

#99-0011-Energy
Have a Thought and DO IT!

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day to flush out the old and invite new thoughts to come to you as well as to honour your intelligence about energy flow and treat you to a new understanding of yourself. Thank you indeed.

I, Thor, am with you in energy flow of course, because we are connected, but I understand your dilemma about understanding what energy is when you are not able to see it or sometimes not even be able to feel it. Can you smell it, hear it or taste it? Likely not, because you were not even aware of it having an effect upon you as you have been living on earth. You recognize something is out there and that is where it stays – out there. BUT, energy is everywhere, and the world as you see it today was created by someone who had a thought that led to the production of something with materials that you are able to see and sense in every way. The thought – what are yours today? What were they yesterday and what will they be tomorrow?

Allow me to share with you – a thought – one that maybe you are able to understand the first time you read these words, or maybe it will come to you after you have heard it being spoken or maybe it will take a few days for it to register to you as a pertinent item to have in your life. An item – a thought – a token of understanding the connections and then we have the truth. Thank you indeed.

Now, you are thinking I am all over the place, but this is a fact. Your thought produces your physical energy, your personal energy, your physical strength and your personal confidence. Your thoughts produce your day's ingredients of food, the ability to digest your food and beverage, your awakening moments of stillness, your ability to use your ability to produce something in your day, and to decide what to do and when to do it and how it all feels at the end of the day. Then your thoughts will put you to bed to sleep and be connected to the energy portion of you in the universal all that is. A big day – a total occupation of you as a human being is a result of your thoughts. Thank you indeed.

Thoughts are the most important aspect of your day-to-day life. Thoughts come to you personally from your mind and are yours fully and truly and are always positive to assist you each day. BUT thoughts also come to you via outside forces we will call them. They come to you as you listen to others, whether that is on the TV set, radio or the internet. They come to you from your place of work, your forms of transportation and of course from your neighbours, friends and family members you meet and greet personally via phone or in the physical sense. Everyone has thoughts about each other and perhaps when this happens, you contemplate how that person could be choosing to do this or that which is so different from your thoughts. Sometimes you adopt their thoughts because they seem relevant to you at that moment in time. You rely on other thoughts to get you through life – in the basic sense of what food is best to indulge in, what standard of living you want to achieve, what conditions you are willing to have to be a winner at this or that. BUT it is the intensity of your

thoughts that allow you to realize that you are on your own in your thoughts and it is time to really listen to those thoughts or at least one per day. Yes, thoughts are important. Your inner thoughts are all positive and then you are persuaded by other's thoughts each day, which could be positive, but likely are negative to you personally. Are they good for you or are they harmful to you overall – for your health, your wealth of information flow, your intelligence, your interests and your accomplishments? Are you receiving information that brings joy to your heart or is it a thought that you received that will change your joy to fear? That is the question for you at this timing.

Some thoughts are wonderful but too many thoughts without implementation of them is not good for you. So, each thought you have from you personally needs to be implemented right away. That is your thought for today - **thoughts need to be implemented**. Implementation – not put in storage for later, not even a moment or two later, but right now. You will find, if you are willing to listen to yourself, **your day will be filled with surprises**. They will be good for you, and will honour you, and they will be the best of encouraging you to learn more about yourself, your day-to-day activities and for sure, what to eat and drink on a regular basis, which results in feeling better overall.

Thoughts – they are a gift to you via your mind and your energy connection to the universe, which is your natural living quarters. Thoughts are the basis of your day-to-day life, so make certain they are the best for you at this timing. Thoughts – when you have them, implement them. Thoughts from others – let them slide out of your day and vocabulary. Thoughts are your energy physically, your energy connection and your builder of your life.

Very simply – **thoughts are you – make them your own**. Thank you indeed and good day.