

PRACTICE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication to assist you to understand yourself just a bit better now than before you read my words. Each day and in each minute, **you are capable of learning more about yourself**, how well you are feeling about how you are living your life, and who you might think you are, in comparison to who you are potentially in your lifetime. You are **understanding the world better** – not society, but how the world is operating because of society. In addition of course, you are the one that is able to translate any of what comes to you as being personal, worldly or not interesting sufficiently to have it in your lifestyle. You are now able to gauge your life and **change what you do not care for**, and place within your day-to-day activities what it is that does interest you and capture your attention.

Now, there are **three special aspects to understand in your life** – you have thoughts that need to be heard and implemented; you are able to change what you do not care for and apply what you do care about; and of course, you are the only one that is able to really change your curriculum to your energy rate. No one else is able to do what you are able to understand about yourself. At this timing in the worlds' changes, you have found that you are different from others, you have varying issues and knowledge and desires and only you are able to produce the life you desire. Not anyone else – whether they be a family member, a friend, a boss, co-workers or a stranger to you personally that has written or scripted information that comes through your forms of technology. Your incentives will come with the **practice of listening to your thoughts, the practice of making certain those thoughts are implemented via your words and actions, and of course, to reward yourself for listening at all timings**. You will be pleased to do so, if only you could understand what the word means to you.

Practice — that is the name of what you are doing from now on. Practice stating your name, your life on earth and your idea of why you are on earth. Practice the words that would describe who you are to yourself. Not the general concepts of age, gender or marital status, but rather the ideas of who you are in your ability usage and how you are in your desires to conduct yourself with the assistance of the energy families you are familiar with at this timing. Energy is excellent – you are energy, your thoughts are energy and when you combine the two, **you are able to bring your thoughts about yourself into the very physical being that others are able to recognize and appreciate**. Practice the concept 'I am the one in charge'. Practice the concepts being taught to you, not what you are instigating that provides you with heartache, and allow yourself to practice what you are learning each day and recognize you are on your own at this timing of your growth. Thank you indeed and good day.