

#99-HOW-E-010
Saturday, August 8, 2026

PRACTICE

I Mother Nature, am with you at this timing and in this mode of communication, in order to bring forth some interesting information about yourself and how you are able to understand your life just a little better at this timing of change. That is a fact.

So, you **are living your life as you believe it needs to be lived**. You have your priorities in life – to make certain you have food to eat and a place to sleep at your convenience. In addition, you have sufficient money to purchase what you require and what you desire.

Now, the reality is that you are on earth at a timing of change on this planet and those changes mean that you are altering in all of your bodies. Yes, you have a physical body that you are able to see, and you have a few other bodies within your physical one that assist you in your education about yourself along the way. Those other important bodies entail the mental portions of your life, house the emotional components that want to be noted and conquer your lifestyle, and of course you have your beliefs we will entitle them. Sometimes you believe your connection is to this earth and universe and sometimes you believe spiritual bodies are created because of religion. Thank you indeed. However, allow me to state that **all bodies within you are programmed by your spiritual self** and it has nothing to do with religion or politics or money or sexual gratification. Your spiritual body is your concepts about life overall. Your spiritual body honours you as a comfortable person with all that you are learning and doing on a daily basis. **Your choices are comfortable for you and you recognize that everything you have within you and upon you and with you on a daily basis is created by forms of energy that is derived by your thoughts. Thoughts about yourself and your place in the world at large.** A big concept that is.

So, altogether you have seven bodies – physical, mental, emotional, spiritual, sexual, financial and universal. All of these bodies have energy within and surrounding them. What promotes your lifestyle? All of the above and not just one or two aspects. It takes all seven to create you as you understand yourself. So, **it is time to practice your lifestyle in your thoughts**. You have a storyline that you created prior to coming to earth. It is time to re-align yourself to it. ‘Practice makes perfect’ seems to be a saying that is quite popular if you are learning something new. You practice the instrument of music or practice the dance you are interested in. But now you are learning that **you need to practice your thoughts**. What does that mean? It means that you are listening to your thoughts and practicing those thoughts right into understanding them on your own behalf. Not on behalf of money or gain or someone’s approval. Practicing them for your understanding about yourself. They are your thoughts and they will let you learn how to pull all of your bodies into the person that you are. Excellent indeed. **Begin the practice of you first, right now.**

Thank you and good day.