

Thoughts and Emotions

I, Mother Nature, am with you at this timing, to share some information with you about energy. Energy that is able to have everything functioning on the earth and in the Universal All That Is. In order for you to understand it just a bit better, I am here to explain it to you, one word at a timing.

You see, it is the timing in the earth's history to **understand what the earth is doing** on your behalf. You are a citizen of the earth. You are a student of the earth. The earth is a space in the universe that allows you to learn about yourself and your connection to the Universal All That Is, through feelings and the energy of both. Those feelings have added up over the lifetimes you have experienced. That means that your feelings were not completed – they could be happy feelings that you harboured inside instead of giving them expression. They could be feelings going against something or someone and you did not speak about them or fix them or change them and they gradually just sat in that physical body of yours, one lifetime after another, and became an EMOTION or many, many emotions.

Those **emotions travel with you** from one lifetime to another. That means, even though you had a tiny body to begin with in this lifetime, you brought with you all of those feelings that have compressed themselves into emotions. Sometimes you showed those emotions as a baby and would cry a lot, or have a challenge of some sort that tore at the parent's hearts, or sometimes you came to earth with the idea that as a baby you were going to rid of them all! That would be a big chore, but sometimes it happens. In that case, the baby will have a challenge or two, more than the doctors and nurses know about or are able to fix on behalf of the baby and the parents. Interesting! Yes, it is. That means of course, when the physical isn't apparent, it goes to the mental body or it could just be classified as emotional and therefore fixed with pills, needles or forms of soothing mechanisms. In other words, when individual souls want to do something in a hurry in any given lifetime, they will reach out to having the hardest challenges for the physical doctors and spread themselves out for new and upcoming aspects of a human that need to be labelled and fixed. In some ways, those babies are excellent teachers, but in doing so, they sometimes create hardships for the parents or other loved ones in their life.

So, energy arrives through you and all people, via the Universal All That Is, the earth and all that it is, and of course, the personal all that is you and your storyline. All energies work together moment by moment. Energy is always moving – the universal in a counterclockwise fashion, the earth in a clockwise fashion and the personal energy doing the clockwise through the waking hours and counterclockwise in the sleeping hours. That makes you precious and part of all the energies available to provide you with a life that is potentially the best education you are able to have on earth.

From now on, the potential is what we are able to assist you with. For several lifetimes, you might not have recognized energy at all, never mind three distinct types of energy flow within and surrounding you. BUT at this timing, it is available – not only the energies

themselves, but the knowledge for you to understand and utilize to your advantage. That is a fact.

So, I, Mother Nature, am with you on this day to share what is happening to you at this timing. The vibrational rate of the earth, where you are presently living as a human being, is altering the vibrational rate of the energies it provides to you as a person. That means the **energy of the earth is changing**. What happens when the earth does that? It means all human beings, creatures and all forms of nature, need to adapt to the changes, because all are changing at the same timing.

So, if the vibrational rate of the earth is at a 10 and you are at a 5 or 6, then you are going to feel the challenges within you. That is a fact. What type of challenges, you ask? Well, they could be challenges in your physical body – from slight headaches and tummy aches to more serious things like heart attacks, brain tumours or maybe, just maybe, diseases like cancer. Whatever you have stored inside of you is having a challenge with the increase of the vibrational rate and therefore expands or amplifies within your anatomy. In other words, if you have left some negative emotion within you for a long time and it decides to make its home in a part of your body, it might choose your heart. Therefore, as the vibrational rates change on earth, and the heart is still down in the rate itself, it will enlarge itself, rather than letting the heart have the extras. It has essentially taken over the heart's health. Hence, heart challenges of many varieties. None of which are pleasant for the people engaged in that type of challenge. It is, however, an opportunity to change their thoughts to ones of positive aspects with regard to fresh air, attitude about life, food intake, beverage intake, and the desire to succeed. Thank you indeed.

So, if you are feeling anger – energy that has built up inside of you as a negative energy - it needs to be released somewhere and somehow in order for you to become more balanced. So, once again, if the earth is ridding of its own negatives that have been caused by humans, and its level is now at 10 and it has increased from 8, as an example, then your physical body, your thoughts and your emotional components need to work together to create a level of 10 as well. Does that make sense?

You are energy, the earth is energy and the universe is energy. The level of energy is rising and therefore all rises, whether you are ready for it or not. When anything rises on earth, so does everything on earth and you are on earth and therefore need to rise.

Your thoughts need to balance between the negative and the positive. That is simple in theory, it seems, but hard for people to understand. Your hidden emotions that are resting in your physical body in varying organs and glands, bones and blood, need to be removed so your body is able to feel fit and comfortable once again. Every ache and pain you have is caused by your stuffed feelings that are now emotions. Even if you become frustrated about some little item in your day, that 'stuff' needs to be rid of at this timing. The earth is going to continue rising, one moment at a timing and it is up to you to clean as much as you are able, not only about energies themselves, but how you digest life and what energies you use to do so. Thank you indeed.

Now, that is all for this day. I will be back with you next week to share in more about you and the three types of energies and how it is all revolving now that change is not only in the wind, but in the very core of you.

Thank you and good day.