

Your Body and health:

So now we talk about something a little more tangible, a little more grounded yes, your human, physical bodies. What a wonderful miracle they are indeed.

And each and every one of your bodies are unique, so this is again another rather interesting, intriguing subject, because your bodies are made up of course as you know, from your culture, from your family lineage to one degree, but also the vital ingredient that I want to focus upon this day is the energy that runs through the bodies, the life force and so this very much affects the physical bodies that you have and your life expectancy, your health, your vitality and how much you get to do in your life and how long your life is.

And again dear friends this is something that you know, people say is it determined, did I decide before I came how long I was going to be here etc etc and I would say to you in one manner yes, but in another manner, you are always renegotiating in your life and at certain stages in your life you will get to a point where you may decide that it's not going the way you wanted it to go, or you've completed what you came to do and your ready to go home so to speak, and so then your soul will create an exit for you and sometimes that exit will be an accident, sometimes it will be an illness and sometimes it will be as you have seen, those that have taken their own lives dear ones. So this again is a subject we can talk a little more about in 'Death and Dying' – suicide etc, but with regard to the physical body, as you become more conscious and awake and more life force flows through you then the more sensitive your bodies become too different foods etc and less you need.

So you that in India there are certain gurus that can live on fresh air and don't eat at all and yes that is possible, because if you can take your life force directly from the sun, directly from spirit, you don't need food, but there are very few in the world that can do that because they are if you like, conscious and they are at a stage where they are in between physical completion and enlightenment, so they are able to hold that energy and draw from that energy. But for most of you that is not quite where you are and that is all right, so your foods are very important. Now again we talked about karma, we talked about evolution of cultures, different cultures, different karma, different bodies, different histories, so different group consciousness or tribes, or people or countries if you like, work better with certain foods than others.

In your world at the moment because you now are able to get foods from all over the world from different countries this does create a problem for your bodies, because for many of you your bodies have not had time to evolve or should I say catch up with those kinds of foods and so there are allergic reactions that many of you have and some of them are a little thing like a sneeze or a cough or a skin irritation, or may be just that you feel quite low or depleted in energy, but because you felt like that for so long you don't realise it's the foods and that's because your body if you like, your DNA, your genecology has not caught up with that kind of food.

So for instance tribal peoples and again we can talk about your indigenous cultures here were not introduced to the grains, the wheats, the carbohydrates, that you have here, the flours, the sugars, the starches, which why their life expectancy is so much lower, because that food does not fit well with them and because in many ways energetically they were quite evolved in that they were eating foods that were high energy and now they've gone and are eating foods that are low energy and in affect poisonous to them and so it has more of an effect on them than for you if you like coming from western families that have had may be one hundred, or two hundred years to adjust to alcohols, flours, wheats, sugars etc and so therefore there is a difference.

Now as you evolve and become more awake and more in line with your spiritual energy and you have more of the life force flowing through you then the vehicle becomes very sensitive to what it needs and what it doesn't. So for instance we talk about meats and things like that, you become more inclined to become more of a vegetarian diet and less of the heavy meats, less processed foods and you begin to feel the vibration of the energy that you are eating, especially when it comes to an animal for instance.

So for instance those that are becoming more and more conscious and more and more awake will know that the energy of pork is not a good energy for any of you to eat because it is the closest energy to a human body of anything at all. So you will start to feel that in your system and not want to eat that. Different kinds of meats and the way they are treated within the factory farming and battery farming etc has an effect on your body, but there is also karma as well involved in that dear friends, so it is not that I'm saying that you cannot eat meat my dear ones, but if you go back to indigenous cultures when they ate meat they had an exchange of energy and a communication to the spirit of the animal in appreciation of the animal giving of its life, or they would have a battle, go out hunting, the hunters would do a ritual prior to the hunting in appreciation of the animal that was going to feed their family and their community. So we talked before about its not what you do but how you do it, this again is how it works, rather different that just walking into a supermarket, there it is, packed up and you just put it on your table at night with not a thought or consideration to what has given its life for you.

Now this is another subject but animals, for instance the sheep and the cows and the fishes they come to give of service of their bodies to you my friends, that is their service to humanity and if you like, their God energy, to be of service, but if they are not respected or appreciated they have the power to poison you and they have started to do that with the bird, the mad cow diseases and the swine flu etc, that brings attention to the culture of mistrust and abuse and to look at when those things are happening within your world for instance it brings attention to the plight of the pig, and it's treated, the plight of the birds and they're treated, the plight of the cows and how they're treated and that is to wake you all up as well to say I'm contributing to that indirectly by buying it. So if I'm going to eat it, I'm going to make sure I support my local farm that knowing this animal has had a good life, it may cost a little bit more money, it may be a little bit more inconvenient, but that is my contribution and appreciation and when I eat it I have a thought spared for this animal that I'm eating in appreciation.

