

## Weight

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How can I reconstruct my thoughts and attitudes to heal my body? Several things effect my mobility, my weight is one. I've lost 62 pounds but haven't been able to progress. It's an uphill struggle all the way. I take medication regularly and often for pain - to be taken with food - and this inhibits my dieting properly.

Another limitation to mobility is a sciatic nerve problem. The doctors that operated on my back last July and said it would be painful for six months to five years, it would lessen with me walking but my left leg and small of my back and left side is also painful. I fall down or pass out.

I also have staph infection throughout my entire body. My eyes are irritated too and I progressively have poorer sight. What is the meaning of this limitation and pain. What am I to learn from it and what can I learn from it? We have more questions to present following the response to this one.

Answer 1: Yes, we have this body and the conditions surrounding. And there are any number of concerns here for reconstructing the health.

The single most important concern is for mobility, for exercise. Nothing whatever should be allowed to prevent the movement, the physio-therapy, and particularly walking. However, walking for this one, because of the weight distribution and the damage to the cartilage between the vertebrae, and the conditions of the nerves surrounding same... some irritation here.

We'd need to take weight off during the period of exercise in water, whether walking in a pool, swimming pool or such, a large tub with a great volume of water, or even in natural water streams or the ocean. Of course here we'd need some supports, some assistance in accomplishing. But there must be several hours of exercise each day. This will not be so painful done in conditions where water is allowed to support the weight of the body. Then set up conditions where water is allowed to support the weight of the body. Then set up conditions here for the exercising in water. This will best be accomplished if the water is somewhat warmer than body temperature in most times, although the exchange from hot to cold will also be of exceptional benefit to the body. There's a great need for stimulating superficial circulation and can be accomplished in the system known in physio-therapy as (Scotch/Douche?) shower bath - or the alternation of water as hot as the body can stand it to water that is icy cold - alternating frequently from one to the other to stimulate the superficial circulation to the skin.

Now the exercising will not only assist somewhat in reducing the tendency to excess weight gain, but more importantly will re-distribute the collection of fluids around these points of irritation where the surgery has taken place, and will allow for the healing of same, you see, and just as importantly will stimulate the metabolism of the body, for this is of great concern as well.

The maintenance of this body in relatively immobile conditions is the greatest danger to health. You have here lipid formations in the blood that is going to be extremely damaging to the heart if we don't get this circulation, metabolism stimulated. Now in addition to the exercise of these

sorts - and should be such as walking motion in the water and as if one were riding a bicycle, you see - rotating the hips and exercising these areas.

During the period of the night, always every night, apply a plaster here with castor oil packs, alternating then with olive oil and peanut oil so that one oil is used one night, and another on successive nights and such, but with the application of a pack to this area of the sciatica, the low back, the lumbar and the lumbo-sacral axes, you see. This every night without fail, and will assist somewhat in reducing the pain during movement.

Another assistance here will be to rub the area with an ointment using a tincture or an addition of laudanum and aconite, if one can find a practitioner willing to so structure or create such a mixture - for these drugs are controlled, as you know, and practitioners often reluctant to prepare such an ointment. But if a chemist can be found willing to follow the directions of a practitioner here, these additions of laudanum and aconite will be useful as a topically applied... palliative to these areas to prevent the pain and would be infinitely greater help than the internally used pain relievers, you see. For there will be local anesthetic effect rather than then the depression of the body systems.

Now of great assistance in the metabolism here will be reconstructing the diet so that this one should never ever sit down to a meal. Never sit down to a meal prepared, but rather feed the self at least every hour, all day, every day, with some small amount of food taken each hour so that the blood sugar level is maintained at a reasonably stable normal level, and that called the appetite alarm, that is triggered when the blood sugar level drops below that the body has adjusted to, will then not occur not at all. Now that taken every hour should exclude all those foods that readily turn into excess energy, or calorie formation or storage, you see, but provide rather for those energies that are being used at the time - the maintenance rather than the storage of energy. Particularly avoiding such as potatoes and bread, excess starches - certainly not sweets, of course - and that best taken would be vegetables, raw or only very slightly cooked.

We are aware of course there have been some instructions from the practitioners to avoid roughage in the diet, and yet we find here that some amounts of cellulose and fiber will be of great assistance in cleansing the walls, particularly of the colon, and even these areas that have been artificially closed off in the digestive system will not be adversely affected or irritated by the use of these if there is sufficient mastication. Such as raw carrots, celery, broccoli, cauliflower, and particularly greens of every type - particularly those dark green in color - for all of these will contain ready energy, vitality, but not such as is stored readily by the body, thus not contributing to the growth of excess cell structure and fatty tissue. These must be taken every hour, and be very careful what is taken.

Never allow the self to feel the appetite for food, and will not if the taking of food is very nearly constant. Some small amounts of meat may be taken as long as these are not fatty. Fish would do well, and even some shellfish from time to time. Always take a few times each day some few sips of pure grape juice and apple juice, alternatively for the added amounts, only a swallow or two to maintain that blood sugar level and thus set aside the tendency for the dropping in the blood level of the glucose and the stimulating of that need. Take these quite regularly from the moment of waking until the moment of retiring each day.

