

MASTERY

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day and in this particularly interesting mode of communication to bring forth something that you are wishing for and wanting to experience but are not quite sure how to attain it. Thank you indeed.

Now, I, Thor, am here to brighten your day in some fashions. I am going to ask you to **go outside for five minutes maximum** and whatever the weather is in your area, be assured that you will enjoy it. Thank you indeed. The reason I am asking that is because each person on earth at this timing requires some fresh air or more aptly put, a taste of the new energy flow itself that is now going around the world as we communicate. What does that mean? It means that everyone on earth is so used to the out-of-doors where they live, they are not recognizing or understanding the changes being brought to them. Taking the out-of-doors for granted is something you do because it has always been there and will continue to do so as far as you understand.

Take a deep breath when outside and ask – ‘how have I changed when you began your changes’? You will be surprised at the answer, but that is all good. The out-of-doors needs to be respected and honoured – it provides you with living conditions and because of that, you have a mastery over your life. Now doesn’t that sound like a good idea? Would you like mastery of your existence on earth and that everything surrounding you would be there, just for you? Well, that is what is happening now. Those who wish to understand themselves better will **find the answers out-of-doors**. That is a fact.

If you desire to know more about you and your family or you and your friends or perhaps you and your neighbours, you now have the opportunity to do so. The answers will come into your thoughts, so you do not need to read or hear anyone speaking about it. You, feeling like you belong in the world at this timing, will hear the answers. Thank you indeed.

You have the opportunity on a daily basis to achieve mastery about yourself. You are the one that counts right now. You are the one that is important to yourself, right now. You are the one that is able to understand what is taking place with the changes within you, and only you have those answers. How have your thoughts altered? How have your actions changed over the past while? What is new in your life and what have you decided is no longer useful? Many forms of change in how you think of food intake, water intake, sleep accommodations and many other forms of movement physically have shown you how wonderful you are. You are not the youngest, the oldest, the biggest or the smallest, but **you are precious to yourself** and gaining the knowledge you require about yourself at this timing. Mastery over yourself. It is the timing for that to appear in your mirror, in your mind and in your words and actions thereafter. That is the truth. **Make a list of all that you have**

mastered over time. Do you allow yourself to walk, talk, eat and sleep? Do you allow your thoughts to come and go? Do you make decisions about your life on a moment-to-moment basis? Are you willing to let go of the old and accept the new? Are you reliable for others to depend upon or you to depend upon, as a matter of course? Are you able to enjoy the actions you create, or do you do them on behalf of someone else? Have you a smile or a frown and which one do you like the best? Do you have acceptance of yourself at all times?

That is the content of who you are, and this is the timing for finding out the answer. **You are a master of your life**, so enjoy the title and think of your name and call it out as a matter of pride and develop your life according to how you wish to have mastery over anything in your life. It is yours.

Thank you indeed. Good day.