

Judith, Namaste

Which is the point of the body that holds all the breath? The Spine.

The spine connects everything, it is the conductor, it conducts water, breath, energy and electricity. The conductor is the place to push the pain. When the pain goes through the spine and out through the mouth it is transmuted.

The spine takes all three breaths. The spine moves the breath that changes from the body through the body through the air. The miasmas in the body move to be expelled and released through the spine.

The water of the mouth is another charge. The water acts as a charge for the electricity to allow us to communicate. This is how channelling is done. Water in the mouth mixes with the spine and breath. Yes, your breath is much more than air. There is a universal electrical charge – positive and negative in the body.

Positive - below

Negative – above

Like a battery, like a magnet. Imagine a magnet which is attracting; first attraction is within the physical body: Pain, Miasma, Distorted Ideas

These can be attracted through the spine to exit through the mouth to join humanity and the universe.

Positive and negative is how we learn to heal. The healing is on the edge, the space between the light and the dark, positive and negative. When you reach this place in between yourself, knowing your spine is a conductor, electrical charges can freely flow. Whatever is left in the body can be released.

This only happens when you are breathing properly. If you are not breathing properly miasmas stay in the spine and cause illness in many forms.

When the spine is flowing, connecting – there is no space for pain.

I tell you a secret of pain, where good and evil meet and are not dissolved in love – pain is created in your body. When you suffer trauma and this trauma is not released through the charge it stays in the body as pain. There is no need for you to be in pain. This works outside in your world – placed between the Army and the Church is the space you know Judith. To reside in balance me observing both for they are both good and bad.

Do not hold on to either when the magnetising force is in flow. The mouth can speak any language, any dimension, any work, all gods are here. You were right to concentrate on the trunk of the body. The main charge is held here – the main pain of humankind. Through this breath everything can be released.

If you were to take a cross-section of the body at this time the medical profession cannot see the charge. They do not search or test for this but I tell you it is there – an electro-magnetic field. Your spine is the conductor that attracts and repels. Showers come out of your crown. Showers come out of your yoni.

The spine stays true to the universe when it is in alignment. Physical blockages in the spine can prevent healing but can be cleared. The conductor that makes it work properly is water. Your body is water the attraction and the current is like a magnet and conducted through the water. You speak because of water, your heart flowers because it is water, you have babies because of water, we make love with water, you enjoy food because the food contains water which conducts your body's sex messages allowing the sensations body to be on fire, the fire can be small tiny particles of sparks – very, very exquisite. The nuances of understanding food are very big. When a person understands passion water and fire work together.

When your spine is clear and water and fire are working in harmony you will be alive, when every other time in your life you are dying.

This is how the great yogis have allowed their bodies to live for so long, understanding the cycle, the serpent is the carrier, and the serpent carries the fire and water even in the smallest particles, the tiniest forms. Where there is too much dryness there is death, where there is too much water there is death.

The skin particles cannot work properly and replenish continuously unless the fire and water are in harmony. Lips cannot speak, and illnesses of humans cannot speak and relate to their electromagnetic energy. There will be a day, soon, when others will realise this and medicine will take a leap forward in its understanding of the human system.

To watch this spectacle in yourself take a magnet and play with it and observe – the attraction and repulsion - think the spine of your body as a magnet, attracting, attracting, repelling.

Your hair is a conductor, it is not dead, as you believe, your hair is all over your body sometimes in the tiniest wave, sometimes a great big lock, and your hair helps the electricity and fire to conduct. When you manipulate your body to rid yourself of hair you create an imbalance in your fire energy, just as you create an imbalance if your skin is dry, inside your bones are dry. The recipe for nurturing balance is not difficult:

*Cleansing of the body
Harmonious actions
Thoughtfulness
Open-heartedness
Love and compassion*

Your soul sits inside your spine, enjoy your natural state, your enhanced heart state, your natural state is love. Just as my natural state is love. Through love we can speak of the whole universe through love we can hear God's word through love we grow, ageless towards God.

You are right to concentrate on the trunk. Your energy must have its first breath before we all breathe together, the first breath, the first Trinity, the Trinity of gods and goddesses. Awake in the spine, energise the spine, correct the alignments, allow the flow, open the flow, charge the electricity, conduct the water, create a state of aliveness. You would understand if I told you most people are only breathing in their spine the smallest amount, their spines are not alive so the information, including the pain, cannot flow freely and easily to reach the universe.

When the mouth is wet the yoni is wet, the charge is complete, conduction takes place in the second breathe and when the crown is dry and the feet are dry the third cycle can take place but they do not need to know this because when your spine is clear and in harmony it happens automatically.

