

## **SALUMET – 7<sup>th</sup> November 2016**

*We began with healing prayers, which led to a discussion about the rise in food intolerances and Diabetes. Salumet picked up on our thoughts—audio link:*

[http://www.salumetandfriends.org/app/download/5030288/07\\_11\\_2016+sal.mp3](http://www.salumetandfriends.org/app/download/5030288/07_11_2016+sal.mp3)

Paul: Hello.

**Good evening.**

All: Good evening.

**As always I am pleased to be with you.**

Paul: It's lovely to have you back.

**It always brings interest to us when we hear of your questions amongst yourselves. Firstly let me say welcome to the dear one who has not been here for some time.**

Martin: Thank you

**Because my dear friends you have been asking questions, perhaps this would be an appropriate time to ask them out loud now.**

Paul: Good.

Mark: Yes, one of the questions was: 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.

**It 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*

**Now, are there any more questions this time?**

*Pause*

**Again my friends, you go quiet!**

*Laughs*

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. Now, I think I will take my leave this time; but know that your thoughts for all those mentioned this evening have been received and we will do all that we can to help them.**

*General thanks*

**So, as always, I will leave you cloaked in my love—another very strong and powerful word: LOVE.**

*Agreed*

**So until we come together once again, I will say goodbye.**

*Goodbyes and thanks*

*As Eileen returned, she began to receive clairvoyance: Firstly the name 'Ester' was given, who was known to Graham. Information was given by 'Ronald' in spirit, a brother of Ester, who was concerned for her health. Next, the name Sandra was given and Eileen became aware of discomfort within the mouth. Sara knew exactly the Sandra Eileen was referring to, who indeed was having problems with her mouth. Eileen said that one*

called Edward (in spirit) was saying she's not having the right treatment. Sara agreed she would try to get Sandra to explore other medical opinions/treatments. Eileen then was being shown a book about Space and this turned out to be a message for Sara and Graham's son who is called George, like his grandfather. It seemed this young man may one day be drawn in the direction of something relating to Space exploration. Eileen felt this guidance was being given by an uncle who resembled young George, both in looks and personality. Finally, Eileen felt that we should all be aware of somebody around us. Most sitters then voiced who they felt were with them. Some 'saw' someone, others 'felt' them, and Sabine 'smelt' her late father's perfume. Mark also mentioned he'd clearly felt a tap on the shoulder whilst in bed recently. Eileen suggested we repeat this exercise at future meetings in order to become more aware of those around us.

### **Notes:**

**Exercise:** Salumet states: **...if you associate the human body with the conditions that affect it, you can see that there is a sequence of events.**

We have been asked to report what we have discovered next time. As Salumet says: **...the body can be helped quite quickly, if the mind is in the right place.**

All 'dis-ease' is curable (absolute belief) and we should explore the connections between our thoughts and our bodies. Our bodies, which house our spirit, need to be nurtured/loved to achieve perfect health, and good thinking is the most important key to good health and needs to be at the heart of our DAILY living: **'Feed your Thoughts'... 'I AM healthy'—'I AM whole'—'I am whole in body, mind and spirit'**. (Bless yourself!)

**Graham's illness:** Graham suffered from Dystonia, which was diagnosed at the time as 'incurable'. However, by going within, as mentioned earlier, he was gradually able to heal himself/be his own physician...

**Previous transcripts—Doctors as 'Tutors of the mind'—28<sup>th</sup> Sept. 2009:**

**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 (mm). 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.**

**Arthritis + food allergies—1<sup>st</sup> Feb. 2010:**

**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 and not going forward.

**Yes, that could be! 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 with which to work.**

**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 have 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 has 'Food Intolerances', that is also something that is not right within her body that is 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 is 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 (yes).**

**Sarah:** So, those who do not recover—for some of them, is it because that is what they need in this lifetime?

**It 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. It is up to each and every individual in your Earthly world—(each) has a responsibility to take care of the housing of the spirit. That should be the most important aspect of your lives.**