

MUSIC

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication to bring music to your ears, in a fashion that you might not have heard previously. Thank you indeed.

I, Quaw, am gracious and very favourable to all who **believe that music has a place in their day-to-day life**. Not just one genre of music, but varied, according to how you are feeling, how you are retiring or how you are go, go, go. You change most often through your waking times and you are still changing through your sleeping times. But the music I am referring to is found by you through your day and evening times. Thank you indeed.

When you awaken in the morning, you are a person who is ready and willing to **stand up and meet the day head on**. You know exactly what you require to eat, do and be as you head out to your day. Firstly, I trust you have a **shower** in order to have water assist your day. Secondly, I trust that you will indulge in a glass or cup of **water**, so your digestive system is able to work well on your behalf. Thirdly, I trust you will have some form of **food** that has protein within it and not just carbohydrates. Fifthly, I trust that you have now acquired a thought about **what is important to you** on this day. Is it listening to your thoughts? Listening to music? Listening to others and their opinions or maybe listening to the hum of the vehicle as it goes along the street? What triggers your hearing? Have you ever thought about that? Interesting idea.

What allows you to perk up and listen as you begin your day? That is the best timing to really hear the thoughts from yourself, but also what is going to affect the remainder of your day. In other words, are you going to listen to the words of others and take your mind off your day and its plans? Or **are you listening to the music of your choice and allowing the music to show you the way of the day itself**, or at least the thoughts about the kind of day you desire? Well, it makes a difference to your entire day as to your answer.

If you are listening to others and their opinions, they will interfere with your own and you are the most important in your world, especially right now. I state especially, because this is the timing of change in the earth and therefore the world in which you live. Your changes are important to you personally and that is a fact. So, **music will assist you**. Are you feeling like a night person and therefore you are slow moving in the morning and needing soft and gentle music to keep you going? Or are you a morning person so you require music that has a beat, but not too fast a beat so it is able to keep a good pace along your movements and therefore your thoughts? Interesting how each person is variant, but there are many forms of music to be assisting you at this timing. Instrumental music is the best in the morning, no matter which type of physical body you are living in. That is a fact. Sometimes the words of the song will instill within you a varying concept of what you are dwelling on for your day.

But **sometimes the words of a song will touch a feeling within you that needs to be released**. Thank you indeed. The key here is to know which you are and what you require on any given day. Your physical body will guide you, your thoughts will alert you, and your emotions will be quelled by the music to agree with what is necessary. Sometimes you need to yell, when you are driving down the street. Go ahead and do so. Sometimes you feel like laughing, so do so. Sometimes the laughing will change to crying and do that as well. No matter where you are, feel the emotions coming forth, because that is what is helping you change. Ridding of emotions and the best assistance you are able to have at this timing is music and being by yourself, so you can express what you are feeling. Can you dance while you drive? No, that is not wise, but if you are on a floor of any kind that is not moving, **dancing is a great way to shake it loose**. Thank you indeed.

Music is spelled M for merry, U for you, yourself, S for sanely happy, I for interesting life and C for calculations about yourself, comfort available, and communication is open in all fashions. That is interesting, now isn't it? Well, I, Quaw, am an interesting energy being, that is willing to assist you to have music to start your day and have it flowing, rather than starting and stopping and getting into a mood that is more against you than for you. Music, but you must **communicate with the music**, so it is best to keep changing the genre as you change your thoughts.

Thank you indeed and good day.