly?

No, no, I come another time.

Jan: Well it was lovely of you to come and see us Cho and I hope we work well for you tonight.

I let you know!

Jan: I’m sure you will—you’ll let us no. (**yes**) So, are we to expect someone to speak, or—you’re not going to tell us, we’ve got to work it out.

Yes—two people—I not tell you, that not working...(OK) You should ALL be seeing now.

Jan: We’ll do our best Cho.

Paul: They’re not people that we know...

Jan: They’re in spirit, two people in spirit. (**yes**)

Sarah: We don’t know them, but do we know of them?

Maybe, I not tell you—naughty!

(*Turning to Jan*)

I still help you lady.

Jan: I know you do. Am I doing well?

You’re doing very well.

Jan: Good!

You keep up, you be positive.

Jan: I do try.

I not like try, I like (love?).

Jan: I am being positive (**Good.**)—yes, they’re not going to operate again, because I don’t need to have an operation again, because it’s healing.

(**Good!**) So, there you go. It does give me problems at times, but I know it’s only *because* it’s healing.

Lots of people here your friend, help you—they all help you.

Jan: I know—I’m very lucky, I get lots of help, lots of healing; yes, I have been very fortunate.

One man say you be stubborn sometimes.

Jan: Oh, lots of times.

Chuckle

I think your daddy.

Jan: Ooow! Hi daddy!

He not here, he just tell me.

Jan: Oh, why’s he not here? Is he still shy?

No! He come another time.

Jan: I hope so, I hope so. He’s been in the background lots of times I think.

Well sometimes you too stubborn he say.

Jan: To help myself?

Yes—he help you too.

Jan: Oh, thank you dad—yeah. Give him my love, won't you?

You give him your love! You all want me to work, don't you? I'm not here to work.

Jan: You can be my postman.

Chuckles

Goodness me! I'm not allowed to get annoyed...

Sarah: ...but you are!

Chuckles

Yeah—you're my troublesome group.

More laughter

Jan: But you love us really.

Well, I suppose...anyway I go now—you've got work.

Thanks and goodbyes

We then sat in silence and tried to see who was around. After a few minutes, Jan seemed to have George with her:

Jan: Hi George—'Hi gang.'

All: Hello.

Pause

Eileen commented that it had gone cold in the room. Paul got the impression of a man with grey hair and possibly a sailor's cap. Natalie got the name Elijah. Jan then seemed to be being urged by George to sing

Supercalifragilisticexpialidocious. Sarah felt her head turn towards Paul, which used to happen during visits from Bonniol—but there didn't seem to be anything definite happening with Paul. Sara wondered if a nun was trying to come through and Eileen had the name Francis, which Ben mentioned was his mum's middle name. Eileen saw an 'H' connected to Francis. She then got 'Howard'. Eileen was then seeing a scone, which perhaps connected with Jan's hot-cross buns earlier. Eileen then saw a ring, with a purple-blue stone. This seemed to be one of Natalie's and the message was that the stone wasn't quite secure and needed attention.

Note:

Sally Lunn Bun: It is a sweet bun, originating from Bath, Somerset.

