

MANIPULATIONS

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication, to bring forth dubious information, worthwhile information and a combination of words and numbers that might, just might, mean something to you personally. Thank you indeed.

I, Quaw, know that you are having **some questions about the earth and the world and all that is happening within it right now**. It is unease that you are feeling because you wonder where it all will end, or even if it *will* end. One country out to demonize another country, which wants to humiliate many countries and then you have all the people within the countries that do not want discomfort of any kind. **When will it end?** That is hard to state or even guess at, because these wars are for individuals to rid of the broken pieces of their heart and soul and they are determined to undermine others to receive something they could call their own. Neither side wins, by the way, so **honour yourself at this timing**. Focus on yourself and your abilities and ridding of your emotions. That is enough for all people in the world at this moment in timing. Place yourself first and the governments in power will dissolve from lack of attention. Wars, measures of fantasy and downright nonsense demand attention and if it is not provided, the urgency for attention is deflated. That is what you desire in your world at this timing. Thank you indeed.

So, it is the timing to be introduced to the concept of manipulations. Yes, that is correct. Who is manipulating whom in the world today? If you do not participate, it means **no one is able to manipulate you at all**. That is the reason to stay away, in your thoughts, from the governments of the nation. Focus on yourself – your food and beverage, your sleeping habits, your friendships and your abilities and skills. Get right down to what is comfortable and what is not. No government provides comfort right now, so avoid them and they will begin to notice, and everything will change. Thank you indeed.

Now, one word of caution. When you are being manipulated, it means someone will gain from the actual manipulations. Who would gain in your country? Who gains when you are neglected via their thoughts? Well, the people in government. That is a fact.

When you are listening to your own thoughts and you are willing to act upon whatever thoughts you have, your sense of comfort will be noticed, your abilities will be shining before you so you are able to focus on them easier and of course, the love of yourself will be open and plain to note. **It is time to love yourself**. Love means light. Love means the desire to find out more about yourself that is good and exciting. Light means that you are able to be balanced in the opposites of energy in the world today. So, by all means, suggest to yourself that it is time to embrace who you are and how you are stepping in this life right now. What you do now is important and the **most important is that you dismiss any**

manipulations that come from the government of your country, to you and your fellow citizens. Focus instead on the nature in your country. Nature is your friend. Nature provides foods you require at this timing. Upgrade your thoughts and upgrade your nutrition daily and you will discover that more comfort within you is available. Thank you indeed.

Do not manipulate anyone in your day-to-day life. Stay speaking in the realm of goodwill in all fashions and that will mean that you will treat yourself with love and understanding. Thank you indeed.

Since the earth is basically balanced now, it means that **you are able to be balanced** as well. It means you will have opposites in your life, but not in any extreme mode as you had previously. Opposites, like sleep and wake, up and down, in and out, masculine and feminine and definitely the opposites of light and dark. Love is light and it is definitely wanting your attention. Manipulations are dark and you are not going to be a winner of anything if you go along with them and give up your state of comfort. Thank you indeed.

Let yourself learn about the different states of grace you are able to find within yourself, your family and nature.

Thank you indeed and good day.