

# A few days in Plymouth

I have been away for a few days. We went to stay at Premier Inn (East) in Plymouth. The town itself is historically a naval establishment with deep harbors which was why it was chosen. There are no sandy beaches within about half an hour's travel so you would need a pretty good reason to go to Plymouth which in our case was to see my friend Steve and his wife.

We visited an art gallery which is the Pride of Plymouth called The Box, to which I would recommend anyone on account of its vivid portrayal of local history particular with regard to naval history. During my time there we had lunch. We sat next to four people in a family group. One of them, a male of about 50, had the most amazing presence. He combined a great objectivity of reasoning and observation with compassion. It was my wish to speak to him and in a way congratulate him on being an example of a good human being but I was slightly put off because there were three other people with whom he was engaged in an animated conversation. I do do outrageous things but this was possibly a step too far.

I was particularly struck because I realized that although he had not said anything to me or made eye contact he had made a considerable impression which lingered through the day. I realized (again) how important consciousness was.

Premier Inns I cannot praise highly enough. The bedrooms feature comfortable mattresses and a quiet environment. Breakfast is to die for. You can have all you can eat, and quite a lot took full advantage of this, for £9.99 If you just wanted a continental breakfast which in itself was quite substantial, £7.99 also by cheerful waitresses For Whom nothing was too much trouble. Photograph we went to Totnes and I went to an appointment with a recommended doctor who is also a traditional acupuncturist. I've been sleeping badly in

recent months and the doctor thought this was due to lack of B12 for which he gave me a shot. He took my blood and it will be sent to a clinic for examination to see if there are any defects in my nutrition or system.

Totnes is definitely something special. It's a combination of Glastonbury and London in the 1960s. It's easy to talk to anyone; the level of acuity and abstract thinking is very high. Whilst there I wanted to get my hair done but the two barbers that I went to both said that they only took bookings by apps. I was annoyed by this – what about people have no fancy mobile phones or just a casual passer by.

I also visited another establishment called the freedom Centre to meet a charismatic lady called Bonita who gives people total immersion courses for healing using various types of instruments such as spooky 2, Bemer etc. You book in for the week and are given what treatment you need to make you balanced and happy. Charges were very reasonable.

Until I lay down on my bed on the first evening of arrival I did not realise how tired I was and one of the functions of the last few days was to make me realise that I did in fact need a holiday. It is true that I have been working almost every day for the past 2 years with very little break but I do enjoy what I do do. It is almost a handicap when your spirit drives you so strongly that you tend to forget you have a body and I must try and spend more time walking, communing with nature and allowing it to heal me.

From the 5G point of view there is some in Plymouth but it didn't affect me nearly so much as my recent trip to Bristol which pretty much laid me out as I've previously recorded.

The journey by car to and from Plymouth took about 2 hours 20 minutes and we were attended by lovely weather. OK there were sunny periods and showers but it was warm for the time of year anywhere between 12 and 15 degrees centigrade.

On my return I did not know who I was so I gave myself 24 hours to 'arrive' and now I am back on my computer with the inevitable list of 'things to do'.