

*Listen to Your Thoughts*

I, Mother Nature, am with you at this timing to share words, ideas, and concepts about your life on earth. You are an energy being first and allowed yourself, in a slightly denser fashion, an education as a human being on earth. Fascinating, when you really think of it.

You are an energy being first and then became a human being, which means you have a physical body that you can see, feel, and recognize as being you. You are able to be seen and recognized by others and your five senses allow that to happen.

So, **what do you like to see?** Is it the different types of trees, the colours of the plants, is it the sun shining or rain falling, the changes in the moon, or maybe it's the stars that twinkle through the night so you can see them? Maybe you prefer to see common creatures, whether it be squirrels or birds, or maybe your interest is in the domesticated creatures. Perhaps you have an interest in the fruits and vegetables that the earth supplies. There is so much to see in your world. Do you like the water and all the convenience and peace it brings to you, through your drinks, your bathing habits, even flushing the toilet? Water helps your gardens grow, even though you may not be pleased to see the rain falling. Or maybe you are drawn to the waterfalls that spray and feel zesty.

On earth, you have energy of many levels and forms of life, some of which seem dormant and some that can be more 'alive' to your eye. Friends and family have a lot of importance to you. But energy on Earth always has two forms to it – negative and positive. **Energy is in everything**, even in the thoughts you have, in your words and those of others, and in the actions as well.

What is negative and what is positive? That's an interesting question. It all depends on your thoughts and your perspective, which comes from your belief system. That is a fact. While you are on earth, there will always be two sides to a coin and there will always be two sides to energy flow. Negatives are those that hurt people and nature. Positives are those that help people and nature. *Which one do you like best? That is the question that helps you to know yourself.*

This is the first communication to you, about you, as a human being on earth at this timing. **Time is relevant** on Earth because it allows all people in the world to be able to communicate. **Timing is the universal mode of communicating** with yourself and all on Earth. That means if you have a thought and implement it immediately, your daily life will be much simpler and easier. Timing for your thoughts might be a new concept, but we, the energy beings, are trusting that you will allow it to happen. Even for a few moments – listen to your thought and follow through with that thought. Bring it to life!

Many thoughts are coming to you from other people on Earth. They have a different energy level to them, and most could be considered negative for you and your life right now. Your own thoughts are not negative to you personally – they can assist you to be more efficient, more aware of who you are, how you are and what you are at this timing. You are able to build from there, moment by moment. Simple tasks are completed easily. Challenging

tasks are made simple, so that you can achieve your goal without frustration. *If you are willing to open up and **listen to your own thoughts**, it can be rather fascinating.*

So, until next week, think about YOU. Listen to your thoughts that are positive and allow the energy of yourself to be noticed. You are on earth as a human being, but remember, through your chakra system, you are still connected to the energy of the Universal All That Is. The basics of you are red in colour, just like the colour of your blood. You have the opportunity to sense everything in your life just a little more, and to be aware of life as it seems to wobble about these days.

Thank you indeed and good day.