

## **Webinar discussion on balancing the 4 bodies. May 2017**

### **Jane Scarratt to talk about balance in Physical and Spiritual Bodies**

Hello all,

It's always a great pleasure to talk with you.

Kristine has already spoken to you about the mental and emotional bodies and I would like to continue the discussion re the physical and the spiritual.

Here's a question...How can you use your fifth-dimensional connection to improve your physical and your spiritual world? Wow...how profound it that!!!

It is important to emphasize that these two descriptions...physical and spiritual also refer to two of the etheric bodies that are energetically attached to you. You have an etheric and a physical body. When you depart this planet, primarily the spiritual body will leave; however, all four of the bodies are interacting. For the purpose of this discussion, we have separated the four bodies, but they are also interacting in a unity and the spiritual body in particular carries imprints of the other three bodies with it.

So, let's talk about the physical body. How can we use fifth-dimensional energy to change the physical body?

The physical body has a role to play in your karma. Shock horror. Therefore, how you treat your body is important. You have all heard the statement that the body is a temple, so you must treat your body as a temple. It is your receptacle, your tardis, and your receiver of energy and light. There are many different protective patterns that you can use for your body. This includes protecting your body energetically with certain shielding, and it also means protecting your body from pathogens, such as the various virus' that are around today, as well as protecting your body from cancers. You may already have some of these conditions, and there are ways of strengthening the body even if you have these problems. There is way of healing yourself.

At this time on the planet, everyone, even those in the highest light, is being exposed to certain viruses and higher doses of radiation. It is important to build up your immune system and your energy field.

I am not suggesting that you're going to live in a cave to contemplate your big toe or your navel so you are not exposed to any of these conditions.

There are certain precautions that you can take that even include the food that you eat. You may find that fifth-dimensional energy and fifth-dimensional thinking can directly influence your food intake and what vitamins you can use. Some of you are sensitive to gluten, and you may decide that you need to stop eating food that causes inflammation in your gut. Some of you may decide that, on a higher level, your body doesn't need meat, and you may stop eating it, or you may decide not to eat genetically modified food. Unfortunately, there is not one prescription for everyone, and I certainly won't say you should be vegetarian, nor will I say everyone shouldn't eat wheat, but what I will say to you is there is a way to connect to your higher truth, to your inner healer, to your inner physician on the Fifth Dimension, who will give you directions and recommendations on what is best for you. At the end of this article, I will place an exercise for you to open up your receptivity to new healing techniques and new healers. You will access this through our web pages.

This is also found in another very important thought, and this is in part an integration of the fifth-dimensional thinking or the mental body with the physical body and manifestation of physical energy and physical healing, and it goes like this: "I can attract the healers that I need to bring me back into balance. I can work with, find and learn from the healers. I am sending out now the call to bring those healers into my personal life so that they can help me." This is where your mental body must work with your physical body. Some of those healing techniques, such as vibrational medicine, totally depend upon your openness. Part of the downloading of healing from the Fifth Dimension includes your ability to send out the calling and to reach out to those people who have the healing abilities that you need. The list of all the illnesses and problems in the environment is overwhelming but never before on this planet have there been so many high level healers at one time. You are spoiled for choice.

There are newer healing modalities from the Fifth Dimension that are being downloaded daily from many powerful sources. Have you got your paper and pencil handy!! Some of the sources are sound healings; crystal healings; thought form healings; sacred healings from sacred geometry, and healings from what we know as vibrational medicine, i.e. the ability to use vibrations to kill disease and pathogens. Believe me, The healings of the future will be with a radio frequency .because each pathogen has a vibrational signature which will respond to a certain radio frequency. This is a level of healing that will be available in the future. However, Vibrational medicines may not work if the person's mind is closed to it. Be aware of your logical mind. You should remove all your discrimination and logical thinking. It is equally important to not block energy healing that comes from higher levels.

Do not look at healing on your physical body as a one time intervention; rather you need to be continually involved in your healing in order to purify and detoxify and more importantly to connect with you higher self and higher energy.

So now the spiritual body.

You have to continually update your spiritual energy field. Arcturian spiritual technologies updates your aura and energy field based on the new configurations and energies that are in existence. It can be a dynamic task to upgrade and update your energy field. Please do not think that once you have achieved an adequate understanding and protection that you are finished with your energy work. No! The Arcturian spiritual technology is also focusing on helping you to update your energy field to be in alignment with the new shifts. Some of you are already experiencing the recent magnetic storms that occurred on the Sun and the release of negative energies that have come from certain blockages in the Earth's meridians. There has also been a downloading of higher frequencies. The energy field of the Earth is shifting dramatically on a daily basis, and all of us need to think about updating our shielding and our energy fields daily.

Your spiritual body especially is strong, and it can lend your emotional body the energy it needs to heal itself. Your emotional body is receptive to the high spiritual energy and the high spiritual light quotient that you are carrying with you now. You just Say these words: "My spiritual body is so strong that it can heal any imperfections in my emotional body now." (Repeats) "My spiritual body is so strong that it can heal any imperfections in my emotional body now."

Primarily, the spiritual body has those aspects of yourself that will ascend and transfer to the higher dimensions.

A hundred years from now, people are going to look back and be shocked at how primitive and dangerous many of our medical techniques are. But there is a way to bring your body into vibrational healing and to bring your mental body into higher belief systems that are in alignment with the Fifth Dimension. The best advice for you is that you need to learn to

connect to your Higher Self, to expand your identity to include your Higher Self and your fifth-dimensional body. You've been trained in your upbringing to only think of yourself as this third-dimensional being. It is time to expand your consciousness.

Your Physical body can go to fifth-dimensional levels. Your physical body can be programmed so that your correct visualisations can be effective. One effective way you can visualise yourself is to realise you are an energy field instead of just a solid body. Focus on the energy flowing within your body. Let your higher spiritual body come into your Earth body. You as a vessel can hold higher light on the Earth. Visualize now your fifth-dimensional body, connect with that fifth-dimensional body and let it bring you the strength to protect all of your vulnerabilities and all of your sensitivities.

Thank you for listening.

## **EXERCISE**

For the next exercise, I want you to again go into a state of relaxation. Clear your mind and visualize the etheric antenna going upward. Tell yourself that you want to attract to your life now what you need to be more physically healthy. You are open to receiving that which you need and ask that you will be guided to that healer or healing exercise that you need. Maybe there's something you need to change in your diet, or maybe there is a certain exercise you need to do. We are going into silence once again as we are opening to that energy. (Tones OOOOHHHH)

Retract that antenna now. Bring the antenna in and know that the information is there that you need. You will know who you need to contact. They will appear or come into your life soon. You are using fifth-dimensional light and energy, and you are asking that this higher energy come towards your healing. Asking the higher energy to come towards you is also a key part of downloading fifth-dimensional energy into your third-dimensional life. This is opening up your receptivity by saying that you are receptive to new healing techniques and new healers.