

LUSCIOUS

I, Quaw, the Ultra Energy of the Universal All That is, am with you on this day and in this mode of communication, to introduce you to more love within yourself, to more learning about what is necessary at this timing, and to be more liable to **understand your reasons for stepping through your life at this timing**. Thank you indeed.

I, Quaw, am with you on this day especially, to assist you to **recognize your ability** within yourself and to understand that you are the most important person in the world at this timing, in your personal life and in the mode of what was and what is and what will be. That means that you come first in your thoughts, in your day and in your night of course. You come first and if something does not feel great in your life, you have the ability to change it. **Remove what you do not like and add what you would love to have in your life** to allow you to feel more energized and live in comfort as well.

So, here is the key on this day – everything is changing in the build of your physical body, your life in general and in the concepts of how the energy of nature is part of you right now and will be adding to it soon. Thank you indeed.

Luscious is a word that has been abused in a lot of ways, because it was twisted about with sex and money. Neither one needs to be involved in having a luscious feeling as part of your life. When you are feeling your ‘worth’ at any timing, you feel luscious, because you are feeling healed or successful in your everyday life. If you are hurting for some reason, you do not feel that lusciousness at all, but it is still there. Do you know why? Well, it is the idea of what your life could be about and energy within your life and how it is being exposed, and the energy within you that keeps coming up for air and you are needing to say, ‘but’, ‘but’, ‘but’ and then share what you have with another person. Thank you indeed.

Luscious is a word that means **comfort within you** and a **contentment about you**. Those are your goals in life actually. To feel comfort is the most important at this timing. So that means you are allowing yourself to do what comes naturally through your thoughts and having them implemented. And the key is that the situation is for you and you alone. No one or nothing else is invested in the same concept as you are. Standing alone might seem odd to include here, but once you have found that ‘comfort’ in your life, you are feeling luscious about yourself. Be proud of the fact that you are on earth at this timing, that you are able to use your five senses and expand each and every one to include the other portion of your physical body. You are able to designate what you wish to do and do it in your timing and no one else’s. You are the most important to yourself and that is a fact.

Now, I will deviate a moment so that you understand that what was life on earth and within your worlds, has happened according to what the earth was all about for many, many years. However, the energy flow of duality was not balanced any more because of the negatives in the people themselves and the destruction of what was being offered to everyone, that was taken for granted. So, the earth needed to create a balance once again. In order to do so, the earth started increasing the vibrational rate of the earth itself, which in turn is affecting every form of energy in this world that you live in and for all the other concepts of the universes themselves. That is a fact. So, when the vibrational rate increases for the main aspects such as the earth and universal components, you are part of the whole renovation as well. When you think of the earth, you are now able to think of it as being 'Luscious' in its intent and lovely in its action and luscious again in its manifestation with you as well. Thank you indeed.

Luscious is when you are **feeling one with the earth** itself and therefore with your personal physical body, mental body, emotional body and spiritual body. All four of those bodies are being altered as we share information flow, and altered because of the better understanding that you have about your part in the world and its changes. Instead of society all being the same in their thinking, you have the opportunity to listen to your own thoughts. Because of the change in your thoughts, you create changes in your lifestyle. Yes, thoughts, and those are yours, for you to assist in your changes to feel and be more luscious in your lifestyle. It is a word, but it is also a thought. It has energy and it is magic and it has a delightful feeling when you even say the word to yourself. Thank you indeed.

Luscious means you are **loving yourself as a person**. Learning about your energy body. Liking your mental body and accepting its alterations as thoughts appear to create a new you, and of course, learning more about your emotions that are hidden and being released slowly and yet definitely at a pace that relies on timing and not time. Thank you indeed.

Luscious is what you feel within you at this moment in timing. You are alive on earth, recognizing the world around you and its changes. Remember, the old coming out and being exposed allows the new to come forth and the new is luscious in the thoughts, words and actions of yourself, for you, and allowing that newness to become you in a happier and more content concept than ever before. Each step, each thought, each change, honours that you are a human being on earth at this timing.

Thank you indeed and good day.