

## **LULLABY**

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 forth to you a form of condolence, an increased notification of everything surrounding you, as well as the possibility of you understanding more about yourself. Thank you indeed.

Now, you are likely looking at those words and wondering what I mean by them. Well, there is a consideration and an understanding within you that recognizes and realizes that **changes are taking place on the earth itself, within people of every country in the world, and with all creatures, trees and plants.** *When one alters, all alter, so even the outskirts of the earth as a planet are being affected by the alterations of the vibrational rate of the energy that all is created out of and with at this timing.*

Yes, I recognize that you do not necessarily accept or understand that you and everything else is created out of energy, but it is the truth or a fact -- whichever word you wish to understand better at this timing. Truth is for the energies of the Universe and the Earth and that is all. They are pure energy.

Segregation of the flow of either form of energy does not allow the flow of truth. Therefore, on earth when people used the word 'truth', it would be a perspective of what they have stated or heard and therefore very human, rather than pure energy.

So, what concept shall we check out on this day? Are we checking out the physical body, or the mental body, or the emotional body? Which do you like the best and why? **I prefer the mental body at this timing myself. That is because I am able to talk about and chat about and discuss the questions that start with How.** How are you today? How were you yesterday? How will be you be the next day? How is the weather affecting you? How are you adapting to the changes in that weather? How do you relate to people? How are you reacting to what they are saying or doing these days? How would you like to change who you are? How is the temperature of your body these days? How are you sleeping? So many ways of asking How.

It is the correct timing to have you asking how you are in many ways, **because the changes in the world as you know it are affecting how you are doing and how you are thinking these days, as well as of course, how you are feeling about it all.**

When someone asks you how you are feeling today, what do you answer? Thor has arranged a few questions and exclamations for you to discover more about your thoughts. That is because when we are asking you the 'how' questions, you are relating to your physical body only in your replies. That is a fact.

Now, let us contemplate what is going on within you. Energy rises and challenges or variances are noted in how your body is reacting to the energy alterations. Those changes are numerous and you are feeling a little unsettled, mainly because there is nothing settled in the world at this timing. Everything seems to be a little mixed up and you don't know who to believe and who is causing the challenges and who is wanting everything for one place and nothing for another. Greed, discipline and acceptance do not go hand in hand and yet they are connected at this timing. Imagine what that would be like – having greed, discipline and acceptance in one bundle of happenings. It would add up to be a bit of a prize for the negative aspects of the duality and that is a fact. That type of duality is not able to be balanced with the positive side of life for anyone, so that combination will be eliminated.

**I am going to share a lullaby with you on this day.** What is a lullaby? Well, the word has been utilized in your world as a mode of music in words and motions to encourage people or especially babies to relax and perhaps go to sleep. Lullaby also means that you are able to lose yourself in the energy ethers of beauty, in innocence and in the concepts of what could be for all concerned every moment of the day. Lullaby is the character of your imagination, but better yet, it is the idiosyncrasies of the love that is generated on earth at this timing. **If we say the words and hear the words with sounds such as music, all will be well in our world. Interesting?** Ludicrous? Laughable? Loud? Lonely? Listless? Lengthy? And of course, Luscious is in there as well. Thank you indeed.

Now, a lullaby will be projected to you at this timing, in order to understand at least the words that are being spoken. But at this timing, I would like you to **listen to the lyrics and then fold them inside of you to open whenever you require them to be heard or repeated.** The reason we are experiencing a lullaby is so that you are able to feel within you that all is okay for you during the changes. Also, all of your thoughts are able to alter to embrace the words of a lullaby, in order to partake in all the changes taking place. Thank you indeed.

### **A Lullaby for Living on Earth at this Timing**

*Rest your head on my pillow of thoughts. Honour the rest in your heart. Relax your heart in the openness of energy and respond to all that is happening with an openness of your love for yourself. Learn about what you enjoy. Rest with that new knowledge. Then apply all of yourself to creating the newness within your bodies, whether the physical, mental or emotional body, it does not matter, because they are all connected.*

*Hush your thoughts that come from others and listen for those that come from your mind. Hush the outside sounds that irritate and listen to the songs of the birds, the wind, the beating of your heart and realize that they are synchronized at that timing and then realize your breath. A lullaby always wants your breathing to be big and deep and then soft and all encompassing. Breathing in and out of your mouth is the best for relaxing immediately.*

Lullabys are for infants and in all truth, all humans are infants in the grand idea of learning about yourself and your energy connections. So, that is a wonderful concept to embrace at this timing.

Look at yourself. Listen to yourself and learn why your libido is where it is at this timing of energy exchanges and how they are raising your most enchanting concepts while on earth.  
**Honour who you are and let us abide by the respectful aspects of yourself.**

Thank you indeed and good day.