

PAIN

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication in order to assure you that as a human on earth at this timing, you have progressed in your understanding of yourself, a better understanding of the earth itself, and you, therefore, are **ready to learn more about what was, what is and what will be**. Yes, you are considered a human being at this moment in timing. Generally, that means that you are either male or female and have a structure that is called a physical body that houses who you are and what you wish to learn while on earth. But always remember you have a mental body and an emotional body to go along with the physical one. That is a fact.

I, Quaw, am alerting you to the fact that **you are in charge of your life**. Previously you had written a story and needed to follow the storyline in order to educate yourself, via many important happenings, some of which seemed negative and some positive, but always brought about change within you and your life on a daily basis. Thank you indeed. So the vibrational rate of the earth has taken place over the last couple of years, slowly but surely, and therefore you have altered your vibrational rate as well. You have an energy body within that physical body of yours, and that is what has increased substantially. Along the last couple of years, you have had the opportunity to accept the increase in energy and rid of any old habits, thoughts and physical attributes that required a change to be able to absorb all of the new. That means your diet, your sleep patterns, your clothing, perhaps your hairdo have altered. But, the most important has been the change in your thoughts. They would be more positive thoughts about yourself now and that is a fact.

So, your lifestyle has altered, or perhaps you did not want to experience change, but the **change happened anyway**. You need to understand that when the energy body increases and your thoughts change for your benefit, it is a gift to you from the earth, the universe and yourself as a soul. If you figured that you did not want to change and have made certain that a lot of your life is still the same, you will now be feeling a variant aspect in your life. That variant aspect is comfort. It will have started being removed from you. It is a gift to change on a daily basis and it is a little on the painful side to try to maintain the 'same' or 'similar' in your life now. Whether that be your steps of living at home, or your steps of understanding yourself better the concept of 'what was' is now gone and you have the ability to alter to 'what is'.

Comfort is a word that all should be feeling by now because all your negatives have been removed, but if you are not feeling a form of comfort, ask yourself why and what you could do about it. You have the need to change, you have the ability to change and you are now able to take the steps of change, simply by thinking about what you want to do and how you are able to do so. The choice is plain and simple – change your life so it is comfortable or

have a lot of pain to consider – physically, mentally and emotionally. That is the choice right now. **The light in energy is available for you at this timing and it provides comfort.** The dark is available as well, but it provides pain. Which do you choose? It is time!

Thank you indeed and good day.