

PATIENCE

I, Mother Nature, am with you on this day and in this mode of communication to bring further information for you that you require at this timing. Just think of yourself as having a good day and learning more about what you are wanting out of your life and then look at what you have and ask yourself if you have what it takes to **move your thoughts from what was, to what is**. That is what is happening in your world at this timing. A look at what was and a look at what is possible in your mind and changing what is. Thank you indeed.

Now, if you are a little mixed up because of my wording, please **take ten deep breaths** and let us really recognize something important. You, as a human being on earth at this timing, have changed quite an amount of your vibrational energy rate. That is a fact. For the last few years, your energy rate has increased, and you have had the opportunity to rid of any unused negativity within you. That means that **you have had the opportunity of letting go or ridding of old emotions and discovering more about your abilities**. Simple really, because both are inside of you and you are able to understand them via the thoughts that you are having. Sound simple or discouraging?

Well, it is simple really. You are receiving thoughts from your energy being, yourself, your friends and family, and your connections to those you have not met but feel you know and understand on TV, the internet or magazines and sometimes the movies. Yes of course, they all influence you. So does the weather and so do all of the furnishings in your home and at your job. Whatever you are doing and being and seeing and accepting, is providing you with thoughts. So, in some modes it might *not* be too simple, but if you would just sit down and **allow thoughts to come to you from yourself and your energy connections**, it will be simple. Listening to your thoughts and allowing them to improve your life, moment-by-moment. They are always positive and for you only. That is a fact.

Once you are doing that thought accepting, you will find out more of who you are to yourself. **Are you accepting of who you are** – physically, mentally, emotionally, sexually, financially and of course spiritually? That is quite a number of thoughts and acceptance perse, but it is what is necessary at this moment in timing. Mainly because it is the thoughts you have of yourself that allow you to understand what you were like previously and what you are like right now. In addition, it allows you to recognize more of what you want in this life of yours. Yes, **what do you want out of your life?** It is important to understand that only you are able to know what is required for you to be happy.

First, take a thought about what you are like and what you would like in your life. Then, have the patience you require to start changing your thoughts, then your words and then your actions. It will be quick if you want it to be and slow if you have that desire, but do it along with patience and understanding that **it is you who gains**. Thank you indeed and good day.