So these things dear ones do have an effect on your body because that changes the vibration of the food as you eat it and you know about the prayer of gratitude before a meal was a good one and was brought in through different religions and spiritual beliefs to say the grace, but it was not just to give gratitude for life and sharing, but it was a gratitude to the animal that had given its life because often there has been an arrogance in humanity that the animals are there as a commodity for them and that you are the lords and masters over this world and these poor little animals are just there to service you.

Well yes they come to service you, but they come with love and they come as a gift to you, so this needs to be appreciated and honoured and respected. This does have a difference in your bodies and how it effects you, so for instance at certain times in your life you will be drawn to certain foods and those foods will have an effect on how you feel about things you are doing and when you are working there will be certain connection to a certain food that will support you in a certain task.

So there are foods that are for the mind, there are foods that are for the emotions, there are foods that are for the body, high energy vibration food.

There is food that you eat because you are unhappy or depressed and it gives you a feeling initially of satisfaction, but it is an emotional food and it has if you like, an aftermath effect, because again it is not what you do but how you do it, if the energy behind eating that food is indeed to relieve a craving or a fear, then of course that is going to have an effect on you and your bodies.

So your bodies, my dear friends are designed to last a very long time, you know, one hundred years or more of time and you'll notice that in certain countries or cultures there are people that live to one hundred and twenty, one hundred and thirty years of age and your bodies can do that, but they need to be if you like valued and respected and looked after, so there is no point continually stuffing foods in to your bodies that have no energy and that have no vibration and have no nutritional purpose except to feed a thought or a feeling. I find it very intriguing dears ones in your country here how people get so excited about certain foods and how cheap they are – well I can get a pie for

99c in this place and isn't that good, well can you think why it costs that, what is in it, how it was made and what affect it has on your body? Are you worth 99c or are you worth one million dollars? If you are worth a million dollars what do you want to put into your body – gold class food and that doesn't mean my dear ones expensive restaurant foods, although you know I can see that that is a wonderful nurturing thing to do, but just in how you eat and what you eat is important.

As you know there is a higher degree of pesticides and chemicals now put in the earth and in the ground and this of course even in your country that is seemingly a green country, there is a lot in the foods you are eating. So those things need to be looked after and washed and cleaned before you eat them, because those pesticides and chemicals begin to accumulate in the tissues of the body.

Now if you are emotionally well, mentally well and healthy, you are happy and of a good positive disposition, then of course these chemicals will not affect you in the same way. But if there is a weakness within your energy – i.e. you're depressed, or you are unhappy, sad and not feeling good about yourself and your life, then there is a weakness in your energy that creates physical disease. So yes, people say – well you know cancer is an environmental energy, or this is caused by the reactions in the body and yes that is correct, that is the second part, but the first part starts as an energetic weakness which is conscious sometimes but not often.

Often it is emotionally not known, sometimes people do know they are stressed and emotionally unhappy, but often they have felt like that for so long they don't know any other way and they have got used to living like that. So then of course the energy is created within the body and the soul of course has a part in that, in co creating that because it is unhappy and it is not working in the way it would like, so it is creating a physical crisis again to wake you up and to make a life choice – 'do I want to be here or not and if I am here, do I want to continue this – no I don't, my life has to change in one way or another'. Not so much again the physical thing you are doing, but how you are doing it, so you can still stay in that same job or in that same relationship, but you have to relate to it differently.

One of saddest things I often see my dear friends especially in the generations now, or those that are the age of sixty or seventy and eighty and some of the fifties is that in a relationship one person is very unhappy and doesn't express it. The other person is oblivious and doesn't know yet this person gets sick because they are not expressing what they need to say and resenting the other person and blaming them for them getting sick, when really if the other person was to know that they would absolutely have no clue that their partner felt that way because it hasn't been talked about.

Or the generations of, especially parts of England and even in this society have an attitude of staying in the mind and out of the feelings and recognising that you just have to get on and do things and not even feeling what they need or want or what is going on, just pushing and forcing through things with the mind and of course the emotional part is pushed or suppressed, or oppressed and of course eventually it has to do something. Or there is a trauma that has been carried from a family member or an experience they have had as a child especially those that were bought up during the time of war, first world war, second world war second and third generations of how the family treated them because their life was about survival and just getting through and just putting food on the table. It was a luxury to fall in love, it was a luxury to have fun and smile and be happy, and that was not part of the culture. Unfortunately that has been carried down you know, in some families.

So of course that affects the bodies as well, so when you talk about, well my grandfather had heart disease that means I'm going to have heart disease, again that way of thinking also carries things down through the body, so there's body karma as well my friends, whereas you can always break that chain as well, you can say alright there is a weakness within the family bodies, but me as a great, wonderful, masterful soul am not going to put my attention to that. I'm going to focus on being well and looking after my body and my health because it is your number one priority each and every one of you here, your health is your priority. You know, some of you that have done the creation course will know that I ask that question – what is your number one priority, what is the thing you value the

most and people write my wife, my husband, my children, my house, my car, my animals and I say to you – well you can't have any of them if you are not here to enjoy them, because your health is your priority, your health and well being are the most important things. So it is something that needs to be respected and cherished and never taken for granted dear ones. It doesn't mean that you cannot have foods from time to time you know that are indulgent or decadent, that is all right, good quality though dear ones.

