

PRACTICE

I, Thor, the Ultra Energy of the Universal All That Is, am with you at this timing and in your view, to understand a little more about yourself and your ideas of complexities and your emotional stamina, we will entitle it. **What are your thoughts these days?** Who are you thinking about and what are you thinking about and **how are you implementing what it is you are thinking?** Good questions. They need to be about you and your abilities usage and events in your day-to-day life and **have positive thoughts of all that you are.**

Now, did any of that make sense to you? Maybe yes and maybe no. Allow me to state it in varying words and stimulate your own thoughts coming through to you at this timing. The world as you know it is changing daily. The earth has altered itself and therefore the world is doing the same thing, but it looks different. **You are changing just as the earth is but not necessarily as the world is.** So, is that making sense to you? Here is another interpretation. The earth was more negative than positive and therefore became unbalanced. It needs to be balanced to stay in alignment with its rotation. If not balanced in the negative and positive realms, which is how it was set up to be originally, it will not stay in its rotations and will be destroyed. The positive aspects of the world grew substantially so that the earth could raise its vibrational rate accordingly and negate some of the negative percentages, so it is now more balanced. When it changes its rate, you change yours.

As people changed their vibrational rates all over the world, the positive side grew and the earth has been improved in the water, land and air aspects. It displayed the changes via nature of which you are aware and each timing the earth displayed a volcano erupting, floods, fires, earthquakes and other nature phenomena, it was improving itself by displaying the negatives and ridding of them. Were people affected? You might have noticed that you have erupted with your emotions, that you have separated some of your yes's and no's as you continued to live and it provided you with a better understanding of yourself on earth at this timing. In addition, of course **you have let go of some of your old and accepted the new.** You have honoured more of who you are and how you wanted to change your life, so it was more personally yours and not society's. So, between the earth, the world and yourself, all have altered.

Well, it is the timing now to recognize that if you **practice each moment of your days, being the new and improved you and listen to your thoughts, you will feel more comfortable personally.** You will be more connected to the earth and all that it offers. Now that the world is altered, when you practice your own thoughts, you will understand yourself better, physically, mentally and emotionally because you are accepting yourself as a spiritual being on earth at the timing of change. That is a fact. Practice means that you have learnt something new and now you practice the newness on a very daily basis. Thank you indeed and good day.