

MANIPULATIONS

I, Mother Nature, am with you on this day and in this mode of communication, to bring your attention to the **nitty-gritty aspects of your life** right now. What I mean by nitty-gritty, is using words that have an understanding within yourself — essential to your well being. Thank you indeed.

Nitty-gritty also means foundation. It means quickly and it means efficiently. That is a fact. Nitty-gritty might be slang but it does get you moving and aware of the changes that will affect another aspect of your life at this time. You are aware of course, that the earth has been altering itself in its rotations and allowing everything to add speed to its life and therefore, in yours as well. Time as you knew it and now know it, is clicking away the minutes just a little faster. The clocks are energy-based and they are keeping up with the earth's increases, and therefore the **time is faster** in its rotations as well. What does that mean to you? It means that your energy is speeding up as well. If you are willing to **trust the earth** and you are able to **trust the clock**, it is definitely time to **trust yourself**.

Trust yourself to **eliminate the unnecessary** in your personal and work life, and find a balance between the two. To do that, you need to begin an elimination process in both home and work. Eliminating anything that is uncomfortable is a good start. If you have already done that and it is still necessary to cull some more, rid of anything that does not advance your thought about yourself. There are many aspects of life that fit that description by the way. A **good example** of what to ask yourself is, **what do you do to start your day?** Is it a shower, some physical flexibility exercises or movements and then a breakfast with water to start and then add a protein dish along with some dried fruit or fresh fruit? That is a good idea. If you are used to just having cereal, please eliminate that as quickly as possible. The idea is to rid of anything that is not comfortable and if you really listen to your body, cereal in the morning is not sitting comfortably in your body. Here are some ideas:

- Perhaps you could try **eggs or any of the nut butters** for a better morning addition to your **protein and dried or fresh fruit**.
- When you are thinking of a morning break, look for something that is not a grain-based treat. That means you would be looking at having something that is **fruit-based** or perhaps **nut-based** as a treat.
- Mid-day, when your body needs as many vitamins and minerals as possible, have **raw vegetables or a salad with no protein**.
- After you are finished any project at home or you have finished work for the day, it is time for **strong protein sources and vegetables**.

- The final, before bedtime is **yogurt**. The bacterial culture within it, will assist you and your intestinal tract to be comfortable and assist in your sleep routine.
- **Drinking water** through the day, whether hot or cold, will assist you to have a comfortable body. Throughout your day, eating foods without liquid is not a good idea but adding fruit or sugar-based product to that liquid will add to your discomfort. Therefore, clear water is definitely better. Coffee is a stimulant, no matter how you gaze at it, and if you must have some, one cup in the morning hours only, otherwise, discomfort once again. Thank you indeed.

Now, the reason I am mentioning your eating is because there are many aspects in your world, via media of any type, that create manipulations for you and sometimes for you personally, in order to offer you many items that are not good for the comfort level of your physical body. And when your body is not comfortable, it becomes difficult for you to be able to understand your thoughts sufficiently to implement them. Also, the manipulations in products and possibilities create *more* emotional material within you rather than eliminating them. You need to **eliminate your anger, your greed, your frustrations and feelings of inadequacy now**. The protein will assist in doing so and the manipulations will not.

I, Mother Nature, am sharing this information with you at this timing, in order to have you process the information and engage in a varying eating program with fresh foods from nature in the months when they are more abundant in most areas of the world. If you live in an area of lesser food choices, make certain that the carbohydrates are lessened and the fresh fruit and vegetables, in addition to the protein sources, are highlighted in your day-to-day schedule. Thank you indeed.

That is all for today folks, I relayed the nitty-gritty of comfort for your physical body and I trust you will take it as a saving guideline rather than a manipulation to having you accept something you do not want in your life. **You are an energy in a physical body, and that body needs nutrients to provide comfort within you.**

Thank you indeed and good day.