

## Health

Paul Solomon Reading 0723. Virginia Beach, Virginia, November 24, 1975

Question: Please illuminate on the dormant abilities and latent possibilities that would help develop attunement to the higher self.

Answer: Yes. Fully capable even in this time of communication within the self with the highest within. If these were attempted, that is, in a similar manner to that even brought before you through this channel. An ability especially through attunement to the relationship of heavenly bodies to an individual. Can listen, and ask, and receive answers and guidance, especially for the self and for the family.

Speaking especially during those periods of attunement and meditation can speak the words of guidance that are particularly for the self, for the family, that as need be done and should be brought, should be used, that ability.

Now the talents that have been the trademark, the hallmark of service for this soul, are those that are of the Earth and her abundance, particularly of growing foods and living off of the land, of creating, of building, of expressing the creative urge through that as will be found on this plane. And these used as well. But that latent can be brought to the surface, the ability to communicate in that manner given.

Question. Please give conditions of the etheric body, show abnormalities, leakages, psychic wounds, and give aid to healing the etheric body for true exchange with vital forces.

Answer: Yes, and in attempt to describe that condition of the etheric, better that you understand these conditions always are revealed in the physical. Where there are imbalances then in the causal, it will be reflected in the manifest. So that you'll find these as might well be brought, particularly about the third center, or the center of self, and opening easily to those about. That is a part of development of self, but will make the self ever vulnerable to the vibration, as you call it, of those about. So there can easily be leakages here, exchanges, absorption of those creations of others you call negative, or anger, imbalances and such. Often taken into the self through that center. Can be better controlled with the massage of this center with oils, particularly in the clockwise motion as will assist in assimilations and eliminations. The bringing ever into physical, the energy upward toward the higher manifestation of the heart. For this one has ability and the tendency to transmute these through the heart and send back the greater understanding of that received. Use that ability then for transmutation. Not suggesting that it is always adverse to accept from others that kind of energy. When transmuted and given in a higher nature to others, a method of healing, and often can be used.

Then be aware of the ability and use healing in that manner. That is, with the ability to receive through the center of self those feelings or needs of others, transmuting or changing with the self and giving back as love.

Question: Please describe the life seal.

Answer: A seal for this one as will express the nature and experiences of this soul might well be drawn as a ship upon the waters. But without sail. A form of background that you see as a pyramid then, the symbol of the Tao, or the yin and yang, the symbol of balance. Ribbons unfurling from that symbol and reaching down to embrace the whole, will express the purpose of the seal or the lifting of the soul into the balance. And these things expressed by that we've given here.

The ship, the Vessel of Solomon, carrying within it that will lift the soul to its highest relationship or the Holy Grail. The ship of Solomon being that vessel that is the body, but the body/mind, or mind the builder, containing within it then the Holy Seed, the Holy Grail, or the cup containing the Covenant, the cup containing that you knew as the highest, the highest within.

Manifests then from this symbol as a pyramid, pointing upward or reaching toward the heavens from the four-square base of the manifest to the point that leads into the balance, symbolized in a circle integrated into the One. The ribbons unfurling then, expressing that which occurs in this lifetime. These unfurl then from in the circle containing that symbol of the Tao or the unification of the whole.

Question: How can dental care be done successfully by oneself? Can this be done without the use of instruments or foreign objects?

Answer: Now so much in the culture as you have it, but you'll discover needs during those periods when these things are not available. For the correction of these in those times then, best be handled with the use of those spices as grown in this manner. The massaging of the gums with the limbs and the roots of the sassafras and the clove will give some care.

Now you'll need a book, that we describe, all those that you need during those periods of time. But these essential as given here. That of cloves for purposes of loosening, removing and control of pain. That of sassafras for the building the strength, the circulation, resistance and such, and the cleansing.

Now as to replacement and such, these not given for this time. You need a study on these, a separate study for it is a study unto itself. That we give here only hints as to the manners of handling such things during the periods of change or apart from the culture as you've experienced it in the present.

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