

#99-0013-Energy
Communication is Important

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication, to share a few tidbits about energy you might find so interesting, you will want to receive more and then a bit more. **Have I caught your interest?**

I, Thor, am wanting you to realize that you are energy from the universe within your chakra system and therefore, attached to the universe while you are on earth. You are a physical human being that has five main senses and a physical body that is a shape and size of your design and therefore, needs to be loved and noted and taken care of because it represents you at this timing. In a fashion, **it is your home while you are on earth** learning about yourself, your abilities and your connection to the universe itself.

You are a person who has a voice that is able to speak verbally in one or more languages, able to write your desires, promises, interests and spout your opinions, able to receive noise, words and music at your leisure while learning more about yourself and your perspectives. You are the one that is looking for a new mode of communication because you now want to better understand the physical life you are living and the energies that are coming to the forefront of your mind these days. **Communication is really important** -- your thoughts versus those from others in the world. Your desires, rather than marketing strategies in the world these days. Your money spent on your ability growth, rather than spent on articles wanting to be sold by someone else in the world at large. Communication is important to receive as well as give. Until you receive information about yourself, it is very challenging to give of yourself to others.

Allowing yourself to **reach out and reach in** and discovering a balance is necessary. Reaching out for food, clothing and practical living materials is definitely a necessity. Reaching out for articles that do nothing for your day to day breathing and living on earth and are just accumulations is detrimental to your overall energy health. When you reach out for more – make certain it is assisting your abilities and skills usage or your overall comfort. When you are reaching in, however, you are able to receive a maximum amount of information that provides you with incentive to **learn more and to feel good about yourself**. Thank you indeed.

How do you reach in? Well, you **quiet your physical body** by taking in deep breaths and letting the breath out again – always through your mouth – both in and out. That allows you to find out more about yourself as an energy being.

When you have completed your breaths in and out – do it ten times each set and three sets are recommended -- you are able to **ask some questions**. ‘Who Am I’, or maybe ask ‘What is Hidden within me’, or maybe you would want to ask, ‘How am I at my ability’, or maybe ‘What is my Ability this time on earth’. All questions that you ask will make you feel better about yourself.

You are able to reach in by going outside with the trees and grasses and plants and creatures. All will assist you when you are asking about yourself and listening for the

answers you require. If you ask and the answer is 'you are doing great, so keep on going', you know that it just a portion of you that is called ego. If however, you have an answer that indicates that you are not worthy of knowing, you must recognize that is the negative energy within you that is talking, so allow yourself to ask again but this timing do so with a positive condition applied. **You are able to hear the answers**, but you might find it doesn't meet your satisfaction the first few timings. Keep asking and walking outside or sitting on the floor of your home though, so you are able to understand yourself. Plain and simple, **you want the answers to come from you and yourself**.

Now, how would you like to learn not only about you on earth at this timing, but also you in your past lives? If you are interested in doing so, there are three steps to take. The first step is to believe that you have lived on earth more than this timing. In other words, the earth has been an educational centre for more than a million years with people and creatures, trees and plants. Therefore, once you chose to come to earth to learn more about energy, you lived a life and then left and came back to finish some of your business and then you left and then you came back. Thank you for recognizing that **you have had a minimum of 1,000 lifetimes** and up to a million. That is a fact. So, when you believe in your lifetimes being multiple, it is the correct timing to discover what you learnt in other lifetimes and what abilities you utilized.

Past lives are rather fascinating of course and sometimes you feel that couldn't be so, and yet deep inside you know it is true. As you learn, you are able to discover what you were like in other lifetimes, by doing three items. The first we have spoken of and that is to **believe in yourself**. The second is to allow yourself to **sit on the floor** in any room of your home or preferably outside on the ground and take the **deep breathing** aspects to yourself and do them as you change from totally physical in nature, to a form of relaxation and readiness to learn about the feelings of energy flow. Then **ask the question 'Who was I'** and allow yourself to listen and listen and listen. If you really require assistance in this realm, the stones and rocks will assist you to connect with the past. The rocks and stones have the memory of your past lives at the ready and are very willing to assist you at any timing.

That is all for today, but I, Thor, the Ultra Energy of the Universal All That Is, am willing to assist anyone who is interested in learning more about their past lives. **Just ask for me** and I will assist you to find out, in your own way. Energy information is available for anyone who wants to know more, but it is very honouring and respectful of each form of energy in people on earth itself. It will assist you at any timing, but it will not interfere with your thoughts, and it will not do so on your behalf and let you lay back and think you are accepting or receiving. You are able to **receive from yourself and give to yourself** and this message is allowing you and encouraging you to do so.

Thank you indeed and good day.