

## **Listen**

I, Quaw, the Ultra Energy of the Universal All That Is, am with you at this timing to encourage you to **understand yourself just a little more**. What do I mean by understanding yourself a little more? Well, it is about the 'what' of you. Did you recognize that you have a 'who', 'how' or 'what' about you? Maybe not, but the 'who' of you will describe your talents or abilities and the emotional components within you that are able to be dispelled. The 'how' of you is about the assistance you receive from the energies of the earth and the universe, in order to live your life on earth just a little more comfortably. The 'what' of you is variant from the first two. They are the basics of you of course. Along with what is obvious like your gender and your emotional reactions and actions that are noticed by everyone, and your acceptance of your life, **you now require to know what you want to learn on earth**. You want to understand all about yourself, whether from this lifetime or previous ones, in order to look upon yourself in more ways than one or two experiences. You will need to learn to honour yourself because what you are doing is special to yourself and your learning about the earth, the universe and the 'you' that combines to have the education you require while on earth. Thank you indeed.

So, when someone is asking you 'what', it is sort of a challenge for you to reply to it. Someone could say "what are you doing" and you will need to find a way out of that question. Sometimes it could be that question with an exclamation mark, which would indicate their skepticism about you. Or it could be spoken softly as they observe and admire what you are doing. The same words, but varying degrees of 'what' because of emotions. So, what you think of yourself is a beautiful question at this timing. What do you think of yourself, what do you understand about yourself and what brings you to that understanding? Yes, good questions for this day. Allow yourself to contemplate the answers to those questions. It could mean a new discovery, **because people cannot understand what you are, if you do not**.

It is the timing right now to listen. Listen is a word that starts with the letter "L" and it will formulate into a concept that allows a loving relationship with yourself, or not. Listen to your thoughts, listen to the wind, listen to the trees as they sway or grab your attention every now and again. Listen to the words being spoken to you and listen to your answers. **Listen with your whole body and not just your ears**. It means that you are able to digest the words if you listen, even with just your ears, but you are missing the use of everything else in your body if you are just using one aspect of it.

Now, the word listen is precious, because it means you are able to receive the information in more ways than you think. Sometimes it is nice to understand someone else that agrees with you on a subject of interest, whether it is wise or not. Sometimes it is great to have a support system in a friend, or relative or maybe a closer family member. But what happens

if you want to learn more about yourself and they are not in agreement, and you need to listen to your own words to describe your desires? Well, that is when your whole body will assist you. The 'what' in your life is very important for you to learn about now. It means that you know who you are and how you are, but it is important now to learn what you are as well. Listening is the answer for you. Listen with the ears, with the thoughts being open and listening with the emotional components you are harbouring, and with the utmost keen observations that your entire body creates when it hears sounds of any type whatsoever. **Listening is a key to who you are and how you are at every step in your life.** Even if you are having hearing problems, your senses will assist you to understand the connotation of the sounds and what they are affecting within you.

It is the timing to nod your head in agreement that listening is really important. The most important is to listen to your thoughts and that will happen when you take note of your physical body, your emotional body and your spiritual body. There are a few more bodies within you, but we are disregarding them at this timing, because there is too much negativity within them and you will not listen for the others. Thank you indeed.

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and you will **listen to these words as well as read them.** Listen to them with all of your bodies, with a lot of your heart aspects in life, and with understanding that the love you have for yourself manages to level out how you are feeling about yourself and it will honour your listening to nature as well.

Thank you indeed and good day.