

MIGRATE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication in order for you to understand yourself just a bit better. Why do I wish you to do so? Well, it is because it is the timing to enlarge the image you have of yourself and incorporate all that is within you to sparkle, to provide light for yourself, and of course to provide a sense of 'rightness' within you as you begin to recognize your value as a person on earth at this timing. Yes, it is the timing to **stand tall** and say you are important to yourself, to your home and community and your country, but most importantly to the energies of yourself within and surrounding you. Thank you indeed.

Now, you might think that my words are often repeated in order for you to understand that you are more than what you deem yourself to be at this timing. But, and I say but again, you seem to require urging to **approve yourself** and that is a sad comment to have to make. Why don't you approve of yourself as a human being, as a physical specimen on earth that has many bodies to assist that physical one to just be?

Do you have any idea what it is about people who understand and accept themselves? **Do you want to know and accept yourself at this timing?** I am trusting so. Well, imagine if you look at yourself in the mirror and then have the thought – I am going to migrate to another physical body! That is an interesting thought, is it not? Well, yes, it is of course and if it is possible in your thoughts, it is possible in every essence of you. That means it is possible for you to look at yourself in the mirror and change to whom you desire to be. That is a form of migration. Interesting? Well, you might think it is and then figure it is not viable, but you would be mistaken. Thank you indeed.

To migrate from one country to another maybe due for many reasons, but generally it has to do with the weather and the source of money that you are living by. **Physically moving from one place to another is a known form of migration, but it is also just as potent to change your thoughts from one persona to another.** That is all that it takes.

So, if you state a sentence that indicates you want and desire to migrate to another physical body type – say a change in your gender – that is not what this is about. You can certainly accomplish that in this world these days, but it doesn't change much of anything really that is worth your efforts. What you want to do is state a sentence that will alter the thoughts from negative about yourself to positive about yourself and your whole body is able to change.

Do you understand that your thoughts about food compel you to eat what you think is good for you in some way, and you provide motivation to do so because of the taste, or the cost, or perhaps the convenience? However, when your thoughts are variant from what is

required for your physical body, you are able to create an illness, a form of sickness, a form of pain and anxiety and it is able to affect all seven of your bodies, which of course includes the physical one that is noted by all. Thank you indeed. That is a simple example of your thoughts disallowing you from feeling great. Migrate those thoughts now and **think of food as the portion of yourself that is requiring energy as well as nutrition**. It makes perfect sense that if you are part of nature on earth as a human, then only nature is able to provide you with the energy and nutrition you require.

Nature is able to migrate via thoughts – that is how the birds know to fly one way or another. Did you realize that they have thoughts, the same as you do? Well, it is a fact. They are part of nature and so are you. Let us take the steps to migrate those thoughts to a better and more fulfilling you than ever before.

Thank you indeed and good day.