Don't go and buy a 99c pie, don't go and buy the fish and chips you know from where you know the energy of the people running it, the hygiene and everything else is not so good. Go to the best place! Chocolates you know, even the Gods use to eat those, the best yes.

So that is my perspective on bodies and health so the other part I want to say is that all of you are designed to run miles, to swim miles, before you had your automobiles and your bicycles dear ones you would run and walk everywhere and yes it's good that you can get around a bit further now and you have freedom, but many become rather lazy, they don't walk to the shop ten minutes down the road, they drive there, they don't walk anywhere anymore and that is why now you have more time, so you become busier with that time, it hasn't actually given you a better quality of life and your computers – I remember some years ago someone saying this and I thought it rather interesting – they did a documentary in the seventies or eighties, I believe it was when computers began to come out and they documented five people's lives and said now how's your life going to be different now that you have got these computers in your work or in your business? 'Oh well I will be doing three day weeks, it's going to be wonderful, I'm not going to be working five days per week and so many hours'.

They interviewed them now and guess what – they are working more hours than ever before and they are expected to do more now because now there is an email, now there is a cell phone, now there is this, that and the other, so they are doing more, not less, the work load is probably twenty or thirty times higher than it was then for all of you. Every company is making people redundant and giving more work to everyone else to do and you all put up with it yes? What does it do to you dear ones and you all have a choice and you could say 'well it is a sign of the times Almora – this is how it is'.

If you want it to be, you can be part of that, doesn't mean you have to go and sit on a little island all on your own dear ones, but it does mean that you can have some choice in how you want your life to be. What is a balance, what is a quality? And again your bodies will be the first to show you when something is wrong and you will get very frustrated with your bodies because you know, you want it to do more, or you have more to do and your sick or you're tired and you are sleeping too much. When you are tired it is the first sign something is out of balance, if you are continually tired, watch out, something's coming, take action – indeed. If you have continually frazzled nerves be careful some things about to happen. Watch and listen to your bodies my dear friends, they will serve you if you listen to them. If you listen to what you need when you are sick, your body will tell you what it needs, sometimes it will want water, sometimes a rest, sometimes may be a little bit of soup, a little bit fruit, you know, but the body can repair itself, it is powerful beyond measure, if you allow it to heal itself, and you work with yes.

All right, you see what happens when you cut your skin and how quick it repairs itself and you are doing nothing, the body does that. Magical isn't it? How many of you say to yourself when you look in the mirror in the morning – thank you body for holding me up, thank you for this day, thank you for what we are about to do. How often do you look after your feet, they walk everywhere, yes.

All right, I am going to start this side first of all.

Questions

Q

Well this is not necessarily a question, it's more I think, people who get ill, say they are diagnosed with a cancer and they say oh I don't understand why I've got this, it's not my fault.

I don't think people understand about taking responsibility because they will say oh it doesn't run in my family, I don't understand. I think it's important that people recognise that it could be from their energetic bodies, their mental body, it's the energy they've created through compromise or any other weakness, or if there isn't a balance, or perhaps there's also a responsibility for what they are putting into their bodies.

And people need to be able to do that, people need to say ok what do I need to do to correct this imbalance and to bring my health back to its vibrant self.

Well dear one you have made some important points, so maybe I can clarify a little deeper on that.

How does it work you know, mental body, emotional body, when you have a continual thought that is angry, that is resentful, that is sad, that is stressed where you are working with some body or you are in a situation where you are pressured and demands are put upon you, you are telling yourself in your mind – who do they think they are etc etc, that thought, if you could see the thought it would be like a little spark, so you imagine electricity or a little fireworks, or little candle lights, it has if you like, a spark, and that spark has a vibration which is very powerful, so it is like having this little spark going off inside of you but that spark is being pushed and directed into a part of your body or chakra centre depending on what area of your life it is, whether it's your work, whether it's your home, whether it's your body, your family, your finances and so it is if you like continually smashing into this part of you, energy field, this energetic body, then after a while it implodes.

It is like an inner explosion like a fire work going off, and it explodes or implodes should I say, and that is what cancer is. A cancer is an energy that eats away at itself and their physical cancer when you see it under a microscope is just that, cells eating each other and that is what's happening in energy inside of you, it is eating away inside of you and so it has become to affect the physical cells in your body after beginning as a thought or as a feeling, emotional feeling, so that is what begins to happen. Now of course form one way of looking at it, how on earth can that happen, but if you were as I said able to see those thoughts and though emotions you would see that that frequency of energy again has a flavour about it so again a good analogy I often use is the radio.

