

You and Your Body are Teammates

IS THERE A TIME when you feel that you are tired? You have a vehicle, your body, and it is a precious one. You are responsible for your vehicle for your journey's duration. Who do you think will take care of it if not you?

As we look at you from above, and at times from below, we see those who are abusing their vehicles. You fuel them with the wrong gasoline; you oil them with the wrong lubricant. And you buff them with the wrong wax. Why are you wondering, then, that you feel the way you feel? The irony we are seeing is that when you purchase a new vehicle, a real one, you read the instructions and follow the maintenance program closely. You use the correct oil and surely the correct gasoline, but when it is your body you are dealing with, you think differently. Then you are surprised when you fall ill. You are mad at yourself for being tired, and you are puzzled that you are required to go to the garage and have your parts replaced and worked on from time to time.

Some of you like to think that you are separated from your body. Some of you like to think that your body is responsible to carry you throughout your journey, no matter what. The way we see it is that you have a relationship. The relationship is not only with the mechanics of tissue, blood, and bones put together. It is also with another intelligent consciousness. Your relationship is between one consciousness and another. You have a group that is “you” cooperating and working within a group that is your body. Your body is a group that operates under a skin in the physical dimension. The other “you” acts as a link between the physical dimension and the spiritual, astral, and other dimensions.

You and your body are teammates. You share the same goal and you come together to work as one. It is indeed a sacred union that you have with the group that you call your body. Would you treat your teammate with disrespect before an important game? Would you give your teammate the wrong sports shoes to wear before that big game? If you were the coach, would you feed the team the wrong kind of food so the team will be without energy when it faces its opponents? Your answer, most likely, would be, *I would never do that to my team. I want them to win, so why would I mistreat them before a game?* Many of you are sports fans. We take special delight watching you during a game of sports. Your emotions are high, and your enthusiasm is contagious. You love your sport heroes, and you pay

good money to go to the games. You take the time to watch them on your TV. You support them with your prayers and get upset when the coach makes a mistake. At the same time that you watch the game you ingest the kind of food that drains your other teammate, your body, from vital energy and from life force.

It is ironic to us that you support those who are outside yourselves and abuse those who are your own. We know who you are, and we love you. Some of you have karmic accounts to settle and the sickness that you are experiencing is a part of that energy. Some of you have a learning that is intense, and you choose it to be manifested through physical ailments and limitations. There are those who need to learn to receive, so their soul chose to be in a body that is crippled so they can learn this aspect in this cycle. We wish to talk to those who came this time around with a healthy potential, yet are choosing sickness. It is a time like never before, where the consciousness that is your body is in constant communication with you. It knows your intentions, and it knows when you fuel it with the wrong kind of liquids. It responds to that. A car that is supposed to work on highly refined octane and is being fueled with low-octane, rate fuel will perform at less than its potential.

We know who you are, and we love you so very much. We see the fear in your eyes when something that you do

not know grows inside of you, but then you continue to feed that growth with the wrong kind of substances. We want to tell you that your body responds to your instructions. It is your teammate, and it is sworn to follow your instructions. You are a teammate and a coach combined. When you tell your body that you have low expectations from it, it will respond. When you tell your body that you do not expect to live very long, it will respond. It can hear you. It walks with you every day, and it knows that you are the coach. It also knows what it needs. Your teammate knows what kind of fuel it needs. It is recorded in its manual. Each cell knows what it needs, and it can communicate it to the coach if the coach asks.

Your body is the way you choose to express yourself in the most magnificent creative event ever. You are the conductor, and your cells are the musicians. If you conduct well, the music will be divine. When you are healthy, you emanate energy that is vital, happy, and powerful. When you have strong life force, you can change things that you do not like. You can create the reality that you want. The colors and shapes that define your energy are governed by your life force. Your life force energy is the energy that propels you to move within the trajectory of your groove or change trajectory all together. Your groove is your karma. **When you begin the spiritual process we call ascension, you require energy. The process of ascension has to do with moving away from your karma or your groove and**

charting a new, magnificent path. We ask you to connect the dots between your spiritual journey and your physical life force, as it must be intact and powerful for you to move forward.

The vital energy that is at your disposal is the tool to vibrate higher and to resolve issues that you considered impossible. Everything that you do as you walk the walk on earth requires energy. Your energy center is your body. It is your engine. You can feed it all the wrong fuel and abuse it, yet it will remain loyal to you. It will still function and serve you, but why would you want it to work so hard and to move so slowly when it can have ease and fly?

It is your choice—the conductor, the coach, and the teammate to look after and guide your body to its highest performance. *How do we know what is good for our bodies?* you may ask. *We try to do the right thing, but still our body is getting more and more tired,* you say. **If you feel that something is wrong for you, then it is. Listen to your body, watch it, observe it, and love it like you love your favorite teammate. Your body will respond. It is not the food that makes the greatest difference; it is the intention. As you listen and pay attention, you tell your body that it matters. You renew your vows and let it know that you are committed to your partnership. Your body will respond.** The vibration that you send is more powerful than the enzyme in the

food. It is the intention you vibrate that harmonizes with you. The fuel is a metaphor for intention. Speak to your body; honor it when it functions well. Attend to it when it is weak. Listen to it and allow it rest when it needs to recuperate. Honor your relationships, and you will be honored with longer life, vitality, and joy. You came here this time around for a special mission. We wish to hold your hand and light your path. It is indeed a special time and we wish you to celebrate it with us and we love you so. And so be it.