

MUST

I, Mother Nature, am with you on this day and in this mode of communication, to honour you in your world of wonders and in your mode of learning and in the results of your learning. Thank you indeed.

Now, it is known to me, that you are managing your life in some fashions and it is to your satisfaction. But sometimes you feel as if you 'must' do something to appease your schedule or perhaps appease another individual or a boss and other family members. **'Must' is an interesting word** and I am wondering where it came from and what it actually means to you. I 'must' get up at this timing. I 'must' eat this so it doesn't become wasted. I 'must' meet and greet this person on behalf of my job. I 'must' shine my shoes – now that is a fun idea these days! I 'must' say a prayer before going to bed. I 'must' take the garbage out, so the house doesn't smell yucky. I 'must' braid my hair today so it doesn't get entangled in my job. I 'must' feel good and look good, because my photo is being taken. I 'must'. It seems to go on and on and on. **Where did the word come from and why are you using it?** *Those questions are important right at this moment in timing.*

'Must' is a 'must' is a 'must'. I presume it might be an incentive to use the word to make certain the 'job' gets done in the proper timing, or just making certain it is completed. Are you doing the jobs because you want to do them as they are part of your life, or are you doing them because someone else says it is necessary? If it is part of your day and keeping the day being successful, it is best just to do it as a part of your steps through your day, rather than a 'duty'.

It is a time of change and 'must' is a good word to leave behind at this time of change. I will tell you why. If you have a list of 'musts' on a daily basis, it means you have not left any timing for you to notice the changes within your life and enjoy them. It also means that your lists of all the 'musts' are more important than you are right now. That would not be a valid concept at all. **You are important to you.** You are important to the energy flow of yourself, your location on the earth and your integration of the many forms of energy flow that are available for connection to the new you. Thank you indeed.

Change is what is taking place with the earth and therefore everybody and everything on earth. That is a fact. So, let us look at the changes possible for you. You have the opportunity of changing the foods you eat in order to feel healthier, and have more flexibility and more insight and more comfort than ever before. You have the opportunity to allow the body to decide when it is tired enough to have a nap or sleep and when you are ready to do something very active, to move the physical body in some semblance of comfort. It could be the timing to have a meditation or a sauna or a stretch out by the river. Open your mind to your thoughts coming through, and the inclusiveness of the thoughts will honour all of

your changes. The changes could be physical and therefore you recognize them, but **most of your changes right now are on the inside of your physical body**. Your organs are healing, your glands are gearing up on their own to produce more energy within you. Your spine is straighter and stronger now as you increase your energy level and your brain is functioning at a faster rate and therefore items are happening in your life that will bring about more comfort in your leisure timing, but also in the usage of your abilities.

Your senses are developing as well, so you are able to ‘notice’ more in your life and your surroundings. I am not talking about a new building in your area, but I am talking about your connection to everything in your home, in your neighbourhood and in your notifications about people that surround you. **You have become more ‘aware’ now**. That is because your energy body is increasing.

You are here on earth to be educated about yourself as a person, an individual and an energy being and to do that, you need your body functioning at its full capacity. Thank you indeed. It is the body that is changing and the ‘must’ concepts are not required anymore, because you now have your thoughts coming to you in a more pronounced mode and that means that every day **you are learning more, listening more and allowing yourself to be more than you ever thought possible**. That is the outcome of no longer having a “must” type of day.

Thank you indeed and good day.