The radio sits in the room, turn it this way and you have heavy metal music which makes you want to run away or bang your head against the wall, or you can have calm and peaceful music, how does that affect you, not just your mood, it affects the vibration of the body and so if you were to see a cancer cell do you think it would have a beautiful calm energy – no, it's erratic, it's chaotic, it's like one of those little monsters eating away at everything, wants to destroy everything, so it's a destructive vibration that is in your energy that has gone inside of you. So I was a psychic surgeon in Egypt, but we didn't have the cancers in those days so much, there were other things people had in those times, and I was able to remove the energy before it created physical disease, or even when it was physical disease, and so that was part of the old energy of being a surgeon.

Now it is not like that, it is about you being your own surgeons, you live, you think, you feel, you resolve, you love, transform.

The surgeon can do their part and take out the physical result of that, but you are changing the frequency of that energy, so the energy inside of you is at the beautiful frequency that the chaos cannot exist, so the cancer cannot return, it can be transformed and people can transform cancers.

Some do and some don't what is the difference, it is not up to the surgeon if they live or die, it is up to them by their attitude to themselves and their lives and their bodies and what they do differently. So there's no point going through all of that and then going back out into the world again acting the same way you did before and again you could be in the same job, you could be in the same relationship but your responding, you are expressing what you need and what you want and what you won't put up with and what you will.

You are being loving and nurturing to yourself and then others around you have a choice, they either join you in being that and you are giving them an opportunity to be more loving, or they go out of your life you see and that is the hardest thing for many of you, because many of you would rather die and this is a sad thing and do, than change to be in a destructive situation, to go into the unknown, to risk insecurity, to risk what you don't know or see is more painful or frightening than facing death and cancers, so often that is what happens dear ones, but for others they go on as you have to show life can be a wonderful expression of love and you can respond differently to people and yourself because of it.

Because you become your own surgeon you see and you start to look at the foods you can eat and what you can't and you become more conscious. Others will think oh dear look at her, she's so fussy over there, but you are teaching them well actually this is self care and self love and this is what you all need to be doing for yourselves as well.

Q.

Hello Almora, I read recently and there feels an element of truth in it as well, that we shouldn't be eating carbohydrates and proteins together at the same meal because of the different enzymes that break them down, and if we do continue to do that it causes inflammation in the body, which in turn causes aches and pains and diseases.

And Alzheimers disease and Parkinson's disease and many others are a result of that dear one.

So meat and potatoes, eggs on toast all that is a no, no!

occasionally.

It's quite amazing, also it's inflammation I read that causes heart attack more than cholesterol, cholesterol is not quite as bad as it has been made out to be.

Greetings dear one.

Q it all makes such great sense, so why is there so many people that struggle even though they know in their heads what they need to be doing but struggle with their own body image and getting that energy and doing the things that they know they should be doing, why is there so many people that struggle with it?

Indeed – because it is one thing understanding something intellectually and logically and another realising it. When you realise it you are compelled to do it, there is no question. So it is the same as you know somebody for instance that has an addiction to something, or a craving for something, they can go and be in the AA or they can go and be in rehab or they can go and do all the external things to stop themselves from doing it, they know it's bad, it's destructive, they are losing money, their body is in a terrible condition, they know all of that, but the craving is so powerful it overcomes the mind because emotions will always overcome the mind, which is why I teach about emotion.

Emotion is energy in motion for most people but there are some people that have powerfully strong minds and so they can use their will power, will power is strong that is what you are taught. Go to Weight Watchers, will power – I cannot have the cake, I cannot do this or that, will power.

Whereas when it is in the emotion and realised and felt and transformed the craving's not there, they don't want the cake, they don't want the drink, they don't want the alcohol, they don't want to work all hours of the day.

There is no energy for it, so they just do it, but if the emotion and the craving is there that will overpower the mind. So first of all look at well what is the emotion behind this, what do I get from doing it because there is a payoff to me and in the moment I am too tired, I can't be bothered, it's too much effort da de da de da – that is the mind talk, but beyond that there is the emotion, what is the emotion I get from this ? and when you work on the emotion and the craving and you get to what it means..., for instance I had a wonderful woman, now she loved chocolate and she came to me and said I love chocolate, but I love too much chocolate and I'm eating chocolate all the time and I'm getting rather large and I'm really concerned.

So we sat and worked together and we looked at the chocolate, now it didn't matter whether she had lots of chocolate or not, but what mattered was, it was bothering her, and it was becoming an addiction and it was getting out of control. So she didn't want to feel like that anymore, so wanted to take her life back and not have the chocolate mastering her – rather her mastering the chocolate.

