

#99-0009-Energy  
*Are You Comfortable?*

I, Thor, the Ultra Energy of the Universal All That Is, am with you on this day and in this way, in order to guide your thoughts to you personally, your home and your properties. It means that energy is within you to keep you alive on earth, energies are within you to make certain you are always moving and changing, even if you're not able to open your thoughts about yourself and your role on earth. In addition, it seems that you are now ready to understand the energies that come to you via your thoughts, and not those of others. Your thoughts. We have touched base on that concept previously, but it is the best energy conductor in your life. Your thoughts come to you through your mind from the universal connections you have within you.

Now, that was a mouthful, was it not? Yes, sometimes you feel your thoughts through your mouth and all that you ingest at this timing. That is because what you consume is how you are thinking of yourself, how you are reacting to others in the world, whether personally or not, and of course how you are able to know more about yourself by **choosing what to consume** on a daily basis. Thank you indeed.

Allow me to share just a bit about what is taking place at this timing, energy wise. Energy on earth is both negative and positive, and that is depicted by you via your emotional components and your belief systems and what you have been taught from society or personal teachers in your life. Energy is the ingredient that is within everything, but varying levels of energy are being shown in a more recognizable way at this timing. As the vibrational rate of the earth alters, it means everyone is receiving the changes and upgrades at the same timing. What does that do for you? Well, it allows you to talk about it, swallow what it means to you personally, and of course creates the desire for food and beverage that will allow you to feel more comfortable within that physical body of yours. Yes, it does.

So comfort – are you more comfortable with joyous words and actions, more comfortable with loving words and actions, more comfortable with yourself if you are able to confine your thoughts to yourself and just let others take over, or are you more comfortable with the concept of knowledge being gained each moment of the day? Do you feel more comfortable on your own? Or do you feel more comfortable with one other person by your side or lots of people to assist you in feeling that comfort? Many questions about comfort and I am asking you to think on that, because it is how you are changing now in the vibrational rate increases.

Do you still feel comfortable in your physical body, your clothing, your hairstyle, your level of financial freedom, in the mode of what is and what isn't in your life. I am stating that it is time to really look at yourself and start **deciding what is comfortable in your life** and making it even better, or by figuring out what is in your life that provides discomfort and ridding of it. Is it your own concepts about life and what it is supposed to be about? Or is that the feeling deep inside and you now want it out and being exposed?

Very serious topic for sure – but guess what? You are the creator of your energy flow, and you have the choices and are very able to **alter your concepts to what is comfortable** for you. Will you have a few challenges along the way? Of course you will, because it seems to be a challenge to let go of the old and what seemed to feel comfortable and allowing that to cease and be willing to change one thought after another.

This timing in your world is about change, is it not? You have had the spring equinox and the planting of newness, the summer solstice and the ability to watch the growth of your thoughts taking form and soon it will be the fall equinox again and you are able to harvest what you have planted and formulated for your own life. Yes, you have done so with your thoughts!! Did you recognize that? **Nature assists you** with the amount of light it brings forth – in the spring it is equally light and dark and that is when you plant the seeds of thoughts within you as to what you want to achieve this year. The summer solstice brings about the most light on earth and that is when you are able to see yourself the best. By this time of year, you are deciding what is best for you, what you like the most in your life and the freedom you have available to change what isn't working and feel the goodness of what you really are at this timing.

Now, you are approaching the equinox once again and it is the timing for you to say “yes, I am going to do this in my life, or that in my life, because I recognize myself better and that is really more of who I am. I know what I am good at, what I like and what I no longer want in my life.” Excellent thoughts indeed, because they allow you to really look at yourself head on, we shall say. Yes, the thoughts come through your head portion of that body of yours, as does the implementation of them through your words and the beginning of your actions. In addition, you feed yourself with your mouth and it is in the head portion of course. What else is in that head of yours? Well, the ability to see, the ability to hear, the ability to smell and the ability to taste. Now is the correct timing to understand how important that is. Your head is on that body of yours, so you are able to **recognize more of yourself by your senses**. Once you adjust yourself and what you are recognizing about you, the sense of feel or touch is possible, because you have started digesting all that your head has noticed and then you feel it with your heart or maybe with other portions of your physical body.

Your senses are letting you know now what is comfortable for you personally. Before the equinox this year, it is wise to recognize **your comfort zone** and make the step available to you personally as to how to achieve comfort, one day at a time for the next few weeks, and by the equinox have the knowledge about how good it feels to have comfort in your life, in your body itself and your thoughts. Thank you indeed.

I am not a ‘ha ha’ type of person that you recognize as a good fellow that always makes you feel better about yourself, but I am an energy form that recognizes the comfort within you. I am friendly enough to pass on the information to you, or those who are honour their own comfort levels by using the senses in their head. So, I am an energy comforter you could

call me, or an **energy friend** who sees all of you, or an energy persuader of information flow that is direct and friendly and offers change for the better within you personally.

Friend or foe, how you do want **your** information to flow – physically and negatively maybe, or physically and positively, or energy flow and recognizing your comfort within yourself so you are able to **make comfortable choices**?

Thank you indeed and good day.