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Can you still Eat and Drink in the Summerland

By Maurice Barbanell 2011

When you first arrive in the astral, or Summerland, I understand that you can still eat. How does this actually occur? Do they process it all by the way of thought?

You eat with your hands, with your mouth, your astral body looks the same as it did on the Earth Plane.

Well then who cooks it? Who creates it?

You create it within your mind.

So you can actually eat whatever it is you want to eat. You produce by way of thought.

Yes it is there for you, but what is here are fruits which are far tastier than anything on the Earth Plane.

There's of course no meat to eat.

There is a perception of meat if that is what you desire. There is no meat because there is no slaughter of animals, but if your desire is to eat meat then that is what you would perceive. That would be what you are eating.

In the concept of the Earth Plane our existence in the next sphere, what you have called the Summerland, is that of thought, thought and creation. You create in your mind the residence in which you feel comfortable residing in the place where you feel comfortable residing. If you feel comfortable in residing in a small cottage on the banks of a great lake then that is what can be created for you.

I'm sorry I went astray, I was explaining to you about the food. It is the same with the liquid. You can create any taste that you desire and the cleansing process occurs without the need of your physical cleansing process because what you are consuming in reality is not there, but in your mind, in your perception, it is there. Can you understand?

Yes.

The power of the mind is an amazing thing. You can create extreme pleasure and happiness through the mind but equally you can reach into the depths of despair by the

power of the mind. You are the one who has total control of what you do with your mind. That's the problem you know. We allow our minds to go off on a tangent and let so many other influences activate on it, instead of allowing the light and the love to permeate.

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