So we sat and she went through a process as I do with people you know and she went back through her life and she recognised that when she was sad as a child her mother would give her chocolate, whenever she was sick her mother would give her chocolate, whenever she needed attention her mother would give her chocolate. So in her mind it was an association between nurturing and giving love and attention to herself was to give herself chocolate.

So it wasn't the fact that she was eating chocolate, it was in that moment she was feeling she needed love and attention and nurturing and was feeling unloved and unhappy so that was the chocolate you see.

Now she had a choice at the end of it to resolve that energy in that never eating chocolate again would mean it wasn't resolved, or may be now I've realised what the chocolate symbolises.

I don't need it anymore, but either one would have been alright, she could still eat the chocolate but not the way she was doing it before because she recognised what it was, or she could give it up. She chose to give it up and she was happy to do so and it did not feel like she was depriving herself, it didn't feel like she was making and willing herself not to eat the chocolate.

She just resolved it and recognised whenever she felt that what was happening and she could go to her own heart and feel that love in her heart and not need the chocolate you see. So some of you have it in your work, some of you have it in your relationships, some of you have it in other areas, some kind of an addiction, even addicted to running and sports and of course again it's not what you are doing, it's how you are doing it, they will say – well I'm really healthy because I run ten miles a day and a cycle here and I swim there and that's good if you're loving it and enjoying it and it's bringing energy to you, but not if you are pressuring yourself that you have to get out and do it, because of this, this, this and this – it's not what you do, it's the energy behind it you see and that is where the answers are you see.

What have you got for me my friend?

Q: I have two questions for you. I am going to ask them in reverse order because of what you have just been talking about.

Yes.

I wonder if you could talk to us about smoking and why people smoke, what the need is behind and it may be very similar to what you were saying with the chocolate scenario, maybe explain how people can help themselves to stop smoking.

All right so I want you all to do something for me. Would you mind putting your leg down dear one, feet on the ground? Close your eyes now I want you to imagine that you're inhaling a cigarette, breathing down into your belly, holding it and breathing out.

And now I want you to imagine that you're standing at the top of a mountain or a hill, it's a beautiful day, crisp sunny day with a little chill in the air and you're breathing in pure air, into your belly, hold it there for a moment and breathe out.

Alright, so I want you all to give me a word for the first one and the second one, just a word.

Revolting – empowering
Forceful – Peaceful
Horrible – Giving you energy
Struggle – Clean
Heavy – invigorating
Suffocating – Clarity

Indeed, now for many of those unenlightened souls (I only joke yes) teenagers growing up, children in a family that are smokers being often as this is a little mischievous thing I'm doing, a little rebellious thing I'm doing yes. I'm going to do this sometimes.

So it is also like getting away with something, but what I really want to focus upon is when you breath in and you breath out you become calm and if you are one of the unenlightened souls (and again only joking), that are stressed and nervous and have a very stressful job or life and you try smoking you have to breath properly, deeply and it's calming, but you get addicted to the nicotine and the chemicals, but if you were to learn at school to breath to sit for a few moments just to breathe deeply you become calm, that is one of the main recipes in meditation that I use you know, breath, visualisation and tension, you don't need all of those three, but the breath is the most important. Because when you breathe you are not just taking in oxygen, there is a life force, a prana in the air you cannot see and of course each country has a different life force depending on the pollution and how much the environment is not disturbed, the air is different you see, but when you breath in and another thing, often I talk to people in meditation about giving and receiving of life that is not just a metaphor, that is a truth.

If you can do this every day your life will be balanced just by the way you breath because your vibration is balanced and your outward expression will be balanced but if you walk around holding your breath not breathing properly, you're holding in life, holding out life, breathing out you are giving too much energy and you are not holding any you see. So it is quite simple.

And your other question.

Q: I was wondering if you could give us the top three or top four tips for human beings to look after themselves and their bodies and their health.

Yes indeed. Good sleep, rest, not going to bed worrying about this, worrying about that, stressed about tomorrow and what hasn't been done and everything else that needs doing because then you process and you have a very stressful sleep and you wake up exhausted.

So therefore you need to get yourself in a routine and it's like you do with your babies it quite lovely, in fact if you could treat yourselves like the babies where you have a bath time routine, the baby gets bathed, the energy is washed away from the day, whether a bath or a shower, it is all released from the day, energetically you hold on to energy, so that is released.

Number two, at least an hour or two before bed at least, there are no computers, no telephones, no televisions because are often thinking about the film you've watched or the documentary you watched and what you think about it and it's stimulating, so calm music before bed, or no music before bed. You are getting ready to rest. And so some of you might find that difficult because you have a lot going on so then you have to look at a strategy – shall I go for a walk, because when you get into your body you ground the energy from the head into the physical. You go for a short walk around the block, or you do some yoga, or some stretching, or some Tai Chi or whatever kind of exercise you can before you go to your bed, so that is number one, absolute priority.

So that you can rest and have a peaceful sleep and go to a beautiful place in your sleep to heal and to come back in the morning rested and refreshed, because that is important.