Will be of assistance also to use Atomidine for the purpose of stimulating the rate of metabolism and the stimulation of the endocrine system. By stimulating these, you will find the body using more of that available in the food and burning it more quickly through the expression of the

nerves, the glands and bodily energy. And by such use we will create here in the body a greater ease or ability or tendency to be willing to approach the exercises you see - for having the energy to do so. And the Atomidine should be taken in the building dosages, that is 1 drop the first day, 2 the second - through 5. On the fifth day leave off then for 5 days, and then repeat and continue this on a regular basis so that the iodine will stimulate the glands, will produce a little tendency toward nervousness but at the same time will stimulate the body to activity so that it will be a little difficult to sit still, and a little easier to be about the movement, the motion. Mobility for this body is absolutely essential and cannot be stressed too much. If there is not exercise here, you will have formation of clots in the legs and through the phlebitis. Resulting here, we will have clot formations that could reach the heart or even affect the brain. It is absolutely essential that we get about forming manners, ways in which this body can be stimulated to movement and motion several times each day for a minimum of 3 or 4 hours.

Now we are aware of the difficulty of producing this at the moment but it is essential of the health and indeed for the life of this body. Careful that you do this. It would be exceptionally helpful here to construct or make arrangements for a good-sized tub such as the hot tubs that are being used and such that will accommodate the whole body in movement, not a small or shallow instrument such as one would sit in, but one in which she might stand and have the ability to stretch forth the arms and legs in some manner of continued exercise, and avoid the tendency to relax or sit in such. The movement of water, circulating water, in this the spa-type movement, will be helpful as well for the stimulation of superficial circulation.

And have on hand in addition, a hose with running water, cold, that might be used all over the body, and then immerse again into the warm or hot water for another cycle of exercise. Now if we can be about these each day in this manner, with maintaining such a diet of primarily raw vegetables and some small amounts from time to time of meat, particularly of dark leafy greens, and the Atomidine and the juices taken several times daily to maintain the blood sugar balance, and the avoidance of those things that you well know should not be taken in the diet.

Do not make any exceptions. Do not even consider the possibility of, from time to time a bite of this or that that should not be. But begin to think in terms of structuring the diet, the approach to nutrition in a particular way, that is essential, and nothing else is considered for the body. Thus we will reduce the weight considerably, if this is followed carefully. And at the same time we will increase the mobility of these joints, begin to rebuild the discs of cartilage here by feeding them with the oils that we have suggested in the night times. The tendency toward pain in these areas can be reduced if one may be found who will paint this with a tincture of laudanum and aconite or an ointment of such. And these will be for the better conditions within the body.

Now, as to the learning or the source of this: It might well be for the learning of others as much as this one to be warned that the conditions in this body are a direct result of activities in consciousness set in motion in an earlier time. Not in a sense of punishment, for never is there the tendency of the universe, or the Source, or God to use punishment in such a manner, would be useless to do so. But rather we speak of direct results of actions so that if you would understand this process of the continuing existence of souls that you sometimes refer to as reincarnation - but probably is not the best word or understanding of it, but should be seen in this way: the soul is forever a continuous expression; the consciousness that you are continues to live.

It does not return and then become someone new, some different person, but rather that you set in motion with your consciousness in building your body, as you are building even in this moment, becomes a pattern in the building of a body. Should you live in this lifetime a life

lacking in discipline and given to excess, you will break down the abilities of the body in its glandular functions and metabolism, the ability to maintain balance. Now if you destroy that in your present body, it will build into that new body the experiences, precise experiences left off. That is to say, the conditions you've set in motion in one body will manifest in a subsequent body. It is impossible that it be different because the patterns with which you build any body are the patterns you have learned in your consciousness.

Then the body this one finds herself in in this time is the result of activities most recently expressed in the recent lifetime - in Europe it was. In these periods of function, this lifestyle given to great excess and was very much the fashion of the time, particularly the demonstration of the level of strata of society to which she belonged, for in these French circles, social circles, one was expected to demonstrate his or her success level of social importance by the level of decadence or indulgence that one could display. And displaying such, many in your generation, many in this lifetime have build bodies very susceptible to diabetes and other such disease that is a direct result of excess and abuse to the body in a recent time. What would you learn from it? Discipline more than any other, and the importance of the appreciation of such a delicate instrument as the human body.

Essential that you love and care for it, lest you produce these conditions, and neglect in one time will lead to extreme susceptibility, extreme vulnerability to such excesses in a subsequent time. Then the body will insist on the discipline that is necessary to maintain its health.

Now as to the most important lesson for this one in this time: not only discipline but even more importantly, love, self love, and the love of this body. A very great difficulty, a very great challenge to this one because of her belief that the body being excessively overweight, and not functioning well, is very difficult to love or to be proud of, particularly when others look at her with condemnation in the eyes and have some difficulty in appreciating her sincerity in commitment to growth and responsibility.

