

LOVE

I, Mother Nature, am with you at this timing and in this mode of communication to share with you the adventures of being on earth at this timing. You now understand that you were in the universe and made the decision to be born on earth to live a lifetime of interesting teachings and forms of education about energy in a different level and enhancement that you were learning about in the universal energy flow. Yes, that is right. There is a universal energy flow that is quite high in vibrational rate in the aspects of understanding yourself. When you are in the universal section, you are energy and light and have thoughts and actions only. When you are on earth for a segment of timing, you have a physical human body, or that of a creature or other forms of nature, and in doing so, the energy level is lower and is quite dense and different to what you were accustomed to while not on earth. So, **it is an education to come to earth, and it is an education for you personally.**

All people are variant from one another. They share the basic ingredients of a human body and could be called a female or a male. In the aspects of their physical bodies, they have, or could be born with, all of the ingredients of having a lifetime of education about their energy level, but with varying degrees of challenges that the physical body will assist them with, in communication with their other bodies. That means that you see your physicalness first. You understand that you have thoughts, so therefore, you could use those thoughts to assist you in life as you grow and learn more about the earth, the world and yourself. But if you are not allowing your thoughts to be heard and you are learning about life via other people's thoughts, it could trigger challenges in your physical body, indicating that changes are required by you. So, thoughts are spelled out, and they are noticeable in the physical body.

Now, in addition, you are recognizing that you have emotions, or really deep feelings about people, places and things. Sometimes you even recognize that you are agitated by something happening, which was simply a **trigger to let you know that something needs to leave your body.** So you shed your anger in many ways – via your voice or your body motions. Thank you indeed for understanding yourself just a little better. If someone speaks and you do not agree, you are able to become angry or agitated in a different variety than shouting, but your voice might become stronger or more silent. Because that difference is indicating to you that you have something inside of you that wants attention. So, you can write about it, walk away with your hurting aspects or you can stuff it inside and your physical body will let you know which part of your body is carrying that anger. It does not matter what happens in your life, you are able to 'feel' something and that is from your body that holds your feelings and later your emotions. **The tricky part is that those feelings have**

been built up from your other lifetimes. When you sense anger or fear or perhaps what you call heartbreak, it likely is attached to at least one, if not more lifetimes that you have had. It will not be from just this lifetime.

BUT, this lifetime is when all is being exposed within you. You have no choice in that regard, because the earth is changing its vibrational rate in order to cleanse itself of too much negative energy. That means you are doing the same. So, beware, anything that is appearing needs to be rid of at this timing, so you are able to continue in the energy vibrational rate increases. That is a fact.

If you are happy and healthy and continue in that fashion, your energy rate is increasing along with the earth's increase. If however, you start noticing that you have a pain here or an ache there, or you have been diagnosed with a more serious illness, then you need to realize it is time for change. It is simple really. **Anything that bothers you mentally or emotionally at this timing is being communicated to you via your physical body.** If you are having challenges in any of your other bodies, such as sexual or financial or spiritual, it means that you are about to allow changes in your thoughts and ridding of emotions. That is a fact. Thank you indeed.

What is the solution for you to be able to continue living and enjoying life on earth as you know it right now? It is the concept of understanding yourself as you are. Understanding your physical body is a communicator for the other bodies, and allowing your thoughts to be heard. Your emotions will assist you, to be expressed in a form of beauty rather than like a beast. Thank you indeed.

Emotions can be ugly – but they are yours. Take possession of them now and recognize that even though they are not the best, they were created before this lifetime and need to be heard. Just like magic, your time on earth will mean something more to you personally than just living here because someone created you. **You chose to be here,** so take yourself into your confidence and adjust those thoughts of yours. Recognize how valuable you are at this timing and how valuable it is to let go of those emotions, old thoughts and your decision that everything can be controlled. Guess what? The universal energy cannot be controlled and nor can the earth energy. You will feel the variances in both now and your personal energy is able to handle it. That is a fact. **Stand tall, open your eyes and LOVE yourself** sufficiently that you are able to correct what you do not like in your life and alter your stance of what was and what is and make it more to your satisfaction from now on.

Thank you indeed and good day.