Number two, a healthy diet is very important.

Now every one of you have different bodies so you can't read this book or that book, the latest thing says this, the latest thing says that, it's so confusing what should I be doing? Learn to listen to your own bodies, oh and absolutely no television in your bedrooms ever, that is the worst thing.

Where were we, your bodies, you have different bodies, so different foods. Now again you have to start to be your own physician, what affects me when I go to the toilet, you know that is the first step if there is something wrong continually with my digestion, am I constipated, (we are getting right to it now aren't we) or is it the opposite, well then there is something wrong here, what am I eating that's making me do that.

What food do I eat where I feel bloated, usually bread you know because most people have an allergy to bread, or what foods make me feel heavy, am I eating too much foods, I should not feel full and stuffed at the end of a meal and your families often, from the old war days have this thing about eating big portions of food as well. So smaller portions of food, food that is easily digested, so raw food, you need to have some raw food in with your main meal, so even if that is some grated carrots or some chopped up peppers.

The colour of the food is also important, charka energy centres, orange foods are very good for emotions, red foods are very good for security and work, and survival and the physical body and for the blood, green foods are very good for the heart, there are not many purple foods.

There is the beetroots I believe they are very, very good, and aubergine is very good, excellent foods to eat. I know it's not easy to eat a raw aubergine; you can cook that one, yes. So that is number two.

Three, exercise, all of you need to exercise every day, every day and that doesn't mean running a marathon dear ones, it can mean a twenty run, it can mean a thirty or forty minute walk, but it is no point if you are just walking slowly, put energy into it, get your heart beating, get your body moving. In the morning stretch out your body, the energy that runs up and down your spine that is your nervous system, it gets it moving a little bit. Yoga, I know men don't like the thought of that but you know it is used in martial arts often, men don't realise that that is where it has come from, just some Sun Salutations can take but five minutes in the morning. Things like, so that's number three.

And the fourth most important is what are you doing with your stresses.

What are you worrying about and what is repeating itself over and over again that is making you feel tense or making you worried and you are not doing anything about it. Are you annoyed with your friend or husband or your wife. Are you annoyed with your employer, are you festering away with stuff over days and weeks and months? Don't do it, this is the time for all of you not to hold it, to find a way of resolving it, so for you my dear beloved one, getting a bit personal now, but you are a bit like your beloved you know, you are someone who likes to keep the peace, but this is another thing.

Many of you do that, you think well I have to keep the peace I can't say that it's going to affect someone else's feelings or whatever, but the great illusion, the great lie of it all is you are not keeping the peace at all, you're are creating karma and stress for yourself and for others, so there's no peace being kept is there? If you are feeling a certain way and not responding to it, you are living a lie to yourself and to someone else and that is causing war not peace inside of you and again that leads to physical illness depending on what part of the body and again that is karmic you see with families when we go back to health and heart disease has gone through the family, what really has gone through the family is a form of behaviour which has caused the heart disease.

Shut down the heart, don't express my feelings, don't say what might rock the boat, just get on with it, push through it and that is the belief. Sometimes it is said to the children but often it is not, it is just something you assume and just take on unconsciously through the line of the family you see, you understand? So those are the things and it's all right if you find it difficult to express that is a process and all of you have a process that you find difficult to do and you're learning to do, so sometimes it might come out wrong, in might come out aggressive, or it might come out passively aggressive, or it might come out as a tension, but you know all of you can feel a tension. You can feel an atmosphere, that can't be denied so what's the point in saying nothing when everyone's feeling it anyway you know.

Indeed, so those are the four things yes.

And the fifth one which is harmonious environment, especially in your bedroom and in your home, so no clutter, no mess, no broken things, get rid of those things, they have an energy of neglect and not caring and sometimes it is just all the busy ness, I understand, but it is important to simplify because everything you own in your house, whether it is this, this, this, this, is connected to you in some way and when you walk in and you look at the pile dishes in the sink how does it feel when you look at this, how does it feel again, it erodes energy, you don't want to be worrying about that. When you look at something and it looks old and stale how does that feel? Why would you want that there yes? Oh because my great, great grandmother left it to me and I cannot get rid of it because you know.

Q: What could be the base thing, the internal thing that could be causing difficulty with that type of thing, with having clutter around and not being able to actually become organised.

Indeed. Well that is you inside isn't it? It is you all cluttered and full up with lots of things yes, so wow when you look at it, it is interesting, I like looking around people's houses, I visit all of you and your gardens often, and it's not a criticism dear ones or a judgement, it is just – oh this is where they are at today, that's been left on the table for a week, what's that about there, or that's been over there for months, or that's been in your garage for years.

Q: I heard you.

Indeed, so throw it away, give it away, sell it! Because when you let go of all, you have more energy. In some way you are cluttered up inside, have a look at your desks at work, yes, or where you work from, indeed.

