

## **MUST**

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of information flow for you to look upon yourself in a new mirror of life at this timing. When you look in that mirror, **identify yourself as a person who is able to understand the value of upkeep of yourself, your body and your home** and it will be recognized by you at this timing. What do you want in your home life to fill the hours? What do you insist upon to fit relaxation into your hours of wakefulness? 'What' is a good word of course and 'what' is the concept of who you are and how you are and what you are and therefore very important to the overall of you, yourself and your body. Thank you indeed.

'Must' you do that to yourself? 'Must' you define yourself with your physical attributes only? 'Must' you seek council instead of making the decisions of everyday life on your own? 'Must' you cry with helplessness and cry when you are happy, or does it just bring out the best and worst of you at this same timing?

**Change is taking place, right now** and in many forms of interesting maneuvers in life all over the world. Change with your thoughts primarily, but by those thoughts, you are discovering that your eating and understanding of food is upon you and welcoming you at this timing. In addition, you are understanding that your daytime is able to have something added to it, to have it feel more like yourself and your ability usage. Your nighttime is more relaxed, so you are able to discover what is happening with you these days and how to improve it, or you can perhaps enjoy what is able to be experienced now. Or maybe you are willing to simply blame others for your happenings and then create a distance between them and you, which is not necessarily what you want or need. Thank you indeed.

I, Quaw, know that you 'must' be yourself at this timing. **If you are not knowing who you are, it is the timing to find out.** You are a product of your ability usage and your emotional burden. That is who you are. So, to start, **you need to understand what you like to do with your timing.** Not only 'must' it be something that you are comfortable with but also with the time you spend doing it.

What you are doing 'for a living' can remain as part of your life, but **allow yourself to reach out to find your interest, talent or other contribution to your lifestyle to find that something hidden within you.** Allow your eye to connect with an interest — encourage yourself to just be and let the thoughts flow. Thank you indeed.

'Must' is an excellent word for you on this day. 'Must' is what happens when time interferes in your day and you 'must' do something that is necessary. 'Must' is a timing that you have chosen to spend with others or perhaps, strategically, to get to know yourself better.

'Must' is for the time of day but not for the timing of your day. 'Must' is a push to finalize a chore, or to start one that might not have appeared to you personally. 'Must' is when you state categorically that a rule needs to be implemented, or someone else has programmed what you must do.

'Must' is the word for this week, and it is a word for you this week as well. **Write down all that is in your life that you feel is necessary to complete.** Completion 'must' be within a time limit, in a promised timing to someone else or it is something that you want to get out of your life and it won't go anywhere until you have finalized something else. You are in charge and it is a good idea to let yourself recognize how the 'MUST' in your life is controlling it in so many ways. Thank you indeed.

**Let go of control over life as you know it. Let your thoughts create your life and not the 'must' in your life.**

Thank you indeed and good day.