

PEACE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you at this timing and in this mode of communication to bring you an alteration to your negative thoughts and stimulate your positivity about life. That sounds intriguing, does it not? I would say so. So, let us begin.

You are a person that is considered a **student of learning on earth** at this timing. You think of yourself as a person or an adult or a child that has grown up. You think that perhaps life is good at times and hectic at other times, but for life on earth, you are doing well. Sufficient funds for most of your desires, food in your home for yourself and others, water to drink if not a speciality beverage, and of course, **a sense of peace**. What, you say? Peace? What is that in this world? Well, I, Quaw, am here to remind you that peace is not governed by those in power in your country. Peace does not come from outside appearances or happiness. Peace does not have a beginning, a time limit or an end. **Peace is what happens inside your thoughts**. Peace. It is quite a word. Thank you indeed.

Peace is the feeling you have, the thoughts that you have, the understanding about yourself that you have. It is what is provided to you along with that wonderful feeling of comfort. It is what has brought you into this world and will take you out of this world and that is your very breath. **When feeling peaceful and knowing it, your breath is automatic**. If you are looking at yourself through other people, your breath will alter and might be hesitant every now and then. Breathe deeply and feel the peace coming into you. Breathe deeply and honour what that feels like in your physical body. Breathe deeply and honour how the fear within you disappears, or your anger is lowered in volume, or your sadness is almost disappearing. Breathing is important to you at all times of course because if you have no breath, you are no longer on this earth's surface. That is a fact.

So, the question I have for you is one that you might be enticed to answer or maybe you will throw it away and not find it again. It depends upon how you are breathing at this moment in timing. **If you are willing to take three deep breaths right now**, you will understand my question more profoundly.

Thank you indeed. The question is "When are you going to be willing to honour yourself as a person that is peaceful." Or perhaps, when are you going to acknowledge that you would like to live a peaceful life? Or maybe, when will you stand up, sit down and bend over to have what you require to live a more comfortable life? All are the same question really, because it is the timing for you to recognize that the peace you are looking for on the outside, is located in your inner bodies. Peace in your digestive system because you eat nutritionally what your body is able to digest. Peace in your thoughts because they are focussed on the best life for you personally and nothing outside of your home really. Peace

in your emotions because you are **accepting of yourself and all others** as you are learning and growing on a moment-to-moment basis and nothing stays the same. Thank you indeed.

Peace is for you at this moment in time. Peace for the earth is happening slowly and consistently as it cleanses you as well. Peace is happening although it might not be noticed via the governments of the world at this timing. But it is coming for sure.

Thank you indeed and good day.