Q: I just figured that there must be something internal because the speed at which it can be all nice and clean and tidy and then very, very quickly it becomes all cluttered again it's a constant battle.

Indeed I understand of course it's quick. Some people don't feel comfortable in that. Look at my beloved when we go travelling yes, look at the hotel room within five minutes, yes, doesn't feel comfortable with everything being so tidy and so orderly, yes.

Q: I have to admit Almora, on my morning walks for the last seven months I've walked passed a particular house that has had a coffee cup sitting at the gate, and I've always wondered what is it with that family that they don't take that coffee cup into the house, you know.

I noticed the other day for the first time it's been moved, so there is a change.

Indeed, yes and how do you think they feel everytime they walk past and see it?

Exactly.

Q: They probably don't see it, that's the thing, they don't notice it, they don't see it.

Where is your energy, where is your consciousness, where is your focus? But if your environment is a calm, simplistic, peaceful, uncluttered environment, you walk in – (*Almora takes a deep breath in and exhales*) you can relax. Or you walk in and oh look what I need to do; oh no I don't have the time for this, that and the other. More stress dear ones. So if nothing else, make sure that your bedrooms are a place of calm and simplicity and without clutter, yes, and do not have things to do in your bedroom. You know. Often people take things to bed that they are studying, or they are reading or researching, don't do that. If you have to take a book to bed it needs to be something that is a calm read for you rather than something that stimulates you to be thinking.

Q: Like a Mills and Boon.

Indeed yes, or a cookery book, yes.

All right do you have a question?

Q: I do actually, I've got a few but we will just go on time. The magazines that you read are all about aging and beauty and to the point where a lot of people are having plastic surgery, injecting Botox into their face, taking supplements that are chemicals to not age, things that you have just said to Chris about sleep, diet – I realise that that is all helping, but yeah I wanted you to talk about aging in relation to what people are doing.

Indeed. Well I would say to you that if you look at someone who has had a happy life because happiness is a beautiful vibration and love, they are the greatest medicine of anything and if someone has a happy loving disposition then that will affect not only inside but outside, so you can see older people who have a lot of vitality and energy because of that. Now there are those that aren't happy with their bodies and how they look and you know it is alright to want to look and feel your best because you want to feel confident and when you feel confident, you feel empowered, so there is nothing wrong with that, but when it gets to a stage where you are surgically changing your body, or putting chemicals in your body because you are wanting to keep up with the Hollywood stars, or look a certain way because you need to look young and it's not all right to age then of course that creates a karma for yourself and the reactions to your body and that's when you sometimes hear those stories when things go terribly wrong with their surgery etc. But there's another part to this you know, often they are looking for something by doing it as many are looking for something by being rich or successful, people are looking for a certain feeling they are going to get by changing or altering the physical body – how they look, and often they go through all of it only to discover they still feel the same way.

Now this is something we are not talking about at the moment, but we could also go into those that change their sexuality and become a different gender, you know they are what you call transgender people, they have a feeling and an affinity with a different aspect, male or female, often because many of their incarnations have been a certain side and they feel more relaxed with that.

They go through years and years of pain and stress not only with their physical bodies, but with society etc, only to get to a point and realise they are a man when outside they are a woman or inside they are a woman and outside they are a man, they haven't got to what it was they were looking for.

So again with the aging and again it's not what I would say to somebody, well no you can't do it, but what I would say to them is what are you wanting to look for by doing it? How are you going to feel differently and how is that

going to change your life? Because of course those chemicals, and years to come they will prove that they cause all kinds of cancers and other viruses and diseases which have not come into play yet.

Again.. it is not only what they are putting in to the body, it is the energy of the person who is receiving it, feeling insecure and inadequate, unconfident, unloved, not beautiful, not good enough, not desirable and feeling that if they do that they will be. Of course they may look beautiful outside, but then they sabotage all their relationships because inwardly they still don't feel any different. Does that help?

Yes it does.

Indeed.

My next one is – What if you realise that you haven't looked after your body properly and then you realise that you have got fair skin and you have been in the sun and your skin is aging because of how you've taken care of it. This is sort of two fold for me because one, I don't agree with putting all chemicals on my skin when I go in the sun, but you hear that you have to put block on and things to take care, and then two, you realise hey I actually haven't looked after myself that way I should've worn a top, or worn sunglasses, or whatever. Can you change all that, so can you regenerate your body when you have the realisation that you haven't taken care of it, can you change that aging process?

That is a very good question!

Well you can do anything, but what I would say is it needs quite a bit of energy to do that and because of all your busy lives and everything else you are doing. it would be something you would have to focus on for quite a bit of time and effort and energy to recharge the body.. but what you can do is, you can start from that moment to really love and look after that body and research the products that you do put on. So some of those sun blocks cause the cancer and they're worse than being in the sun, people don't see that.