Now imagine that your spine is a tube of light, pure white light, you can see any imperfections quickly, easily you can see what happens when you eat and drink food and how it affects the vibration of that light. This is your main body, the field of light through your spine. This I will call your first body your true body – this wand of light that is you. Some people call this the soul, I tell you, it is your first soul, first truth of who you are.

On a physical level this is how you survive, remembering the womb, the spine unfurls - first the spine grows, the light is formed, amniotic fluid is the conductor and the fire the cells rapidly open and create the sparks of light for the spine to evolve and in the spine the main system, the functions of the body, the physical body is governed not by the brain but by the spine, it is the truth overlooked by your medical profession. The body can exist with or without a brain – you know this. The body can divide and grow before a brain comes along. The brain is the toolkit to help you understand intellectually and metaphysically the world around you.

The light of the spine is your core being and when you are in harmony between light and darkness, good and bad, when you are in harmony with this you are in perfect balance. In the spine is a light - the discs and chakras open properly, can work properly, and can move around spinning correctly.

In your healing you can look to the spine for blockages, massage to push the energies upwards out of the wet mouth to be released. Up your spine, notice the spine, honour the spine – it is your first body.

Metaphysical levels existing within the spine are called chakras, subtle energy centres. These are set within the spine and can be open and closed. People have opened and closed all the time, mostly unconsciously. When you open them in spiritual sequence, starting with the mulahadra, the physical body working through yourself reaching your crown and beyond, they spin above your head, below your head, they spin beneath your feet, this spinning lives on another dimension but will be understood by medicine soon enough.

The discs that spin regulate speed and opening of your body to the universe. When you have an understanding, the eureka moment, you seem to understand many things. The spinning discs above your head are usually in harmony, spinning together with those in your body. This is your true natural state, a line of energy, white light with golden discs above and below, the true body. We can call this your electrical body and it leads first and last. The last thing to go out when you die the first thing to light up when you are born.

Your birth is not when you enter the world through your mother's legs, it is when you enter your soul and fuse with the cell to allow the light to grow - that is your place of birth, the moment of your destiny is decided then. Every moment that you grow from a tiny cell to a perfect electromagnetic field, then you are alive. The tension between growth and electricity is charged by the water.

Judith, this place is light, free your mind, drop into the light, feel the light, nurture yourself in the light. You can see the spine so powerful – how easy it is with the breath to travel through it - and in a way you are realising how little influence the lungs and diaphragm have. Their influence is momentary, physical and insignificant even in comparison to when the spine is breathing, the breath of the spine connects all breath, is all breath, allows all breath. I tell you this because you believe breath to be air, it is not, it is more than air it is things you have not yet seen but know in your heart to be true, it is light!

When the cells reproduce and open and flower they become a beautiful being that grows into the shape of its history. Its history is the cell diffusing the light, the cell is the egg and the sperm and spine in mutual harmony, grace and disgrace, dark and light and evil and purity.

All is contained in one cell. The history of your ancestors is in that cell, as the spine unfurls the light charges the history and awakens the pulse of memories. The memories awaken and become the truth, your truth is your memory. This is how a person comes with the colour of skin, the shape and the form of body. This is how a person comes to earth with the memory of his mother and father who hold the memory of their mother and father and all of their ancestors.

It is easier to stay in a place of love, so sweet, harmonious like heaven. So if your ancestors have created pain, unfinished business, sometimes unfinished business is merely ignorance, lack of knowledge which causes physical pain in future generations. Just the same as you in a human body now cause yourself pain by your lack of knowledge. I did not know what fire was until I put my hand in the fire – it burned – I learned!

While the world has got faster and cleverer, to experience the light, the true wealth of life it needs to slow down. To clear the ancestors from the body system requires self-realisation and a willingness to clean-up, to take responsibility now. Here in your light body you contain the memory of who you were, memory of your mother and father and who they were, memory of your ancestors and who they were. Release, allow them to live by letting them go.

To mutate into the next level of human kind, the light cells must be clear, the consciousness necessary for the next level means we must release the past, observing, releasing, acknowledging, honouring, allowing, watching it move into the slipstream of time.

Through your mouth it enters the universe again, good and bad, releasing. The secret is when you are released of the past, when your light is clear, your body cannot age or die, it just is.

Being just is, is who you are being. This is who you are – the light of God - this is your true self.

Move the pain as we speak through the spine – breathe – through the mouth, let them go - harmonise your body. You have no need to fear, you should not fear, do not fear. This healing will last your body forever.