

Amos

We are ready for you. How are you. I believe you've been out in your garden today. Your muscles are aching a little I suspect.

We're often asked if we do physical work here in this world. The physical part of the question is of course some thing we cannot experience in the same way as you do with a body to contend with. And because we can use the power of thought, it is not really necessary or desirable to feel pain and aches as you would understand that. But we do

have a sense of tiredness on occasions. As we've mentioned before, without fully understanding our physics it's not easy to explain some aspects of living here. So to answer the question as close as we can the answer is best left at no we don't. There are specific aspects of life that are only connected with an earthly life. Physical work being one of them. It doesn't mean we don't do anything or don't have things we need to do, because we do. Life here is often very busy and each of us have responsibilities we have to fulfill while we're here. These tasks are not

forced upon us. It is always our  
choice what we spend our time  
doing. But we like to have  
routines that we stick to quite  
passionately. Of course, we're  
not needing to breathe in  
the same way as you do  
on earth. You breathe to take  
the oxygen from the air, to fuel  
your body. We have no need  
for that tiresome feature of  
life on earth. But we do  
breathe in a way that is  
unique to our lives here.

We have no eyes, nose or  
mouth in a physical form.  
But we still experience  
vision, scents and talking,  
in the same way as you  
do in your dream state.

We can and do create the sensations and stimulations of earth people. The end results are the same as they are for those taking your side. The physical aspects of life should be considered a wonderful gift for your journey through life on earth. The beautiful touch of a flower. The fragrance from a rose bloom. The comfort of warm sheets. These gifts of life on earth are all elements of life that you need to appreciate more.

Now, you really are too tired to continue this. So

can we bid you farewell for  
now.

You need to sleep to rest  
that tired physical body.

We are always with you and  
will await your return to us  
again soon.

