

Hi, Russell,

February 15, 2017

I had a compelling dream visit with Elisabeth and you in the astral early this morning. Elisabeth was showing me a shocking image of you, conveying to me that you were not 100% well. She emphasized to me that your condition was something that I could see, but that you weren't paying attention to at all. She emphasized that you could not feel that you had a problem.

The words that came to me were: "It's like a silent problem." That's why I'm sending you this email. Elisabeth conveyed that you had a dangerous condition. In any case, I was shocked at your appearance that she showed me.

Then I was with you in the dream. I told you that your appearance was not right at all. I was seeing your torso all bloated up, with brown and green splotchy skin. [My thoughts were: "Green, gangrene, tissues being starved of oxygen."] My thought, in the dream, was that maybe your heart is not pumping strongly enough.

Then I leaned over and put my heart up close against yours, and a huge whoosh of energy burst out, and I was jolted awake.....

I knew that I was meant to contact you and tell you about this. [omitted parts of the email]

I hope you are well. Do take care.

Blessings and love,

Jane

Russell Targ emailed me back a few hours later, also on February 15th, 2017, that he was feeling just fine, which is exactly how Elisabeth had told me he would react. [Elisabeth is Russell's deceased daughter in spirit, who had been an MD, and who had told me on her deathbed that she was not done being a healer.]

Five days later, on February 20th, Russell's heart-rate dropped dramatically. He reported later that he "Had no pain, but lots of sudden sweating, weakness, and heaviness in my chest. You'll know what that means, if you experience it."

Russell wrote that he called 911, and "five paramedics in rubber boots and tons of hardware arrived" at his door within five minutes. Within another minute they determined that his heart rate was "Near nil."

“They ripped off my tee-shirt and started shocking me with paddles in my dining room. Within eight minutes of calling 911, I was on my way to Stanford Hospital. They told me that I wouldn't live long enough to get me to my doctor at Kaiser Hospital. The paramedics called ahead to Stanford Hospital, and they were waiting for us when we arrived at Emergency.”

Russell reports that he became unconscious, and “Had 90 minutes of extremely unpleasant electrical shocks administered to his heart,” which, each time, brought him back to consciousness temporarily. The next thing he remembered was being “In recovery, with a pacemaker installed, and a heart rate of 60.”

Russell is now back home and feeling much better.

Best wishes,

Jane Katra, Ph.D. February 27th, 2017