

MUST

I, Thor, the Ultra Energy of the Universal All That Is, am with you at this timing in order to share some information with you that is pertinent to you in your daily life. Thank you indeed.

Each day that you awaken, no matter the time itself, it is the correct timing **to listen to yourself**. Your thoughts are relevant to the entire day that is upcoming for you. Your thoughts, and normally you might not even pay attention to them. It might be “this is Monday and on Mondays I must be the leader at work”, or “on Mondays, I eat cereal and toast and that is my morning. I must make sure I have sufficient in the house so that when I shop, I will purchase them.” “I must call so and so because it is important to make a date.” “I am the one that is in charge of the kid’s supper today, so I must prepare something quickly because we have another appointment in the early evening, so what will it be?” and on and on the thoughts come and go and you are just awakening to the type of day that you will have and what will you remember and what not to do along the way. Of course, each day is different but seems to be the same.

I, Thor, have not been on earth to comprehend what you are like in all of your physicalness, but I do know that you are still a soul with a direct connection to the universe, as you might be aware, and **it is the timing to really connect with your thoughts that arrive to you directly from that connection**. Sometimes you awaken and recognize that new thoughts are there to assist you in coping with your day or actually enjoying what type of day is possible. But most of your new thoughts seem to be starting with “I must”. Interesting from the perspective of a different energy level. Did you realize you have three energy levels assisting you to live on earth? Yes, you do. One is the place wherein you made the choice to have an education of an earthly manner, one is from the earth itself to assist you in the world as it is at this timing, and one is from you personally and combines all of your bodies’ interests as well.

You have a physical body that houses the other bodies. Some you pay attention to and some not, depending upon your emotional criteria it seems. So physically, you are able to look at yourself in the mirror and gaze at other physical specimens on earth with your eyes. Inside of that physical body though, you have a mental body that honours how you wish to educate yourself and it is contemplating the thoughts that you are having and represents your day-to-day life as it joins those thoughts with your emotional components that are hanging about with the emotional body. Those emotions are a collection of feelings that you have stored away for lifetime after lifetime, because you were not ready and willing to deal with them. This lifetime you have the honour of doing so. The emotions hang onto the thoughts and so you find your day is harried at times, very emotional at other times and of course in some cases allows you to learn more about yourself. That is what education is all about on earth. Learning about yourself. But the spiritual body that is also part of your

physicalness that you are able to see, is how you think and feel about yourself as a human on earth and whether you are able to understand that you have an energy connection of any type. Thank you indeed.

If you must think of yourself as physical only, then you are allowing yourself to feel like a person only, with no past and no future, just a life on earth doing something that is a necessary and then who knows. There would be no true perception of your qualities and your desires or your accomplishments because 'what are you doing on earth really?'. You might blame your parents for providing you with life itself, or you accept that, but do not feel that it is a big deal to understand your connection to nature in any formation through opportunities provided to you. **Have you ever asked why nature is on earth, along with you?** Your answer might be that we need them, or at least someone does, or that you might think that *you* would not require anything from nature.

If you insist on that type of thinking, it is best for you to understand that nature provides you with assistance in breathing and providing you with the water essentials. The earth is necessary for essentials such as food and the air for you to breathe. You are connected to nature, whether you desire to or not. I, Thor, recommend at this timing that you really look upon yourself, your life and your day-to-day thoughts and just see if you keep up with the concepts you might have at this timing.

Look upon yourself as a physical being that you can see and then all the other aspects of yourself that you cannot. What creates your thoughts, what emotions do you display, what beliefs have you acquired, and what do you depict as your sexual appreciations, what do you think and feel and know about your finances? What connections do you have with nature in its basics? If you must, it would be good to have an understanding of who you really are as your physical body crumbles from neglect or abuse, and to know what keeps you going as you recognize more of the fact that you are not just a body. You are more than that. **You are in charge of understanding all about yourself and this is the timing to do so.**

'Must' is a good word to use in the positive sense. You must learn more about yourself right now and all of your complexities and all of your desires and wants and emotional components, and you must listen to your own thoughts. No longer pay attention to what others are stating out loud and clear. **Make certain you are positive about yourself because you are on earth at this timing to become more of who you are. That is a must!**

Thank you indeed and good day.