

Hello again. Let's get straight into it this evening. You've been thinking about what it must be like living in a state of being with no physical presence. You were considering all the elements of having a body that you might miss. I knew you'd want to talk about this with you.

The word I want you to use as a headline for this all is - go on write it as a headline —

ADJUSTMENT & EVOLVEMENT

Let us remember that our journey through life and the various dimensions involves both adjustment and evolution. I know you will struggle with that latter word as you think it's made up. It's not, it's a branch of evolution.

It is so that various stages of our lives, we are forced to adjust our path. You will recall many times in your earth life when you've evolved from one way of life to

another. When you left school for example. You had to adjust and in doing so you evolved as a person.

When someone on earth loses someone close to them, they suffer the grief through loss. This requires adjustment to the way forward. We have an evolution to make to overcome the loss.

When a person leaves the comfort of their earth body and evolves to a life in spirit, as you call it, there is an evolution

involved. This is a major  
evolution, like a caterpillar  
to a butterfly. Like an egg  
to a chick. Like a fetus  
to a baby. From a life on  
earth to a life in spirit.

All evolutions require a  
degree of adjustment. Your  
concern you were questioning  
was regarding the loss of  
earthly abilities with a  
body to a life without  
it.

But the truth is, the  
adjustments are somewhat  
easier than you might think

when you cross over. You will have never heard of people this side complaining back to earth through communications of how life in spirit is deprived of earth pleasures. This is because such pleasures are not lost. They remain and are integral to the new way of living in our world.

You, and many of your readers will easily recall having vivid dreams where, on waking from them,

their real world felt inferior for a while as they allowed the 'real' world to regain control. So my friend, all or certainly most, of your questions you might raise about certain earthly pleasures, such as smell, sight, touch, eating, drinking and even sex, can continue in our world. They just take an adjustment and involvement. Believe me when I say, there are no losses when you

cross to this world. And as I have said before, along with the voices of thousands of others from this side, life in spirit is richer and more purposeful than an earth bound life. Rest assured Trevor, I would not want to switch my life here for any individual's earth life. Honestly, I don't believe I could handle it nowadays.

I hope I've share some light on your queries.  
The evolution is as

seamless and straight forward  
as breathing in then out.

Thank you for writing  
my words. They will serve  
to educate and inform the  
other curious minds.

Sleep well my dear friend.  
Good bye.