

Good day to you. There is much said amongst people on earth in regards to what life is like here in the spirit world, as you call life to refer to it.

Even that term is one we don't use here. I see myself as a person still, as does everyone else I've ever met.

Your use of the term "spirit world" suggests in some way we are incomplete or inferior. That is far from the truth. If anything, we are more complete within our lives now than we've ever been. We are whole in body and person, as we always were. Your interpretation of a solid body is limited to your earth physics.

You all know that your wholeness is merely an illusion of your being. Colours are an interpretation your mind makes with the information it receives from the eyes. Your brain interprets

the sounds you here into meaningful sounds you recognise. Even touch is just an interpretation made by your brains for a reaction of sensitivity. We in our existence retain all of those sensations, and more. Humans on earth are the ones living the illusion, not us. You are the ones with the weight and baggage of a physical existence being lumbered around with you all the time.

Your bodies get tired easily. It needs constant feeding, air for breathing and care for maintaining it from dangers. Your physical body is fragile and prone to disease and breakage. Your bones break, your skin tears, your organs fail and your very spirit is under constant stress from it all.

No siree, we're not the inferior

ones, by any stretch of the imagination.
We have freedom of motion, We
have an entire palette of colours
you can't even imagine the
likes of. We can see clearer and
further and all around us

DISTRACTED

Our world is clearer, clearer and
vibrant. Our people are happy, loving
and without desires of war or conflict.

DISTRACTED

You are struggling to stay focused today.
May I leave you until a more
suitable occasion. I promise I
will continue.

Goodbye for now.

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