

Part I

We are still on form and action and we are now to the point where we can talk about the body that you occupy. And the body that you occupy literally is doing your so-called dirty work. And that is not what it is therefore. It is a beat up battered type of thing. The body... Let me give you an illustration that you can remember: you all can visualize a beautiful red maple tree in full bloom, a big one, all right, think of it. There is what you call the trunk, there are the branches, and there are the leaves. Now let's look at that tree as the form of your body, this is just an illustration, a parable or an analogy. The shape of that tree the whole of its being is a form and the form is similar to your body. That is the form. Let us say the sap as you call it, the energy sap that is going through the tree is your spirit, the energy, vitalizing the tree. And you are spirit energy going through your own form having the body function on automatic. So you do not have to think consciously on how it functions. Now the many, many, many, many, branches is your soul, plus the trunk is your soul. It is the structure that holds the form's image. Now every one of those leaves is your life spans; past, present, and future, all at one simultaneous existence, multi-expressional existence, they are all there. Do you have that picture now?

Now a tree on your earth plane functions very elementary does it not? It needs elements to function, for instance it needs the sun, it needs the rain, it needs the earth, and it needs the air. Exactly that. Astrological signs, correct? Fire- the sun, water- the rain, earth- self explanatory, and air. They are the four signs of the zodiac are they not? Now, a tree is no different than thee. Thee too are in the Onement of that which is. Thee and the soul are one. Thee are not separate from, thee are unified with the tree and the tree with thee. Thee too need the four elements so that thee can function with aim and with purpose. Thee flow, the tree flows, all right. The tree flows because it has fire or warmth – the sun, water, air, and earth. Thee flow because thee have the same four substances. True? This is the way thee flow. If thee in your everyday occupation, job position, living alone, just living, failing to participate with those four elements, thee become out of balance. If a tree does not have enough earth it can become stunted. If it does not have enough air, stunted and may even suffocate and die. If it doesn't have enough rain, it will wilt. If it does not have enough sun, it will not shoot forward and higher and expire. If it has too much of them, same thing occurs. You too can become out of balance or out of synchronization due to lack of, or too much of in one area or another. For instance David, you are told you were out of balance in the physical, correct? (Correct.) The physical then would be earth, too much out of balance, physical. And the same we can say as ego. The ego and the physical are like the earth. You get too out of balance, one way or the other, you then become out of synchronization. It can bring illness, dis-ease, discomfort, and disease. It can bring harrowing situations that become great problems to you, okay.

Now you can say that the fire part is the sun. It is similar to your spiritual aspect of being. Your spiritual involvement, your togetherness, your energy flow of being, your animation, your life force. In other words when you are tired all the time your life force is being blocked, your spirit area is not flowing. It is being channeled off to the side or down or blocked in some manner, way, shape, or form.

Now let's put air as soul, because soul is so nebulous nobody can put their finger on soul, correct? And air is like 'I know it's here, but how can you hold it?' And less you get it straight out of one of those pressures things you can say I felt it. What you felt was the pressure, all right. So let's put the air in that sense as the soul. If you don't get enough air or too much, detrimental.

Now what do you believe rain is? Rain is self and emotions in that sense. No, it's not right. Correction. On the earth level there is physical, emotional, and ego. Correct. In the rain area there is self and there is your expanded consciousness being, conscious of the expansion that you are being. All right, got that straight. It is balance, your being.

Now as you did the homework that you got for the last session, you realized what was highlighted in your life this past month. It can tell you what specific area you are most out of kilter in being. What element that you lack in your being? You said for instance James, that you had a situation and that you had an allergy. It was physical was it not? So you are out of balance in the physical area, all right? You were in neutral as you said (Right.) Again food, physical. You too, physical, food and weight, Yes? (I also say for me spiritual, quite a bit.) Tiredness, yes, you said tiredness too. So you know now both areas are out of balance. Its very easy upon the earth plane to become out of balance because you are driven by the exterior forces; then you drive interiorly this body, this form beyond it's endurance, you drive your soul beyond it's endurance, you drive the parts of your being beyond it's endurance. Then it's like an automobile attempting to function without oil, with only gas and water. It will burn it up will it not? It will jam it, and you become stuck.

