

LOST

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication to encourage you to **let go of what is not being useful in your life** at this timing. What does that mean to you personally? It means that you are going about your day, thinking of what needs to be done, how to do it, with whom you are doing it. And when you put your thoughts on the other person or persons and not yourself, you are losing part of who you are. It does not matter if it is with a friend, a co-worker or a job that is outside of your personal ability usage — it is draining you in your energy aspects. Thank you indeed.

We, the Ultra Energies of the Universal All That Is, are willing to share information with you that is positive and honouring who you are, how you are and what you are at this moment of timing. What we are discovering is that you are looking at and reading the words we are using but not allowing yourself to take them into your very being, mainly because you are not recognizing where you are at this timing.

So we will speak more directly. This may feel less positive, but the purpose is to help you **release the old patterns** we are referring to, so your energy can rise in the steady stream required now. Perhaps this approach is simply a form of learning you are more familiar with. **When you truly learn something new, the old naturally falls away.** But if you are not taking in what you read, the old remains. Lost words are exactly that—lost. Something was offered, and you let it pass without absorbing its essence. Offered but not accepted.

Letting go of the old may feel like losing a part of yourself, but in truth, **accepting change means you gain more than you lose.** Loss and gain sit on the same energetic level. They appear opposite, yet they create each other. When something is lost, space opens up to gain. When something is gained, space opens to release. They move together. At this moment, you are neither losing nor gaining, because you are not allowing yourself to engage with either process. You may simply be choosing to stay the same at this timing. That is a fact.

However, because everything in all of the universes is upgrading the energy vibrational rate, it means you, on earth, will be feeling the changes within you. So, remember always – Loss and Gain – are the same energy level and are opposite. We want you to **change the word Loss into Lost.** That means you have achieved that step of eliminating something out of your life, so you are able to gain something and everything still fits in that life of yours. Thank you indeed.

Now, once again, I would like to share something with you that you might find fascinating. You are an energy being on earth at this timing, and although you definitely appear as a

human being in the physical, you are energy at the same timing. Actually, **your energy body is increasing as we speak**, and that means changes for you in your thoughts, in your words and in your actions. Change is what is happening in the world. Allow your changes to be noted by you in every form possible at this timing. Your world is changing of course, and you might be finding a lot of negatives is taking place around you, within your country and others. Negativity is being indicated because the energy flow is encouraging that to happen. No more secrets in the world and no more hiding what you want to have hidden. It is coming forth because of the energy changes, and those energy alterations are the basis of the loss and gain energy level. As your energy increases, it manages to assist in the removal of negativity within you. Just like magic, but you **need to let the old go**. Change is beautiful.

You might have noticed the **four seasons** and the changes that take place with the nature surrounding you. You will notice when the trees are dormant and then when the light alters within them, the buds come forth and then the leaves are formulated, and they provide many attributes of the tree itself. As the seasons change, you can look at the trees changing colours and then the leaves fall to create goodness in the soil, and the tree becomes dormant once again. **The trees are willing to go through change** due to the light that comes from the sun's rays. You know now that you are part of nature and each year, you are able to shed something within you in order to honour the changes that are required as you learn more about yourself. Think of how much you knew as a child and how much you know now as an adult. Some of the basics stay within you of course, but the requirement to be supplied with life-giving objects is now your responsibility. Thank you indeed.

You are the one who is able to choose now –

- Do you want to be more flowing in your life, with less physical movements?
- Are you willing to let go of what is bothering you or challenging you physically now?
- Are you willing to have positive thoughts about you and your life?
- Are you willing to be a happier and more content person, because of your situations to live on earth have been eased?

It is time to **really look at yourself** and recognize what can be let go and what can be embraced. Lost or Found? What a question. Thank you for reading and understanding my words of this day.

Thank you indeed and good day.