

Good evening. It's nice of you to
join us. We've been wanting
some time for you.
I know you've been under
a little pressure with your
work so we do understand.
Interestingly, when you think
about the way of the
wave pressure. On earth,
that tends to be the
result of varying masses
or objects. Water through
a tap, boats stretched
or each other, hands
holding hands. In fact
most of life is based

or pressures, one way or another. In the same vein, pressure is related to stress. Place pressure on a branch and stress it into a bend, for example.

Have you ever wondered why humans have adopted those symptoms from a physical meaning into being related also to invisible biological symptoms. People claim they are under pressure all times, mental pressure, and

almost always associated with stress. The two usages, physical and mental are similar in many other ways too. When a physical object is put under pressure and stressed, it loses some of its integrity. It becomes less strong and is more prone to failing. The same symptoms also occur with the mental meaning too. Oldie enough, some humans claim they work better under stress.

But that is not so. Their person merely engages the challenge of achieving something faster, thereby getting a sense of achievement.

Medians are amongst the most common of people to suffer stress and pressure. These symptoms, remember, are affecting the integrity of the mental state. So a stressed median, under pressure to bring over a commission

is defeating their self
before they've even begun.
I'll guarantee ~~if~~ have failed
to connect to us on
more than one occasion
before in the past. That
was due to a self-imposed
stress from the premium
you put on yourself.
Markedly, in recent
times you have learnt
to relax and avoid
pressure during your
meditation. And I'm
sure you'd agree, the
meditation quality has

been much greater, with
pure messages and
confidential communications.
We experience those
stresses and pressures
that mediums put themselves
under. We sense it in
the same way that
belonging into a factory
wind would be to
the voice. We have to
try harder in these
stronger connections
and the effectiveness
and subtleties of
the messages we want

to share one 'lost in the
wind'.

The best advice we can
offer to any medium
that funds, thinks self
becoming sponsored and
under pressure during
a commercial is to
step back, take a
long deep breath.

Acknowledge you have
become stressed
and under pressure.

Spend a few minutes
breathing and telling
it leave you. That

When you temporarily finish,
the congestion will be
cleared for both the
medium and the
communicator. A few
minutes well spent and
most certainly worth
doing.

Perhaps you might like
to write some words
on this topic. I'm sure
you could find enough
from your experience to
make it a worthy essay.
My hips are beneficial
for many in many other

Situations where goals are involved. Learn to recognize it when it arrives. Address it and dismiss it. Medusa has to learn to be in control of such symptoms.

I've saved what I wanted to say on this occasion. I'm delighted that you've perched up your pen again. The US is something you should get back to doing more frequently. Sleep well. Goodbye.