

MONSTROUS

I, Mother Nature, am with you on this day and in this mode of communication, to reach out to as many people as possible to let them understand that they are the best of the best in the world right now and that the world has altered. They are the ones that are best able to assess the changes within themselves. Thank you indeed.

All people, and you are included don't forget, are able to alter who they are at this timing. That is for three reasons of course. Firstly, all people are exhibiting a **change or alteration** to their vibrational rate – which means their energy body is enlarging. To enlarge anything within a human body, it needs to expand in some area and close down in another. You look the same quite often, but your inner housing of all that is necessary is eliminating the unwanted aspects and letting them go and it is you who will **honour the changes** if possible. Sometimes you might not even understand what changes took place within you, but you are changing your thoughts lately and you may be wondering why. What is inside of you relates to the thoughts that you might be hearing at this timing. What is an example? Well, let us look at yourself as a human being. The basics are that you sleep, you eat, you move your body physically and you have thoughts to listen to as to what to do and when and you have emotions that compel you to advertise them at intervals each and every day. Those emotions are a multitude of feelings you have had hidden within you as a soul from one lifetime to another and every now and again they are exposed. Sometimes to your dismay and sometimes with intent.

The **most common negative emotion is that of anger** and it can be exposed by you in a multitude of ways – anger that is explosive and not called by any other name, anger that is a form of frustration, exasperation, or maybe the concept of attitude and allowing the negative to be expressed to someone just to hurt them in some fashions. It can be expressed via words of course, but also through actions of wanting to hit something, pound on something or maybe fight with a person, creature or other aspects of hurt to something in your life. You might want to run it off, or chase something out of your mind by drugs or alcohol, or maybe you want to **just go in the bush and be by yourself for a while**. Which one do you like the best? Well, anger is actually the monstrous aspect of your feelings that have turned into emotions. Anger expelled in a positive way is able to be done if you have a hammer and nail and go about hitting the wood or form of construction you might require. Or maybe you are creative so you could paint a picture with bold and angry strokes or maybe once again, you play the drums until you can't move your arms anymore. So many positive things or opportunities to strike out without hitting a human being with your anger at that timing. However, the movement of walking through the bush may allow that monstrous portion of you to be eliminated. Being in the bush and accepting the help of its extra energy abilities can assist you to see or recognize another side of the story that at

least allows you to reason out how you are feeling and why, and doing something to fix the challenge itself. Harming others with sound or physical attacks will introduce more negatives to you in the long run, but nature is here to assist you. Thank you indeed.

I, Mother Nature have found that human beings like to express their emotions, in some way or another, every single day. Sometimes it is loud and hurts, sometimes it is quiet and it hurts, or sometimes it will be twisted around, and it becomes rather suffocating to others in your goodness. Did you know that? Anger is able to be expressed by some that actually seems wonderful to behold in their generosity and in their desire to assist. If you are subject to that type of anger, make certain you recognize why it is happening these days. Look at the circumstances of your relationships and if they are comfortable in all fashions, enjoy and if they are not comfortable, take a step back and figure out what you would like to do about it all. **Comfort is yours to enjoy — it is that simple.**

Monstrous emotions are ready to be released nowadays because of all the changes taking place. Make certain that yours are met with nature in comfort and let the energies assist each other.

Thank you indeed and good day.