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Health, Herbs, Truth

Is David there? *David is here. Ask, Shamra. What do you wish to know? Can you tell me about medicine? About Chinese herbs and acupuncture?* *David is here. Yes, indeed, dear lady, we can tell you this: there is in nature all the elements of a healthy body; one not need eat the flesh of animals who are diseased, but rather the whole plants and ... And what? and water, if indeed your water were not tainted by man himself. Are you saying then, that all the earthly body needs for complete health are herbs and plants? And clean water?* *That is so, dear one. Man has destroyed his ability to live in health. He has destroyed his ability to conceive the truth as it was known to him in the beginning.*

What is the truth? *As you know it, dear one, the truth is that you are God, and God is in you, as in others, you are but a spirit within an earthly biological form, do not hesitate to write what we say to you. Concentrate! You need more daily practice Shamra, do not fail, do not lose that which you have already gained. Meaning my channeling?* *Yes, indeed. It is difficult to communicate. My fault?*

Nonsense! Dear child. Have some faith! You do well. You shall do even better with practice, it is an acquired art, as is your music and art. Thank you. For what? Are not you the one who put in the efforts to learn what you have learned in your short lifetime? Yes. Then thank yourself, Shamra.

What does Shamra mean? *We have conceded to you in prior times, Shamra, lady of love and light; kindness to all. You have reached the door. Come in. Thank you.*

Is that all? *Yes, dear one. That is all for today.*

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