

## **MIGRATE**

I, Mother Nature, am with you on this day and in this mode of communication, in order to encourage you to migrate. Now, that is an interesting idea is it not? Migrate? Yes, that is the word for this week. **Migrate in your physical body, your mental body and your emotional body and please, migrate in your spiritual body as well at this timing.** Now, what do I mean by using this word that is rather sheltered in its current meaning in the world?

Migrate means to move from one aspect of life to another in your world. Birds migrate according to the seasons of the year and the best place for them to be living in physically. People migrate from one country to another for better weather to their way of thinking or to escape hardship in one area of the world to another, to ease tension in their everyday world. Some people migrate, just like the birds, in order to have better weather conditions to assist them to feel more relaxed and comfortable. All utilize the word migrate. We are expanding your viewpoint of that word and enlarging its capacity for you personally.

**Migrate with your thoughts from old to new.** Migrate with your thoughts from uncomfortable to comfortable, from unhealthy to healthy and from boring to exciting. Maybe you would like to migrate from the concepts of responsibilities to a life of freedom of choice or maybe from an educated individual specializing in one topic to a person that involves themselves in many viewpoints of how to live life. Thank you indeed. Many, many forms of changes are entitled to be a form of migration. So, let us think of people being a part of nature and therefore migration is a part of their very day-to-day existence. You live here for part of the year, and then there, for another section of the year, and then maybe a trip to another section of the world for another bit of timing. Every time you move from one space to another, it is a physical migration. What about mentally though? Your thoughts allow you to migrate from being set in your ways to allowing-a bit more exploration. Or perhaps you thought that everybody with money is able to do as they please and then you began to realize that if their thoughts were centred on money, it was a very narrow viewpoint of what the world has to offer.

**Migration at this moment though is going to be related to your emotional body** and isn't that an interesting idea? How do you migrate emotionally? Well, it is moving from one form of life to another, one form of emotion to another or perhaps, better written as one form of feeling to another. How often have you looked at a photograph of someone and decided whether you liked them or not instantaneously? Or perhaps you are watching a TV show, and you decree that you really like how one person speaks, their tone of voice or their connection with you personally and yet another on the same show begins to bother you in some way or another? Well, both of those feelings about others that you do not know but have an opinion on, is a definition of migration.

Feelings come from inside of you and some are comfortable and some are not and that is a fact. However, deep inside of you is a form of emotion that is discriminatory and you wonder why – well, it is the timing to make certain you understand yourself a little better. The next timing of looking at photos or a TV show, recognize how you are migrating in our definition of what you enjoy and what you do not, whether it is the people, or the words or the clothing they are wearing. Maybe it is the music that is playing on their behalf in the background, the colours that they are wearing or the background that is on display. Yes, you are able to be triggered by colour or by sounds and it is a form of migration to open you up to possibilities about yourself and how you are able to connect with others. Thank you indeed.

Migration is a big word that has expansive possibilities of being understood in a very simple way. **Migration is part of you in every fibre of your being, in every 'body' you have within you and of course in every concept of who you are at this timing.**

Migration is for you to learn about, to understand, to utilize and to assist you to be more comfortable physically for sure, but more comfortable in your thoughts, so you are able to accept everyone else in the world at the same timing as accepting yourself. Migration, migrate and the ability to change in some fashion. It is excellent timing to do so.

Thank you indeed and good day.