Now, it's very, very, simple to get back into balance. I told you the four elements. When you are lacking in this spirit realm, when you're driving force, you are sleepy and tired, worn out, that you need two days of rest. It simply means that you need some sun. And this is why your science is exploring it now that when an individual has, you have liked say 30 days in a month and say 16 days that month it has been cloudy overcast and raining, all right. People are highly irritable, highly frustrated due to the lack of warmth of the sun. So being in Florida is great is it not, just watch that you don't get too much. All right. Overbalance.

All you have to do is get involved; and you say now wait, do I have to be in the rain? Do I have to balance that area by being in the rain? Simple, drink more water. A doctor will tell you, a physician, a good channel of energy will tell you, drink more water. All the great esoteric beliefs, practices of the Far East tell you drink a lot of water. This will help balance you, all right.

You know you need fresh air, correct? (Yes.) But how much do you get when you go from your automobile into your home, from your home into an automobile, into another building. Remember the exercises we gave thee: the candlelight, the walking, just around the block. The different exercises, ok, they are to be included. Just going outdoors with thy feet even with shoes to stand on the ground the earth, the grass, to touch of a tree, to be where the earth is, to feel that strength regenerating you, rejuvenating you, bring thee into a balance, when you have a relaxing day where you don't have to work at having fun outdoors. You call them picnics and you're exhausted. When you are just relaxed and you are there in the warmth of the sun and you have a liquid that you're drinking and you have the air around you and your feet upon the earth-- you feel totally with it. You feel like boy that was good; it wasn't exhausting, if you don't overdo it. Correct? It is a way to get yourself into the flow, functioning as an aim and purpose rather than what was placing blockages in the way. When you are house bound for days or work bound in an office building, you know it; you say 'I got to get out, I got to go do something outdoors,' and you make plans and you do something. When you feel it, now do you understand what you can do to institute and bring about change? Are you following that, David? You were told to go and have a massage, yes? Something physical, because to tell you to go and walk in the park upon the grass or walk somewhere where you can be on the earth, would you do it?

P.: No.

J.: See, but it is prime and it is necessary. Do you see? Let me hear some of your ideas and thoughts.

P.: Joachim, I understand now why when I start biking in the late spring and through the beginning of summer, I feel much better. Because I am out in the air I am getting the morning sun and I definitely feel a complete change in the body physically. I feel emotionally much better, mentally much better. And then I notice that as the winter comes on it gets darker in the morning and I don't do that regular biking. After a month or so I notice a change in the way I feel and I tend to get more depressed more quickly, through the winter months too. Now I understand why. Because I really enjoy that a lot and I see the difference in the way I feel when I am doing that.

J.: Well look at that body, this form as a thermometer, ok. When it is comfortable, ok what is it 72 degrees or 70 is comfortable for you? (Right.) All right. When you are out doors with all four elements your body is registering comfortable. All right. When there extreme either way, its too cold or too hot; then the body is fluctuating back and forth, seesawing rather than being comfortable. You're uncomfortable, and the body is saying: hey look I can't take this any more, I am going to have to do something about it. I am gonna have to release all this tension and this stress, because this thermometer is either gonna pop through the top or pop through the bottom. Because there isn't any comfortability. So then the body breaks out as you say, it gets something, something occurs, or you get involved in a situation where you can be fully, mentally, occupied with a problem, a situation. Let me have some more....

You have heard this many times before. I am telling you something that is so valuable to you, if you could only realize what I am telling thee and not just classify it as another talk on how to take care of myself. If thee could look at it as the prime requisite for life.

You don't have to go to a beach; you can sun yourself right at a window, open the window and just sit there and let the breeze come upon thee. Ten / fifteen minutes can be thermometer balanced again, the body form. Thee have need of it. You do not know how desperately thee have need of it by the time winter is just about done. But if you are an outdoor individual, you will find that you will have only so much that you can tolerate out doors, right in skiing clothes, it's like I got to get back indoors, even though I am having lots of fun, I am feeling good. You feel invigorated, back in the flow again, yes?

