

LOST

I, Mother Nature, am with you on this day and in this mode of communication, in order to assure you that the earth is raising its vibrational rate, **all that is old and hidden is being exposed** and it is the timing to let you know how the procedures are taking place. Thank you indeed.

As you might be aware, the earth made a decision quite a while ago to balance the energy flow of the earth itself because if the energy flow is not balanced, the earth is not able to rotate properly and safely. Energy on earth is created through what is known as a duality. In other words, opposites in all fashions. However, since the earth has been in the universe as an educational facility for quite a number of years, the opposites grew further and further apart, until we had most wanting the negative and just some wanted the positive aspects of earth's abilities.

The earth, in its wisdom, recognized it was struggling with an imbalance of energy and asked all who live upon it to shift from negative to positive so balance could return. For that to happen, the negative patterns within people, places, and situations needed to be seen clearly. **You cannot change what you do not recognize.** That truth is simple, but living it can be challenging. The earth began raising its vibrational rate, and all forms of life were invited to rise with it. As part of this process, the earth revealed where the challenges were, and some countries experienced trauma through earthquakes, floods, fires, volcanic eruptions, hurricanes, and other powerful expressions of nature. These events asked people to rethink their lives and their choices. Did many respond? Not noticeably. **People often say the world is changing, yet they do not always see themselves as part of that change.** The past two years have honoured the earth's transformation, and now it is time for people to honour their own. Thank you indeed.

When people don't listen to the earth or notice its signals, they miss the timing needed for change. Some are shifting their thoughts now, and many groups are helping, but most have let the opportunities pass by. When an energetic opportunity is missed, it doesn't disappear—it simply returns at a higher vibrational rate, which makes it harder to work with unless you've already begun your own inner changes. You can still catch up, but it requires effort. **You'll need to release old emotional patterns, nourish your body with real food, and move in ways that help your system clear what no longer serves you.** Movement done on your own—walking, stretching, swimming, anything that keeps you consistent—helps the body let go. And you'll need to honour your thoughts and act on them. Three things matter most: **what you eat and drink, how you move, and whether you follow through on your own inner guidance.** If you want to stay aligned as the earth continues to raise its vibration, now is the time to begin. Thank you indeed.

Yes, the earth and many people on it are feeling lost right now, and that is being noticed. Much of this comes from a lack of clear guidance in the world; many leaders say they are helping, but their actions often reflect their own interests instead. That topic can easily pull your emotions outward, and once that happens, you end up dealing with those reactions instead of tending to your own inner work.

Now I'm asking you to look at one more attribute within yourself. Do you believe that living on earth is the only form of life in the universe? It's an interesting question, and the answer is this: earth is the only dense energy formation of living at this time. It is the only place where duality exists, and that makes it the **strongest learning environment** for understanding energy flow. Here, opposites teach you. Light and dark. Lost and found. Male and female. The ups and downs of daily life. Accept duality as part of your experience and accept yourself as a student of energy flow on earth at this moment. You are energy, and **this is the right time** to recognize your own energetic components.

Senses are available to you whenever you need them—some you use intentionally, and others simply guide you in the background. Your sense of self is one of these. Who are you in that inner space? Who carries the common sense that helps you recognize what supports you and what doesn't? When you pause and check in with your body, it can show you what needs attention and what small shifts might bring more ease into your day. Lose the negative and think about what is good for you. **You are worth the effort.** Thank you indeed.

That is all for now. Some people have lost the desire to change and will choose to stay where they are. Others feel ready and will begin now, and those who started their journey earlier will be there to support in their own ways. The world is round, the earth rotates, all is energy, and nature is here to assist humans. Thank you indeed and good day.