

Hello. I hear you. But I can't answer your question as to why you picked up another chest infection.

I can answer many questions about the etheric body, but the physical one, not.

Thank you for asking for healing, and of course we will help.

When you sleep later, place your hand on your chest and ask us again.

You will feel the energy as it enters your body.

The reason why healers, like yourself, often forget to, or just don't bother healing themselves is quite a simple one. When you send healing to others, there is no reason to feel any physical differences in the energy. But when you send healing to self,

there is often an expectation to physically feel something. Even though you know it doesn't work that way, you maintain this unnecessary desire to feel it working. The lack of sensations often leads healers to believe its not working on-themselves and therefore choose to exclude themselves from self-healing.

Let me tell you, my friend and all, healing yourself first and every time is a very healthy and worthwhile practice.

You cannot maintain the belief that your healing works for others, yet not for yourself? That's like suggesting you don't really believe in it.

If all the wonderful people that

call upon the healing source every day, were to include them self in the request; people would be far more healthy.

You had a query in your mind yesterday regarding animals and birds. You wondered why they rarely show signs of being ill or off-colour.

They do. They just aren't blessed with human abilities of expression. But if you were to study any animal or bird for their entire life, you'd soon recognise when they are feeling unwell.

The body for life is a biological wonder. But it has challenges.

Constantly defending the finest of balances - Rejecting invaders and working constantly to maintain

a state you call survival.

Trevor, your immune system is not in tip-top condition. It's vulnerable to attacks and open to these unwelcome invaders. That's just the way it is. But self-healing would help by working from the within.

I wish you a speedy recovery and will assure you receive added healing energy. Listen to your body and respond accordingly.

Thank you for writing my words. They will work as a reminder to other healers.

Goodbye