And a lot of you just stay inside most of the winter; it's like oh well when the weather gets better I'll go out again. And the body is saying: 'oh dear god, you mean I must wait that long until I get some balance here.'

P.: Joachim, when I play a sport like basketball or tennis I am doing all four things, I am in the sun, I am getting the earth, the air, and I am getting thirsty. I drink a lot of water.

J.: And if you are walking or hiking or gardening or just shoveling snow in the winter, washing the automobile, it matters not as long as you are outdoors. Enclosurement is exactly that, enclosurement. Do you see David? You are getting it, and you wonder why does this happen to me, why does that happen to me? All of thee wonder. I work so hard I channel, I program and it still happens to me. Now can you understand why it still happens to you? What is your comment Larry?

P.: I am sitting here trying to think about how all this relates to beta endorphins and things like that in the brain.

J.: Yes, it has a lot to do with it because if the body is flowing in a balanced way, they too are flowing in a balanced way. Then the endorphins for preventing pain and so forth, will keep thee, for some time in a balanced state then after being indoors, many of you must be indoors say three or four hours at a stretch, then they start to come down a little bit and you get the first twinges of pain, or like the sign of a headache, or unease somewhere on your body. If you are in your home it is easy, just walk out doors. Remember I told thee stand on the porch do a couple of stretches (sound of some deep breathing) get a little bit then go back in, and that will get it from going back down, it will go back up again, you see? And you will find individuals who are housebound, building bound, very little outdoors; their health factor is poor. Don't they say it in your society people who exercise, people who do things, are healthy as long as they don't overdo it? Is this not what I am saying?

P.: Except a lot of exercise done indoors

J.: That's right, I am telling thee to do it outdoors

P.: D. mentioned basketball which is primarily played indoors, (Yes) tennis is now played indoors, most of the health spas are indoors

J.: But thee can think for yourself, you don't need a basketball to throw through a hoop, all you need is your imagination. You can have a small hand held bean bag, all right, and you can go outside your home and say if I touched that post that's a basket, all right, if I missed that particular spot I don't have a basket, all right. You can utilize your imagination and even in the midst of winter you can take a snowball outside and you can say okay I am going to do this for five minutes (sound of a deep breath) back to health, you got everything flowing, synchronized, balanced, and comfortable. Jacob told some of thee many years ago, I told thee too, five minutes of one hour will bring an institute change and the corrective flow of energy within thee. Do you remember that? Here I am saying it again, but now with the reference of why, okay.

P.: Joachim is that also because being indoors, ...there is not enough oxygen and things in the air?

J.: Correct in the sense that it is not flowing enough. See people were not made to live in buildings, but since you have the climate that has differentiated from when thee were instituted upon the planet, all right, and since the thought forms of the generation after generation maintained the difference of climactic zones of your being, thee then need shelter from the climate that thee created with thy own thoughts. And the more that people say: ' Oh it's so good to be indoors, look how it is outdoors'' and that's more that you are saying: we like these zones, we like this segregation, we like it like this, lets keep it like this. The unity, the onement, sees soul is the aim and the purpose. Soul is the aim and purpose; it is like water, it flows. And it constantly is moving; moving, it's never in the same spot twice unless it is contained. And then it can become stagnant. Now, look at thyself when thee are contained. Thee have water within thee, thee can become stagnant. And many of thee...look at the people you know as well as thee: you go from your bedroom in the morning in your home to your kitchen to eat, go quickly rush to work, spend much time in there, don't even leave the building to eat sometimes, from that building you come right to your home and do what you must do at home, and then you go to a bed. So I say a good 92% of your time is an indoor type of thing, an enclosed type of thing. What does that do for your flow of your body form? How about 50-50?

