

## Give and Take between the Spiritual World and the Physical World

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By 2:30 pm Monday, February 29, 2016 I lay down in my reclining chair pretty much exhausted from the last day and half. However, I am not unhappy. Actually, I am very content with what happened the past few days. Let me try to explain.

Our local church community decided to have a "Sunday Service" at my house. We are a very small community, so the total number of people who actually gathered was four, add me, and we were a big five in total. We gathered in my family room at 10:00 am. We started with a prayer, then a reading, then discussed the topic that we had had in mind this time around: the spiritual world,

spirituality, relationship between the spiritual world and the physical world, how to improve our relationships with the spiritual world, etc.

None of the five of us are mediumistic - we do not see images or hear voices from the spiritual world., All of us, however, do believe in the existence of a spiritual world and spiritual beings. We have felt that world and experienced it throughout our lives on many occasions.

It is not my goal to give you a report of what we discussed. I simply want to tell you why I am so exhausted but A-OK! After our Sunday Service we had lunch and then two of the four people went back home. Two stayed. They stayed because the next morning they were going to meet a gentleman coming from Philadelphia at my house. For the discussions of Sunday afternoon and evening one more person joined us. She is my friend and she and her husband share my house with me. She has an extensive knowledge of the spiritual world, does not pretend to know everything, but definitely her input is worth listening to. The four of us talked a lot throughout the evening and the following morning.

We probably had been talking for at least a couple of hours on Sunday Night when I started unconsciously rubbing the back of my head. I did not have a headache but felt tremendous pressure that started to feel quite uncomfortable. About that time my daughter called from LA, so I left the discussion to talk to her. I went upstairs and started to pet my cat and feed him by hand; within 10 minutes I realized that by doing something very physical I was doing much better and that the pressure I had experienced while downstairs was not as intense, and almost all gone.



Then, I figured out and understood what was going on. We may have been only four people from this physical plane talking but I had the feeling my family room was actually packed with spirits. They wanted to participate in the discussion or simply listen. It became very obvious to me. Then I remembered that it was not the first time for this to happen to me. I had forgotten because it does not happen often. Knowing that the house was full of spiritual beings just like us who wanted to share or learn more about the relationship between our world and their world was uplifting to me. It made me feel that we were on the right track. We were discussing something important and something in

which they definitely were also very interested.

The next morning over our morning cup of coffee we talked for another couple of hours until the guest from Philadelphia arrived. The same thing happened to me. For whatever reason, spiritual beings seem to think that my cerebellum is an entryway or door of some kind. So, at some point I had to leave that conversation, too, and do something physical like the dishes. That helps a lot to feel grounded.

As I write this, it is Tuesday morning. I am back to my normal routine. I have no more guests in my house. Just the three of us living here (I think!). The pressure is going. ....Elvis has left the building....