I believe even one of the cancer society's has got one which is not good, which is terrible again, so you have to look behind things. Natural organic products and again don't go lying in the sun for too long, but I don't want you all to feel that you can't go out in the sun either, but this sun in this environment is very harsh, so you do have to be very conscious and very mindful of it.

Again most people when they are young want to look brown and beautiful and they don't care about the consequences and then later on they pay for it, so you either pay now or later my friends, so it is better to be conscious and aware now, so that you don't have to think about that later on, but being conscious now makes a difference and you can find things to put on the skin to help and support the skin and there are certain foods that help those cells. The cells change I believe every six weeks or eight weeks, they replenish themselves.

That's why I've always found amazing the fact that these aren't my eye lashes I had six weeks ago, or this is not my skin, so it's funny how the blueprint creates the same way that it was six weeks ago and I suppose my deeper question is you can change the blueprint, so talk to me about how, I mean we are talking about energy, acceptance of self, looking at emotions, looking at the whole lot to change the blueprint.

Yes indeed, of course you can change anything, but it's how important it is to you, it's – well I have a little sunspot here am I happy with that, or is it really creating me a lot of stress and I want to change it, or you know I look at my body and these all these things here that need to be changed, can I just love and accept it as how it is now and I'm happy with that, or is it causing me huge amount of pain and stress this thing here, so that is what I want to remove or change, you see, but yes you can, it's consciousness, directing energy my friend.

Hmm, that's good and my next one if I can fit it in is I want you to talk about mercury in our mouths and when we have fillings and cavities what that represents emotionally like I know you can carry anger in your teeth which can cause cavities, and problems.

Indeed, the teeth are associated to security and for many, money and work and a lot of people don't express themselves, hold anger and aggression, you know, think of animals when they smile, or show their teeth, they are showing you that they are ready for war or battle or ready to attack you, so again it goes back to those old times as well when the teeth represented aggression, so sometimes you have to be careful when you smile at animals, especially monkeys and dogs because sometimes they might attack you. So that is what the teeth represent yes. Often you neglect your teeth as you do your feet and they really need to be looked after because they have a big job every day, and again be careful of what toothpaste you use, because of that takes away the enamel. Unfortunately to buy good toothpaste is a lot more expensive than your conventional supermarket ones, but they are not really good enough and again it's gold class you know, certain things are not negotiable dear friends, you should say there are certain things – this is my mouth it's not negotiable, I am buying this toothpaste etc and the way you brush them of course is important.

So if you look after your teeth how you brush them, what you eat, how you remove things that get stuck in them etc, that is the practical side of it, but energetically when it comes to mercury it is a very dangerous thing to have in your mouth and you know, they will keep trying to say, well there is no scientific evidence, but there is, but they just don't want you to see it, so don't have it in your teeth if you can get it removed, remove it and if you can't then you just need to accept that it's there and say a prayer to it now and again, yes, but if you can have gold teeth you know, there are people who have gold in their teeth, yes you say very expensive but that's all right. Or there is another one you can have, the whiter one, is the second option, yes. It means you have to do it more often but again the best thing is look after your teeth then you need lots of things. Number one poison in your mouth is sugar dear friends, so avoid sugar as much as you can, it is so bad it erodes your teeth and it is really bad in your body as well, sugar. And those little sugar things are worse, yes.

Saccharine

Yes

Q: What about Stevia Almora?

That is a natural product so that is all right yes.

Q: I'm in deep trouble here I can see this.

But remember dear ones you know, you have to live. And the worse thing I see is people getting all worried now about being conscious, there's a responsibility, well I can't throw that in the bin, I need to recycle it – good, after a while it doesn't hurt, it's not an effort, it's natural.

When you're learning it, it's an effort, but soon it becomes natural, well I don't buy sugar, that's just natural. I don't buy white flour; I don't buy things with that in it, so that just becomes natural. I don't buy bread or if I do it is from the best bakery, it's fresh, it has got natural products in and it is a treat, I am having it once every few weeks or whatever and enjoy it, don't sit there feeling terrible and guilty about it, you know, you have to live, enjoy the foods that you have and the more sensitive you become the more you will love natural foods.

Beautiful, fresh berries and fruits, wonderful dried fruits and nuts, we used love those in the Middle East you know, fresh, not like the ones you buy now all dried up like little shrivelled prunes, but fresh beautiful produce and you go to your markets, you have markets here where you can get that from.

When you have your fishes, when you have chickens or whatever you have, again make sure that they not full of mercury, or not from a battery farm, but that they are fresh and they have had a good life and pay a little bit more, you can afford it, don't say to yourself, I can't afford that you know, that is a belief, you can afford anything, you deserve the best, the best – you are kings and queens you know, you are masters and you can have the best and you don't need a lot of the best, yes. Indeed.

All right my friends, so now go and eat some food, and replenish your bodies, and get some fresh air and we will talk about the most favourite subject of all, indeed. My love to you all, yes.