P.: That would be rather difficult to get. (How so?) Well if you work eight hours, most of us are inside for eight hours, then fix dinner and take care of...do the cleaning and that sort of thing ...it gets a little difficult to be inside only 50% of the time and outside the rest.

P.: Jacob told us that 5 minutes out of an hour, so that would be even if you figured sleeping, you still wouldn't need that much time to restore yourself. (Got it.) You would get 50-50 with a very short amount of time if you actually do it.

J.: You see how one lesson pertains to another lesson, to another lesson.... They are all interacted and meshed. It is 50-50 in that sense because in what you call the spring, the

summer, and the fall, many of thee have windows that are open and the air is coming through, there is sunlight shining in and you can have your foot in it, alright. There is air coming through and you can drink liquids, no one is stopping you from drinking water. This is why how often we have stressed to you again and again...water, not coffee, not tea, not juices, and so forth...water is you best bet. But since you like them and they contain water, fine.

The blood system flows much better when it has the balance of the elements. Thee are as elementary as a tree, or a flower, or a bush. Thee are a creation of the planet constructed from the bites and pieces and parts of the planet. So why should thee be any different than what is there?

P.: My husband takes the dog for a long walk after dinner, they both come back and they both feel better. (That's right.) He always tells me we have to have the dog.... Going for a little walk... going to the store, he doesn't take the car.

J.: But it [the car] is quicker, it is easier then you will have time to relax, then it is dark and you don't want to go out, and then you want to sit and read and watch television or not go out doors. You rush so you have some moments to relax. Why not have your relaxation when you first come home from work and then rush?

P.: Many people and me included at times think the relaxation is getting home and maybe laying down on the couch for 20 minutes and not realizing that if we got home and went for 20 minute walk, just a casual walk outside we would feel a lot better.

J.: You better believe that. But society has taught you that that is the best thing to do. Go ahead.

P.: And I don't feel like it, once I lay down I don't feel like getting up again and going out.

J.: That's right. That's why the four hours of sleep is really what you need, if you follow the prescribed method of the balance of the elements you really wouldn't need that much sleep because you wouldn't be that tired, you would have lots of energy, you would be able to flow with everything around thee, instead of when you take that 20 minutes rest you are saying: 'ok elements I am excluding myself, there is a dam here,' and it's blocking you know and you say: 'ok the 20 minutes is up' and the dam is still there, and you are still not flowing.

P.: It was interesting, one day at the job one day this week the air conditioning system went out in our building, and it is a closed building, the windows do not open. Everyone was saying it was very warm. I was very uncomfortable...I was feeling confined, irritable...( the spirit ) I was in a large open area, not in a cubby hole area...I just wanted to get out of the building because I felt like I wasn't getting any air.

J.: Air is soul, your soul is saying: 'look out, look out' interesting huh? And it is very simple, teach thy children, teach thy grandchildren, teach people. Present to them and let them teach of themselves. With all the knowledge that thy medical field and thy science has, they are so fearful of putting out: if you would do what I just told thee, this I am told thee to do. If they would put that out, their business would drop drastically, their incomes would suffer.

P.: When I went to the nutritionist and she said in the morning to get dressed and take a walk around the block. I said to her 'you have to be crazy, getting ready for work is enough.' Then she said: at least go out in the back yard and stand there for 5 or 10 minutes. As soon as the weather is warm enough, take off the shoes and put your feet in the grass. Maybe you will have to wash them, but you will feel better.

J.: See, that is direct Earth contact. That is an energetic flow like you could not believe, going barefoot is very very healthy for all the elements of thy being, especially the Earth elements. But your society says you could step on something....

P.: My mother told me I shouldn't go barefoot because I could get worms, so now I have a difficult time going barefoot. I am going to tell her 'baloney, that's your belief.'

J.: That possibility exists because it is a belief, and that belief then is a creation and it has an aim and purpose. There are plenty of flukes, hookworms...that exists... planter's wart, is actually a little worm, that's what it is. If you are concerned about getting a fungus on your feet from walking barefoot, then rinse your feet with clean water before going indoors.

**End of Part I**