

LOVE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this way in order for you to enjoy yourself more, to like your own company, to learn more about yourself and of course, to understand who you are at this timing. That is a big listing for you on this day, but I, Quaw, am given to understand that you are now ready to know more about yourself and how you are living your day-to-day life on earth at this timing. Thank you indeed.

I, Quaw, will start with the aspect of your name. Does it have an “L” within it, or maybe a “P” or maybe an “M”. Those are the three letters that will assist you at this timing because you are ready to **learn** about yourself, to **protect** yourself and to feel the **miracle** of who you are. Those three letters are for you on this day and for the next little while, as we share more about who you are. So, with the letter “L”, you will be learning about the love of yourself, love of your ability’s usage and more about the love you have for being on earth at this timing of change. That is our topic for today. Love of yourself. What does that mean? It means that your thoughts are gentle with yourself. It means that your words are honest with how you are feeling about yourself, and it means that you are able to learn to love yourself just a little more because of the knowledge that you will be learning about yourself. That “L” word is dynamite for you really. **Love is able to be silent, gentle and kind, fulfilling in your heart, and is able to spread to health in your physical body.** But it is also able to honour who you are in the thinking capacity that others call your mental health, and it will encourage you to let go of or release feelings or built-up emotions about what love means deep inside of you. It is not the attraction to other people, places or things, but it is the concept of how you are being.

What does it mean to just ‘be’? It means that **you are content within yourself** with your life. But it could also mean that you are finally looking at your life and thinking some aspects could use a change. Love is able to do that of course, because you recognize that the energies within you are variant from anyone else’s. No one is the same as you. That is an impossibility because you are filled with the energies of who you are as an energy being or soul if you wish to utilize that terminology. Thank you indeed.

So, when you were just energy and light and not on earth, you could assess yourself in the best terms possible. When you came to earth to learn and began to understand the plan of being the best possible, you had your share of challenges because you are the one that is still rather full of emotional build up from other lifetimes on earth. They, unfortunately, stay with you. Feelings that were not expressed. They stay in your energy field from one lifetime

to another and another. That is correct. This is not the first, but it could be the last lifetime you have on earth.

The idea is to learn as much as you can about yourself while on earth this timing. It means that it is the **time to really understand love**. Love in all the fashions energy-wise and not the earthly concept of feelings for people, places or things. The love that is pure energy is within you, and it is in the energy centres entitled Chakras at this timing. You have seven major chakra centres, and they can assist you in your earthly pursuits of finding out about yourself. Thank you indeed.

As we proceed in learning about love of yourself, it will be the best that you can be in this lifetime on earth. The earth is raising its vibrational rate now and therefore your energy centres are accepting that increase in level. That means your physical body will need to change as well. Are you wanting to **change some of your daily habits** that are considered physical? Are you willing to **change your thoughts to something that resembles positivity** in your modes and belief systems, and are you willing to change those forms of disagreement to your life and your happenings, in order to understand the love that is within you. If you desire to learn more about love, I, Quaw, the Ultra Energy of the Universal All That Is, am with you each step of the way. All “L” words are important for you to learn about on this day and in this timing. Thank you indeed.

That is all for today. I will be learning more about you and your love of yourself and that is a fact. **LOVE is important for you to know about**, and in order to live on earth at this timing, learning about love of yourself is the requirement.

Thank you indeed and good day.