

LOUSY

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day and in this way to continue encouraging you to understand how you are on this earth at this timing and what it means to you personally as a human being. HOW is the concept of you and HOW is the result of your being on earth and HOW is the consensus of your summation of being a human. Now, that is intriguing, is it not?

HOW is the being you are. That is a fact. What do I mean by that? Well, the HOW of you is when you are listening to yourself when you awaken, listening to yourself when you are heading to sleep and of course in all that you are doing in your life in-between that awakening and sleeping. **How do you manage your day, how do you promote your physical body to be manoeuvring your steps throughout your day, how you are feeling when you are utilizing your abilities throughout the times you are awake and how you relate not only to yourself but also to all others you are in contact with on any given day.** How, how and how. Interesting how many ways you are able to utilize that wording to understand yourself just a little better. How are you listening to your thoughts or those of others? Are you taken inside of you to explore, or taken as gospel at any given timing? Thank you indeed.

So, it is the timing now to say you are doing well in the How department or that you are feeling lousy about you personally in this life of yours. Lousy is a word that humans seem to like to use and I am not sure exactly why. The coffee is lousy, the weather is lousy, the food could use something extra to be savoury, the looks you are giving me are lousy and all of that adds up to a form of how you are feeling. That makes sense, **because the words that you use on a daily basis describe how you are feeling inside at any given timing.** When you use the word lousy, you are describing something that is not up to standard. Is that because you are critical or is it because you are feeling less than yourself at the timing? Not enough sleep, not enough excitement in your day, not enough challenge in your day, or perhaps it is not enough good food or beverage to provide you with strength of mind at that timing? Many questions and probably a massive number of replies.

Each day you awaken, it is suggested that you listen to your thoughts about the day you are starting. No other thoughts but yours of course, because nobody knows you as well as you do.

Mornings – eyes open, **let your thoughts happen to you and listen and then proceed to do what you normally do in the morning time to get started on your day.** Now, those lousy suggestions? Or would prefer me to state – Enjoy your day and do what you want, and when you want and how you want on this day? If that is the case, do you know how you want to spend your time? Really? Is it your choice, or is it the choice of someone or

something else? What makes a day of perfection or comfort to you? No breakdowns, no challenges that are too much or perhaps a day wherein you are going to meet and greet a person that provides a form of comfort to you. Sharing a hug, a kiss, or a bit of conversation?

HOW is the appropriate word to describe each morning and which direction you are going. Listening to your own thoughts will assist you to have a comfortable day. Planning something that is a form of control assists you to have a lousy day. That is the variance I wish to point out for you at this timing.

Your personal thoughts are necessary at this timing especially, because there is a lot going on with the earth's changing in energy rate and thus with you too. Nothing, but nothing is the same as it was. For one, the earth has managed to clean up a lot of negatives around the world in these last couple of years and perhaps you did not realize that you are able to breathe a little easier, the water is a touch cleaner and the earth is valiantly upkeeping the alterations to have more nutrients within it. The earth itself has done that for your benefit. Thank you indeed.

Next it will be conditions altering in the world, rather than just on the earth itself. You see, the earth was not in good shape and decided to clean up the negatives upon it and become a little more balanced between the negative and positive. Now that has been altered for a better balance, it means that **the world, compiled by people, places and things, is stepping up the energy rate to rid of negatives** as well. That means the governments of the varying countries, and the financial system worldwide. But as soon as that is started, which it has, it means that all people are going to be affected as well. The earth changed vibrational rates and that meant you were included.

The new level of energy is now closing in on how the governments of the world are being conducted and how they control the financial aspects of the world — if you are in the world, you are being affected and you are definitely going to be stating the word 'Lousy' personally. Lousy is the word you will use when your finances are being targeted once again. By targeted, I mean **your financial base just might need to be looked at** with a different word than lousy. Take a look at your finances, where the money is coming from, how much it is in comparison to how much you are able to use freely and how much of it is going to bills or thrills or other forms of spending. In that way, you will realize what is lousy and what is not and how you would like to change that. All people in the world require food, a form of shelter and clothes are a necessity. In addition, they require heat in the north, cool in the south and water needs to be in good supply. The sun and moon are still going to be part of your life and you are able to count on them, as well as the stars. But weather conditions themselves are becoming more Topsy Turvey to draw peoples' attention to something they understand and maybe question how **life as a whole is changing**.

This is HOW changes are going to take place in this year of 2026. You personally are going to need to be aware of your thoughts and only yours. You are going to need to be honest with

yourself. Truth is important in your life personally and as a person on earth itself- You will also need to have a sense of what is happening and to **recognize that you are an energy being as well as a physical one**. Thank you indeed. Lousy is a word that has been utilized for quite some time to indicate an opinion about food, beverage or a situation. Lousy might be the word to describe life and its multitude of changes in this next while.

That is all for today. I am Thor, the Ultra Energy of the Universal All That Is, and I have provided you with the word of the week – Lousy. It starts with the letter L and ends with the letter Y and it is for you to use as often as you desire in the next while. But it also will be letting you understand a little more about yourself, your thoughts and your desire to be learning, living and loving at this timing and in addition, it will be followed up by actually **knowing yourself just a little better**.

Thank you indeed and good day.