

#77-0010-Earth  
Do You Need Help?

I, Mother Nature, am with you at this timing to honour you a little more with energy information about the earth and you being part of nature at this timing. Thank you indeed.

Now, what did that sentence indicate to you? Do you have any ideas? What do you want to read about and listen to that would be of interest to you when you are stretched to the limit of your physical endurance most days, very busy keeping up with life and what is expected of you and mentally drained because of the demands upon you. Then, of course, we have the complications that your inner emotions are displaying at any given moment that sometimes is just not appropriate, if emotional outbursts are accepted at all. Well, allow me to state that today is the day to relax, to calm down, to appreciate yourself and just be. Sound intriguing? Of course, but how could you do that? Well, it is this way.

I, Mother Nature, am with you on a moment-to-moment basis. How, you ask? Well, look around you at this moment, no matter where you are located. Take a trip around the room, around the area outside if that is where you are right now and take a deep breath. All that you see, all that you hear, all that you honour as being part of your life, is part of nature. I am the Mother for everything on earth. I am not the actual energy of the earth, but I am the energy of all that is on earth at this timing. That includes the sky and all of its energy beings, and the water and all of its energy forces and flow and of course, the creatures and yourselves, with all that allow you to live on earth. That is a fact. I am Mother of all you are able to see and take note of, all that you feel within yourself, all that you embrace as being near and dear to you for reasons of many varieties. I am the Mother, and you are part of my nature. That is a fact.

So, what does that mean to you at this moment? It means that you are able to relax at times. Do you recognize how mothers being in the home allow you to relax just a bit – while they make soup on a cool day, they listen when you need to talk, they provide the shelter you require to live your best life, and they also whisper to you how much they love you. Well, I do all of that for you on a regular basis. Now, some of you are going to say you did not have the best mother in the world as you were growing up, however you have an inner understanding of what type of mother you would like to have available as you live your life of choice. Yes, indeed, you have choices, every single moment of every day.

Now, if you are truly all energy, as we have been sharing with you, and you recognize that energy is always moving and changing, it means that you are changing every moment of your day and night. That is a fact. So, you are all energy and changing and you have a mother on earth with you in energy form, and that energy form will provide what you require and when you require and where you require and how you require every moment of every day. That is what I, Mother Nature, am providing to you as you live on earth. Thank you indeed.

If you foresee yourself in this world as part of life on earth, you recognize that there are two sides to every coin, two modes of decision making for every challenge or opportunity, and you are able to choose what it is you want to do and when. No one, and I mean no one, is

controlled over their entire personal life. You can see your physical body and how it is presented to the world, you are able to gauge your mental body by how it resonates with what is happening in the world these days and you have an emotional body that is processing your decisions at times and now is willing to honour what you desire moment by moment.

Are you promoted by your physical body, your mental body or your emotional body? Interesting question. If it is your physical body, I ask that you make certain it is being nourished sufficiently that it functions at its best, and that the body itself has a flexibility to it so it can move without aches and pains. If you are worrying about that physical body, it is best to blame the emotional body first and not anything or anyone else that is looking after it on your behalf, like your doctors, nurses and other practitioners of the non-medical world. Your physical body is the result of your choices of how to move it and how to feed it and how to maintain its health in all fashions. Your choices! Where do they come from? Well, lately the choices could be coming from your emotional self, but they really need to appear from your mental body, or the mind that you have open to the voices of you through the universal energies. Thank you for understanding that last sentence.

You have the ability to understand yourself better, if you take some deep breaths and honour all of you at that moment in time. Listen to you and what you really want and make the choice to care about yourself first, but to recognize that you have all of nature to assist you. Nature is there in front of you – it is anything that people have not created themselves. If you have a seed and plant it – you are caring about nature and many have done so, but where did the seed come from? Nature. That is a fact. So, water, air, earth, plants, trees, creatures, the sun, the moon, the stars and you, the people, are all part of nature. Yes, it takes a seed being planted to create anything in nature and we applaud what you are willing to do in this regard. However, the timing is correct to understand that the seeds require your attention in the positive realms and not in the destroying of life in any regard along the way. Therefore, I, Mother Nature, am encouraging you to be with nature and look at yourself as being part of it, rather than a person on earth that is on their own. That is a fun fact that you have established over time, but it is not an energy fact at all. Thank you indeed.

I, Mother Nature, thank you for being you, for being on earth at this timing of change, and for being willing to share the energies of nature with your personal energies. Watch the energies intermingle and change your thoughts, impressions and other opportunities that appear for you to behold. Enjoy the moments as they slip by quickly and enjoy the happiness that is possible, even if you are tired and weary from carrying what seems like the weight of the world upon you. There is no need to do that at this moment in time. Mother will take the weight and release it from you, if you would allow it to happen.

Thank you indeed and good day.