

## **LUSCIOUS**

I, Mother Nature, am with you on this day and in this mode of communication, in order to assist you to learn just a little more about yourself. Thank you indeed.

Are you interested in yourself? Are you aware that you are precious to yourself as an energy being on earth to learn more about who you are? Are you the one that makes the rules, or the one that likes to break the rules of others? Interesting question, because you are either one or the other and there is no between, because it is the topic of rules. That is an interesting statement for you, I am sure.

Rules – who made the rules and why?

Rules – who does not like rules and wants to go against them and why?

Rules are just a guideline, according to the energy flow at this timing. The energy is able to flow within you whether you like to make rules or break them. Energy does not take the time out to make the decisions that you like to follow. It flows. It flows and flows and flows, around in circles. **Earth energy flows in a clockwise fashion** and **universal energy flows in a counterclockwise fashion** and your energy is connected to both. Which means that you are part of the earth energy only for your waking hours and the universal energy only in the sleeping hours. That is a guideline for you, so you understand yourself just a little bit better. Now, that is not to state that any energy connection is broken or stopped in order for the other to function. It simply means that **you are more physical when awake and more energy in the sleeping aspects**. You have two bodies that you are living with at this timing. One that can be noticed with your five senses and one that is existing to keep you going that you might not have imagined before and simply accepted as part of your life.

So, back to rules – there are no rules perse for the energy flow of you personally, the energy flow of the earth or the energy of the universe. **There is simply an energy flow that is consistently moving and arranging change as it flows**. Would that be a rule? No, I would say not. That is simply a fact. So, when it comes to rules, allow yourself to ponder on what rules you make for yourself and what you consider to be a rule that needs to be followed. On earth, each country will have laws that need to be implemented, and they are guidelines to keep people safe in their country of choice. Speed limits for vehicles is definitely a law and is thought of as a rule. But it is a physical rule, not an energy rule. That is what happens when someone's personal energy flow is going to go slower than that rule or faster, dependent upon their thoughts. That is a fact – any rule you are able to think about is overpowered by individual thoughts and that is a fact.

However, there are guidelines for energy flow, just as there are guidelines for you physically in each area in which you live. Guidelines such as positive thoughts and negative thoughts and balance between them. For every negative, there is a positive and for every positive, there is a negative. That is a fact.

When you think of yourself as a physical being, you have had a tendency to listen to and cooperate with society in as many ways as possible. So, it is **time now to think of yourself as a person that is on their own thought-wise**. Your thoughts can be coming to you from your physical existence – hence society and family and friends and other physical attributes in your world. **The thoughts you require right now though are from your personal mind, your personal star and your personal aspects and perspectives**. Thoughts – they are coming to you very quickly and easily discarded for the most part. But, if you listen quite clearly, you will discover that the new thoughts are from you personally and they are always positive and will assist you to balance your life. Thank you indeed.

So, words are energy, just as your thoughts are energy and you, being a physical being at this timing, will receive words and thoughts and add your emotional components to it to come up with a perspective of what you are receiving. Sometimes that will turn your negative to positive and sometimes your positive to negative. Once again – not a rule, just a perspective.

So, what is happening at this timing is that you are being encouraged to discover a new word to your day-to-day habits. **The word is Luscious**. It will provide you with energy, it will provide you with interesting emotions and it will provide you with a question as to whether it is positive or negative to you at this time. Luscious means that you are feeling **comfortable** in your physical body. Luscious means that you like the thoughts you are having and they benefit you incredibly. Luscious means that you are now taking charge of your physical anatomy as well as your energy anatomy and understanding how they are able to work together. Luscious means that you have a **smile of contentment** and that you are willing to stretch your days and stretch out at night and not be wound up like a ball that needs to be thrown a distance to come out alive and willing to face each day. Luscious means that you enjoy the food and beverage you consume and so does your physical body. Luscious means that you are the one that is **creating your life via your personal thoughts** and therefore are desirous to continue in that stream of learning. Luscious is the concept of what was, what is and what will be. Thank you for beginning to understand. Thank you for honouring what my rule is – **learn about yourself and your physical body and energy body combination**. Is that a rule? Yes, because it means that you have set a goal for yourself and will follow it for the positive results it will bring about.

Luscious is a rule for you at this timing, that will bring you a form of light and a form of understanding and a form of contentment and comfort that is possible on earth at this timing.

Thank you indeed and good day.