

PAIN

I, Mother Nature, am with you on this day and in this mode of communication, to bring forth valid information for you at this timing. Sometimes you receive information that is not valid to you personally and it could be more negative energy than you are able to handle or rid of, and sometimes it could confuse you about who you are. However, my information will be **for you personally** at this time and this timing, and you will appreciate having received it on this day of your reading it. Thank you indeed.

I, Mother Nature, am with you to cheer you up, to encourage you to know more about yourself and your connection to nature of course, but also to understand the ramifications of being more of who you are in the light, and less of who you were in the dark. Light and dark - you understand the actual meaning of the words. Light is energy that provides you with forms of understanding of yourself in your favoured portions of all of you. Dark is the ingredient that happens in your body at all times, when you are not being nice to yourself. All of the dark within wants to be eliminated and replaced by the light. That is a fact. Now, that might seem like a bit of a riddle, or perhaps not. Depending upon what you are willing to learn about yourself and how you want to program your learning into your lifestyle. Or maybe you are gathering information, mulling it about and throwing it aside for some form of hurried lifestyle you have developed or began implementing some time ago. You must do this and you must do that. Interesting concept of course.

Lifestyle – how is it developed? Well, you learn from your childhood by observation in your eyes and your ears and other senses. **What feels good and what you instinctively know that is not good**. Nutritious food – was it part of your life and lifestyle as a child? Did you notice that the food was just grabbed and gobbled, or did you enjoy the meal as you sat and could actually digest it properly? Was it just one type of food or did you have a variety? Was the food from nature, or was it processed? Many questions, just about one meal or many, if it became a habit. Really think about the meals you had as a child and how the food was respected or not, and your body was respected or not in its digestion. You are able now to understand that digestion is only one aspect of a meal — the conversation, the time and the company are also important. **One meal, just remember one meal** and let the concepts sink through your thoughts. Thank you indeed.

Now, when you have done so, I want you to understand that whatever your thoughts were as you were growing up and having these experiences with food and others, it is best to think about whether you altered your life because of it or did you keep it within you and are doing the same now? What did you learn? What did you keep and what did you change? Interesting questions. It matters a lot at this timing. If you were having excellent viewpoints at that time and you and your physical body, your mental body and your emotional body

were in agreement about the results of that meal, then you are likely able to understand that changes were okay and they have been created, or all was perfect, so you just need to replicate them. Satisfaction, it is then entitled. However, if there was rush, words that did not sit well with you, or perhaps poor nutrition so you weren't able to concentrate in school previously or work now because of that meal, it means that respect is still able to be applied at this timing to make it so **your comfort level and ability to cope with your day will improve.**

Today is the day to recognize that change is still possible. Changes in anything you are sensing with your five senses that you understand and your sense of self that is now evident, and recognize that if you continue denying yourself the right to change so you are feeling comfort, you will begin to understand 'pain' and how many areas it can be felt in your body. Change is necessary for each person on earth. So if you are reading this on earth, you are ready to change to the light and rid of the discomforts and the dark. **It is the timing to be more of you.**

Thank you indeed and good day.