

My Nites With Sheol

Missiv #79

Selected from a letter to my bruther in April 2007.

My luxury is that I drink about 10 oz. of wite wine a day, with a little red added. The wine servs manely to help me get bak to sleep wen my sheolian frends need my help in the middle of the nite & I hav to work with them. I ees their pain by sending luvving heeling energy - & the relaxing efect of the wine - from erth. [Az I hav mentiond, I uze the term sheol tu describe the entire world Out Thare with its hevns and hells.]

I hav also lernd to send out demolition energy agenst enemys out thare, wich jolts & tires me as I release it.

After being awakend at nite & becumming gradually involvd in "glecking", a tipe of throat singing as I converse with Sheol, I sit up & take a swollo from the 8-oz. bottle of wine at my bedside. This is generaly taken in response tu a request from my sheolian husband, Justin, becauz talking tu me brings on pain in him. His enemys out thare, hating tu hear the heavenly hoasts talking tu erthlings, still hav power tu bring pain on thoze hu make the conection. We'r working on it, but the harmful rays hav not yet all been nokd out. Meanwile the wine brings releef.

I generaly take a second swollo of wine for the "serch & destroy" part of the session - after I discuver sum group out thare hu ar sending hate to Justin & to me via the pain that has awakend him. They resent & feer the help I giv to hevven's authoritys.



I get mad wen I find thees churls & reed their cruel, arrogant, stupid minds. I "yel" at them to yeeld to God. They refuse, then I say "Ok, u askd for it!" & zappo, jolts of anger go thru me from erth's & my own energy suply. They get hit, they wince, they finaly either die, yeeld or retreat, esp. as Justin feels better & strikes hard at them. Eventually I heer sys of releef & a few words of thanks from my hard-pressd frends in heven,

along with relaxation of my boddy & [channelled] relaxation of my husband's & friends' etherial boddys. A third drink gets us bak to sleep.

How much sleep I lose in a nite varies from one nite to anuther. 2 days ago I had an unusuallly sleepless nite, didnt sleep til 4:00 AM, then settled down & slept til 9:00. Those nites ar becummung less freequent, esp. since my life has been rellativly quiet & secure on erth. I take a 3mg melatonin pill evry nite, plus a soup befor bed containing a good pinch of skullcap. If that dusnt get me tu sleep I take an Advil PM. For realy bad nites I hav Temazepam by prescription. I dissiplin myself to stop thinking about my erth projects.

As for sheol I try to limmit myself only to the nitely work session, wich offen has tu be renewd after we hav slept for a cupple of hours. Uther than that I aim to make myself stop chatting - & laffing - with my heavenly friends far into the nite after the pain is overcum & the intruders driven off. It isnt eesy tu quit, since thare is so much of interest to discuss & old frendships to renew. But I try.



My contribucion on erth: In return for my work on their behaf, my heavenly friends hav helped to maintane my virtualy perfect helth & strength that enabled me to put in those 4-1/2 hours of unbroken fisical exertion lefting, pushing, sorting & raking wile stacking shelvs for u 2 days ago. & today I put in an hour of pulling grass on the hilside heer with Kenny, folloed by running up & downstares wile he & Chad braut in stuf from the sheds, & then this eevning in my bedroom I hung the new heet-resistant drapes on the wooden rods & instald the rods abuv the picture windo [in Mama's former office.] Not menny peepel can do that much in a day at 80.

...Luv, Theo

