

LULLABY

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day and in this way of communicating in order to entice you to **look at yourself in a new and interesting fashion**. You are aware of your physical being and can look at it at any timing you wish really, but that is a fact. Today we are opening you up to look at yourself in other ways that just might entice you to be more of who you are in your thoughts and words and actions. Thank you indeed.

Just what am I stating to you, you ask? Well, **let us begin by asking you how you are today**. If you answer with a statement about how your physical body is feeling that would be a partial answer to the question. You could be hungry, or sleepy, or having a tummy situation or maybe you are actually stating you are perky and ready for what comes. Each day would be different in your answer, or you could say 'fine' like most people automatically do. But, when I, Thor, am asking you how you are doing today, **I wish to know how your thoughts are coming to you and if you like them, how your moods are doing in the realm of ups and downs or balanced, and how you are able to stand tall and honour the physical body for whatever is able to be noticed as progress in your life today**.

Your physical body is excellent for forms of communication of course, and that is a fact. It is something that perhaps you are paying attention to at all timings, but I know that is not happening right now. Right now, seems to be a timing of change and **some days you are not sure if you are coming or going or standing still**.

Your mental body however is more than just your thoughts coming to you, mainly because they come to you at all timings of the day and night. What your mental body is doing now is allowing you to note what it is **you need to know about yourself**, and **how well you are digesting the changes** and of course, it is letting you **know how much you understand about your connections to the Universal All That Is**. Your mental body is your thoughts but is also your connection to the Energies of the Universe, and you are part of that energy flow in every fibre of your being. Your mental body is honouring how you are, by engaging you with the senses of your physical body in an extensive fashion, and to introduce you to the other senses that they provide to you but are somewhat hidden unless you personally pull them and they are being noted. Thank you indeed.

Now. Let us really contemplate that aspect please. You have assistance on a daily basis, by receiving the thoughts that are guiding you to learning more about yourself. You have a sense of listening of course, but you also have the sense of sight, even if you are feeling deaf or being blind in some ways. The five senses go along with your thoughts; did you

realize that? Perhaps not but let us look at that action. You are walking along a path in the forest, and you are 'seeing' the trees, the fallen leaves, the snow if applicable or raindrops that might have fallen. You notice the sun as it peaks around the trees and other foliage. You are able to see birds flying or landing on the trees. You see the sky every now and again and it is whatever colour it might be on that day. You see with your eyes, but you also are seeing through your thoughts. What thoughts are you receiving about your experience in looking and seeing what surrounds you? What thoughts brought you to the walk and what thoughts are engaged in all that surrounds you? Even if you close those eyes of yours, you will still see what you are standing within at that timing. **Energy is magical and the magic is within you**, and you just need to sense it being within you. That is magic to some and perhaps unfavourable to others to even contemplate. But that would be a mistake to take the negative perception of thoughts about something that is so positive. You have the senses you require to be more of you at any given moment. Just think about the levels of your sense of confidence, your sense of self-assurance, your sense of the common, the sense of self-worth. You have many senses and they are hidden within you and come out to play on occasion.

Now is the occasion to **understand how beautiful you are in your fullness of who you are and how you are.**

Thank you indeed and good day.