

LEVELING THE THOUGHTS

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this way, to bring forth information that you are able to understand deep inside of you. These words are not for the surface of yourself and that is because it is the correct timing in the changing of the earth's vibrational rate, to have you understand yourself from a different level within you. Thank you indeed.

Now, I would have to say that you are you and you like yourself right now and therefore perhaps you just want to stay this way. *However, when the earth's energy rises, it means it is rising in you as well.* Your level is rising and means that you are finding out more about yourself right now. **Open up and welcome the new aspects about yourself.** That is a suggestion of course, but I believe you are aware that it is the timing to know more and then, maybe even more will come to the surface of your understanding. That is a fact. Once you say, 'okay let's do it', you are honouring yourself and the love we talked about in the last information flow we shared. Love is important. In the grand scheme of understandings of yourself, caring about you is very important. So, the next step in the "L" category is to learn to be a level. Well, what does that mean? It means that you are honouring the level of your physical abilities, your mental capabilities, your emotional stability, your desires of sexual happenings and your interest in financial ingredients. In addition of course, you are **honouring the aspects of being an earthly individual** and being level with your energy being. Thank you indeed.

Now, let us take another step of understanding more about yourself. Why do you want to do that? You know your gender, you know your name, you know the name of your friends, your family members and your guests at all times. You understand the basics of love is to be good and patient and accepting. Now you need to **know how you are with thoughts, and words and actions.** When you are understanding your own thoughts, are they level? Are they sometimes negative and sometimes positive, or are they off balance? An interesting thought. Are they making sense to you, and if so why? Perhaps now you are going to understand where your thoughts come from. That is a wonderful idea. Mainly because quite often you are listening to other's thoughts – from someone you know or someone who is telling you from a distance. Now, are their thoughts and words coming to you level? Are they at least a form of balance, or are they true to you or not? Do they jive with what your thoughts might be? **Are they harming you in some way or helping you in some way?** How level are you able to make them, so they are able to condense themselves into your day-to-day life? What is important to you? Those are good questions of course, but leveling your

thoughts and those of others, will honour more of who you are and how you are and what you are.

So, first in your agenda of learning about yourself, you have the word 'Love' and I am trusting that you are feeling it as well. Not just a word that you know how to spell and write down, but also **a feeling deep within you**. Love of yourself. Is that love level? In other words, are you able to maintain that feeling of love for yourself at all times, or does it dip and rise and dip once again, depending on your day and how much laughter you've had, or how much liquid you have provided to your body, or perhaps how much languishing you have done in the meantime? Thank you for broadening your understanding of yourself. Listlessness happens too if you are not listening to your thoughts and allowing that concept to be part of you at this timing. Thank you indeed.

You have a sense of who you are as you look in the mirror and that is provided by one of your five senses. You know all about them of course, because you have a form of your body that will depict those senses. You are able to stick out your tongue at any time if you want, so it is used for more than tasting food and beverage.

But there are hidden forms of senses as well. And when you are able to listen to your thoughts and words or those of others, you are able to depict what is level to you and what is not. **That sense of leveling is entitled the common sense.** It is entitled 'common' because that is regulated to work on your behalf all of your life. But, alas, that is not what has taken place. What was, is, and will be in your life, requires common sense. Thank you indeed.

It is time to laugh about it, love it and listen to it the best that you are able at this timing. Lingering over the concept is acceptable of course, but letting it go is not wise at this timing. Level your thoughts, your feelings and of course your words in the ways that allow you to be who you want to know and love at this timing.

Thank you indeed and good day.