

LIFE

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in your life at this moment in time, in order to assure you that all is well with the earth as it is slowly, and yet quickly, changing its very substance, in order to assist you to understand yourself better and more of yourself is exposed. Thank you indeed.

That is quite a welcome to the Who section of yourself. A welcome that indicates that the **earth is cleaning up the negatives** in the duality it has, in order that the balance between the negative and positive is able to take place. The creatures, the basis of the earth's accommodations of earth, air and water, are able to breathe better, and of course to make certain that all people are able to retain their good parts and let go the old and no longer necessary parts of themselves to be eliminated. What is good? Well, that depends upon what you think life is all about, really. **Good is when you feel comfortable with your bodies.** Good is when you recognize what your abilities are and you utilize them. Good is when you recognize the value of yourself in energy terms as well as physical. Good is when you have an appreciation for all that is available for you to learn more about yourself one moment at a timing. Thank you indeed. The opposite of all those attributes could be considered the bad in you, or shall we entitle it, the negative of yourself. That which causes pain or hurt for yourself or others, difficulties in knowing more about yourself because you are so hung up on what others are doing or being or saying. Bad is when you turn yourself over for someone else and leave no energy for yourself and you bemoan that option. **Life is what you want it to be, albeit a few alterations or surprises coming to you along the way.**

LIFE is good for you when you have a place to live, food in your home for consuming when hungry, water to consume and water to cleanse on a daily basis, and of course air to breathe when you feel like having more or when you just count on it being there without thinking about it. Life is excellent when you recognize what you like to spend your time on for yourself -- something that you are able to do without anyone else to assist you. That is called your ability. However, allow me to state that you are you and on earth at this timing to learn about yourself as you live in your fast lane or slow lane or any lane that provides you with big educational tools along the way. **Life is the basis of who you want to be at this timing and have chosen to be as a soul when you were purer energy flow and had no emotions to contend with.** Life is variant from your purer form of course and the variance is emotions and you know all about them. 'Who you are' is 'How you Live'. That is a fact. Thank you indeed.

In this form of story telling about you and your personal body on earth, the word 'Life' is very important. That is because it is the reason for being here to start and what to do with the life to follow and then what you have learnt about yourself along the way. Life — do you take it for granted, just because so many babies are born each moment in the world? Or do you take for granted that your life is going to last until you are old, because that is what should

happen to everyone? Or **do you count each moment as precious** and learn as much about yourself as possible?

Everyone's life is theirs only. Yes, you have a family that has assisted you along the way and in many cases, your time on earth has honoured you by growing up and producing a family of your own. Do you need to concentrate on them or on you? Well, the answer is simple. It is YOU that is here on earth to experience life on earth. However, there are so many on earth that want to control you in some fashion or another, that your purpose in life becomes a little foggy at best, and sometimes is wiped right out of your thoughts.

Thoughts of your own, choices of your own, and the words and actions that come thereafter, produce your life each moment of your day. Thank you indeed.

Life is good. Life can be good. Life is energy flowing. Life ends when the universal energy of the breath is taken away. It is provided at birth and taken away at death of the physical body. That is because you only need the breath to be able to be on earth for a time period of learning more about the life you want to know about. That is all.

Life unfolds one moment at a time, offering you the chance to experience exactly what is meant for you in this moment. It is you, moving through the energies that rise to support you as you go. **Trusting yourself is powerful.** Learning more about who you are is powerful too – because no one knows you the way you know yourself. So release the caution, let go of the hesitations and allow yourself to live your life as fully as you can.

Thank you indeed and good day.