

PATIENCE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication for you to be able to understand a few facts about yourself, just a little better. That is a fact. I, Quaw, will enlighten you in some fashions about what was and what is and see if you are able to notice the variances within yourself at the same timing.

Sometimes, changes within you are not noticed. You will note the change in hair colour, or perhaps your body has lost or gained weight. The physical is noted because of the mirrors that you have available to gaze into, and that would be a fact. But, how do you gauge the changes within your thoughts, your emotions or your attitude towards learning? Well, in this aspect, I am going to assist you on this day.

Patience is a word that is applied to any timing on earth when you need to ‘wait’ for time to disappear, so you receive what you have desired or not. That is a fact. However, **patience is within your physical anatomy** as well. As an example, when you start a food plan that you entitle a ‘diet’, you require patience to see if it provides the steps to become fact and whether you are able to maintain what is necessary to be successful. So, when you think of patience in that way, it seems to be not as definite as those thoughts or plans that have a time dated upon them. However, let us look at a sure-fire plan for you on this day and it, in turn, will provide you with the patience you require to note the changes within you. Thank you indeed.

Number one is that you **recognize that the earth has changed its vibrational rate** and you have as well. That means you have assistance moment-by-moment from deep inside of you, to achieve anything your thoughts might create. Number two is that you are definitely able to **change what you are thinking** because now you are able to classify yourself as being first in your life. Number three is that when you have a thought and implement it, the **thought and implementation are in the moment** and not a time span that has been designated by anyone other than your own body itself. Number four is that you are providing yourself with a form of **gratitude on a daily basis** and therefore, you and your body are on the same wavelength. Number five is that you **believe in yourself**, and you believe that you are worthy of any changes at all. So, those five changes will bring you and your physical body together. **Trust in yourself and influence from within are yours at any timing you desire.** Patience with the changes and your truthful communication will assist you along the way. Thank you indeed.

So, just to make certain you understand this message – **patience comes from within you and presents itself to you in the moment.** Not according to time or even timing, just one moment at a time. Thank you indeed and good day.