The sensitivity to these looks of condemnation, pity and such, accusation and, make it very difficult to maintain an appreciation for self. The fact that these conditions are made more difficult should rather be taken by the soul as an underlining, an underscoring of the importance of the lesson, rather than the greater difficulty in learning the lesson. Let those who would react with their self-righteousness deal with their own challenge and karma, and instead face that you have to take responsibility for: you have a body that has responded to those conditions you've set in motion; that is not something wrong with the body; that is a body functioning precisely as it was designed to function.

Then learn to appreciate that for its own sake, and give love, worth, and appreciation to the body. Express appreciation for its expressing precisely that it is meant to do. Give the self love joyously and with encouragement, look forward to a better functioning in the body through the following precisely of these instructions. Then be about these factors, particularly the exercise, and as much as you can possibly accomplish, giving nothing greater importance in the life now than regaining the mobility and the control of the body.

Now the one more addition that will be of great assistance here: in building the greater health will be excess amounts of vitamin C in the body - up to 5,000 units daily for some time now. Understand that a body with this amount of bulk can absorb vitamins that might be almost toxic dosages in other bodies. There is here a great deal of need to overcome the poisons in the system. The staphylococcus infection here is even in the eyes, producing conjunctivitis here. It is this more threatening to the eyesight than that of the shape and other conditions, the building

of pressures and such, eye exercises will be helpful, but not until we have overcome the conjunctivitis. Bee propolis will be of a great deal of use for the same purpose, taken daily, and large amounts of garlic taken in the system. These may be taken in gelatin capsules and such, rather than eating directly if you prefer, but these should be excessive amounts of garlic taken daily, kyolic, or such taken internally and some three times the amount of ordinarily suggested for nutritional supplement. Now these will build the natural antibiotic capabilities of the body to overcome the staphylococcus bacteria here and correct the conditions that we are seeing in this moment.

Questions:

Question: The remaining questions are: "I want to be a loving contributing member of the human race. How can I accomplish this?. My self-desire seems to be lacking. I'm rudderless. Can you help me love me so that I can love others? I'm intuitive and do pick up hidden concerns and reactions of others; how can this be used to the advantage of all? Why do I this in a negative way now? I have always motivated others, but have often found little time, love, value and prosperity for myself. How can I change this?

Next question: 2. My life seems to be preparing for a major initiation; retirement and or health may change life patterns, habits, needs, goals, and financial abilities, please comment on how I can best prepare and meet these changes for the highest growth and purposes of my soul?

Next question: 3. What was the reason for my relationship with my family, friends, surroundings and jobs? What am I to learn from them?

Next question. 4. What past lives have a bearing on my present incarnation?

Next. 5. What are the things I am best hiding from myself? How can I correct this?

Next 6. What is the next step for me to accomplish my soul purpose?

That's all the questions.

Answer: Let us respond to these in this manner. First, there is already the awareness in the self of some of these abilities to be sensitive, to tune into others, the abilities of counseling, teaching and such, that the soul has already experienced. And in fact answers can be given more directly to each of these and yet we think it advisable at this moment to say, to reiterate, set aside all other concerns for the moment.

Any one of you concerned with growth, would like to have instruction from these records or from within concerning some particular project in which you might express the self effectively, and be of service to mankind fulfilling the karmic destiny and such and so would this one, enjoy being given here specific direction in teaching, counseling, healing and such, that would be of particular service outside of self. And yet we say here: if this one were given particular instruction in doing readings, in using the sensitivity in a particular way, or any project that might be set aside for this one and say, get about this for the fulfillment and expression of self, such challenge will split the energies as it were between that reparation of self and that the soul would like to get on with as the expression of the life purpose.

Now while it is important that the soul be about the life purpose, it would be akin to providing a set of blueprints here to build a house when one has tools in such disrepair as to be unable to

approach the project. Do not begin to collect the boards and the bricks for the building of the life purpose until you have scraped the rust off of the tools and sharpened the instruments. Now, that is to say, that you should do with the self at this moment is to forget all concerns for service, for expression of life purpose, the expression of even the ideals and the talents for this moment, and put your total concentration, your concern, your energy, your vitality, into this rebuilding of the body that you have for the expression in this time.

Do not attempt to find outside expressions for the self. Put the time into the exercising, the care of, the rebuilding of this instrument. There simply is nothing of greater importance to this body at this time.

Now there is a particular reason here. As this body emerges from this dark night of the plague of physical difficulties, the emerging from this experience will be akin to the emerging of a butterfly from a cocoon. Now at that time you might well ask how may I express myself and serve, but on the other hand we will find this one such an expression of joy and confidence at having overcome this challenge, that there will be little need for the asking of questions at that time but rather an enthusiasm and a zest for life that in itself will be such a remarkable demonstration to those about that the life purpose will be seen and expressed just in the doing of it.

Now that is sufficient instruction to this soul at this moment, and we are through.

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