

LOUNGE

I, Mother Nature, am with you at this timing, in order to assist you to relax a bit in your busy lives and be able to really understand yourself better. That might sound like a tall order but a busy life is just that. Busy — and at this timing of 2026, **busy is no longer desired, wanted or needed**. Thank you indeed.

What is the opposite of busy? It's not an easy question. Being busy often means filling every moment, sometimes to your own detriment. You can be busy with physical tasks, or you can be busy in your thoughts—sorting through ideas, influences, and worries that aren't even your own. And there's another kind of busyness happening now: **being so focused on clearing the past or pushing toward the future that the present gets ignored**. Many people are caught in that pattern these days.

My words are yours to accept or reject. They do not come from another human being caught in the busyness of daily life. They come through your own energy connections, just as the words from Thor and Quaw do. We have not lived as humans, but we understand the intricacies of learning on earth and how nature supports you in every moment. We also have access to your experiences across lifetimes, which allows us to understand you fully in both your physical and energetic expressions.

These words are for you personally, yet they apply to everyone on earth at this time. This year brings changes you may welcome and others you may not. It is not a celebration or a warning—simply an acknowledgment of the shifts the earth is making as its vibrational rate increases. Our purpose is to **help you understand what is happening** within you as these changes unfold around you. Thank you indeed.

Care for the physical body you inhabit: eat food that comes from nature, sleep when you're tired, and wake when your body is ready. Allow your feelings to be acknowledged, and **make changes in your life when something no longer feels comfortable**. If a friend, relative, or loved one is affecting you in a way that doesn't feel supportive, this is the time to recognize your own needs and listen to your own thoughts. You may choose to step back from a relationship that affects you physically or emotionally, or simply shift the way you relate to that person. Thank you for understanding this information.

This year, life on earth is shifting in its sense of importance. Money has long controlled people in an unbalanced way—those who have it feel free to have it their way, and those who don't, feel obligated to follow others. That pattern is changing. As financial structures lose their influence, **everyone becomes equal in their basic needs for living**. Without money, you rely on nature, and nature is fully capable of supporting you. The question is whether you are ready to rely on it.

Now is the time to **see yourself in relationship with nature** and to imagine how life begins again with the two of you working together. Nature provides water, air, earth, sunlight, moon and stars and clouds, weather, plants, and food. It offers everything required for life. In this way, nature becomes your form of currency. As money decreases, your thoughts increase in clarity, guiding you one moment at a time. **Release the past and the future and allow yourself to live in the present.** Some would call that lounging, but it is simply truth. Learn to live with yourself—inside and outside—and recognize the perfection of who you are right now. **Never doubt yourself.** Allow the best within you to be seen as you open to learning and experiencing life in a new way that brings comfort. Thank you indeed.

I'd like to leave you with this thought. When you think of the word Lounge, think of how comfortable you are in your life right now. **Anything in your life that is not comfortable needs to disappear.** That is all for now. Please take a few moments to Lounge and think about yourself and your comfort levels.

Thank you indeed and good day.