

#99-0014-Energy
The Secret Within

I, Thor the Ultra Energy of the Universal All That Is, am with you on this day and in this way in order to share with you a little secret. You know this secret deep within you but haven't thought about it in your lifetime on earth at this timing.

You are an energy being that is having a lifetime on earth, in order to discover the magic of energy flow in a different capacity because, on earth, it is denser in volume. It is even manipulated by feelings that have turned to emotions. The **emotions weigh you down** in so many ways and means, you might gain weight doing your best to cope with all that you are learning. So, using the magic of language on earth, let's compare weighing down and gaining weight. They are not the same - even remotely. 'Gaining weight' is physical but to 'weigh you down' means you are affected mentally and emotionally. What I am about to state will definitely **affect your mental and emotional bodies**.

When you decided to have a lifetime on earth, you knew that your story would adhere to what you wanted to learn and experience, one moment at a timing. Therefore, you had no concerns about it happening – the 'It' being the composition you are following. Most humans would like to know a bit about their future and look to individuals on earth that state they are able to gauge what your future will be. They are channels of information, who, most of the time, are able to shed some light on your future, but they are not able to show you the entire picture. That is because **you have 'choices'** and those choices are going to alter the story as you go. They see what is printed out as your storyline but no one is able to know what your choices will be or therefore, what you are going to be dealing with at any given timing. Thank you for understanding that at this time.

Consciously you are making choices on a moment-to-moment basis and your choices depend on what your thoughts are. That means if you are thinking about what someone else has indicated to you, you are missing the thoughts your own storyline is conveying to you from your mind. You do have a brain that is able to conduct your physical movements and your mental movements as well as your emotional movements in some fashions. However, **the brain was created to work with the physical body only**. That is a fact. The mental body is conducted by your own thoughts and the influences from the thoughts of others. Your choice is which one you will listen to and when. Your emotional body provides the ingredients of how you are feeling about yourself and your situations and that definitely intrudes on your choices. Sometimes you are fearful of what is coming next and sometimes you are confident about what life is bringing forth to you. But, it is a fact that you have all three bodies that allow you to have a **form of balance in your life**.

If you have good health physically, you will listen to the thoughts from your mind and not others, and you will have a subdued emotional day or week. But if something happens and you have made a choice that you think is adequate at the moment, you could be adhering to the emotional body only and now it is in charge. Think about that. Your emotional body is created out of feelings that you have had, that have built up over each lifetime, and it is controlling you at this timing. Your emotional body is now in charge of your physical body,

your mental body, your sexual body and your financial body, in addition to your spiritual body and your universal body. That is a fact these days.

Emotional bodies are the **result of stuffed feelings**, the result of neglect of looking after yourself with confidence and in learning about yourself in all aspects of energy flow. Emotions are the 'bugaboo' in your life. For example, laughter that is physical but not from the heart means that you are able to laugh too loud and often, even though you are feeling a little low and under-the-weather so to speak. Another example would be a person that blows up in anger over not much of anything. Once again, that is emotions coming when you might not want them to, but it is so strong, it makes you want to do something physically aggressive as well. In addition, you could be feeling a touch of frustration about something simple. That is an emotion as well.

So, if you are feeling emotion these days, it is because **as the energy levels rise via the earth itself, your levels are rising at the same timing**. There is only so much room in your body to house both the physical and energy. As the energy increases, something in the physical must let go. Simple -- and all can visualize what that is like. Energy goes up, then the physical needs to go down. The actual emotional component of your physical body is where the actions need to take place. You do not want to give up any body parts perse, but you do want to **release the frustration, anger and forced laughter**.

Look at yourself in the mirror and gaze at your entire body. Then ask yourself where that emotion within you is hiding at this timing. What triggers that emotion? What causes aggravation? What happens if you sneeze and you need a tissue to assist you? Do you have one close or not, and how do you handle it? Very simple questions, but how are you answering them. Shrugging your shoulders is not the answer. Cursing is not the answer and nor is swiping it away with your sleeve. Honour your emotional outburst, but sometimes you are giving up the physical in ways you are not understanding. When you cough, when you sneeze, when you burp or fart, when you flex your muscles, when you take deep breaths in and out of your mouth, when you stand up and stand tall, plus, plus, plus, you are letting go of emotional buildup. **Let it go and say thanks**. *Any step of letting go is worthwhile.*

So, the secret within you is that you have been allowing your emotional body to lead the physical body, and the thoughts that could be coming to you and being heard from the mind. When humans first came to earth to be educated about their energy possibilities, feelings were to assist them to create and utilize their abilities, and to understand what was positive in their life and what seemed negative instead. That was the basis of themselves. Feelings were an assistance to living a physical life. Now, the feelings have grown and been stuck in the physical body, and they are called emotions.

The emotions are not to be the conductors of your choices.

Thank you indeed and good day.