

MASTERY

I, Mother Nature, am with you on this day and in this mode of communication to encourage you to be more of who you are at this moment in time. Now, that might sound like an unusual request from your mother on this day, but the more you become yourself, the more you will understand our connection. Thank you indeed.

So, 'what am I after', do you think? Well, it is a fact actually. What I am after is an understanding of **how you think about yourself** and your availability to change within you. That is because change needs to take place, but you are only able to change what you are thinking about yourself. Now, there is a strange concept. **You are able to change on a daily basis, but only to the concept of what you think of yourself.** Interesting? Yes, it is. So, in your physical body, you have a mind, many emotions and a connection to something you do not see or hear or maybe feel, but it is a connection of you and energy itself.

When you are really thinking about you, it might mean that you are contemplating a new outfit or a yummy dinner out for a change, or maybe some new clothes for the new season. Or maybe you have decided that you want to shed some weight, or gain weight, or maybe alter your hairstyle. That is a fact. BUT I have something else in mind for you at this timing and since I am your Mother, maybe you will at least hear what I have to voice.

You are changing from being mainly physical and having an energy connection within you to a person who looks the same but is radically different in the portions of physical and energy. **You are learning to balance** both and have them equal in strength. That is a gift and the earth has been changing its vibrational rate in order to assist you to raise yours and understand yourself better. It has now happened and therefore, I am sure you have noticed a few of **your thoughts have altered as to what is important in your life and what is not.** You might have noticed a change in your food consumption, or maybe the number of hours you are sleeping, or maybe with the thoughts of what you really want out of life these days. Many opportunities have been taken by people to engage in the changes that are best for them. It is called becoming a master of your life, or an administrator to become more organized or comfortable in life at this timing. Or maybe you have the idea that mastery over your moments in life are with someone else – a family member, a boss or your money. But Mastery of yourself is now compulsive because **it is the timing for it to happen.**

- **Do you care for yourself more than others?** The answer is yes. You came to earth to have an education about yourself and now it is the time to diagnose what that means to you.

- **Do you have any plans for yourself in the near future?** The answer is yes. You will want to take charge of who you are with, how you want to proceed to learning more about you and what steps you need to take to make yourself ready to do so.
- **Do you honour all of your abilities at this timing?** That means the way you think about yourself and what actions you take to make something joyful in your day.
- **Do you realize that nature is on earth to assist you?** The answer is yes. You do know that, because nature produces your food in every fashion. Now you need to eat that food as it comes from nature and not processed so it no longer looks like it came from nature.
- **Do you enjoy the taste of water, or maybe some herb tea?** The answer could very well be yes and that would be ideal. The coffee and regular teas are so processed these days, you are drinking it and not recognizing the damage to your own thoughts and your physical body.
- **Do you enjoy the sunshine, the clouds and the temperature?** The answer is yes, because it provides you with something to talk about with others, but also it provides you with a great amount of change in how you are thinking and why you are thinking the way you do and whether you want to learn more when outside than in.
- One more question only. **Do you fulfil yourself each day** *or just make it through the day and either wonder where the hours went, or worry about how it did not fulfil your day adequately or if it was too much for you to handle?*

So, the story is, that the timing has arrived for you to become a Master of your days, your thoughts and your actions. **Mastery has arrived in your life**, and nature is here to assist you.

Thank you indeed and good day.