LETTING GO

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day to speak on behalf of Lynn Joy Payne and the story that she has written about letting go. I have changed it just a tad to let go and let in. In that way, we complete the circle. **Letting go is excellent. It is an idea that needs to take place physically, mentally, and emotionally.**

Letting go of thoughts that are negative, letting go of words that you speak that are not kind, letting go of eating what it is that you know is doing you damage, but you eat it anyway. Letting go. But when you do those three things**, those aptitudes of yours will come into focus**, and you will be allowing, actually allowing yourself to open up and understand yourself better.

Aptitudes. Are they the same as abilities? Not necessarily. Aptitudes are those that you are thinking about, that you have or might not have, that you wish you had. In other words, when you have an aptitude for something, it means that you have the ability to actually utilize those concepts. It's not an ability like singing or running or exposure to education of some form or another.

What it is, is an aptitude is more similar to an interest in life, an aptitude for understanding what that interest is all about, or an aptitude for understanding what someone else is stating about it. **It allows you comfort**. That's the name, really, of this action on the website, we'll call it. Comfort is one portion of your life, and having the aptitudes that you need are necessary at this time, but you need to let go of the aspects that you no longer require in order to understand what it is that you really like about the world, what it is that you really would like to learn about the world, and yourself.

What about yourself? **What is happening with you at this time** that provides you with comfort? Do you sleep well at night, to add to your comfort? Do you eat nutritious foods that actually will assist the physical body to feel better and look better and act better? **Are your emotions under control**, or are you just spreading them out unnecessarily?

Those are all actions that will affect you in letting go of anything that is not exciting, anything that is not bringing about attention to you. What you want is paying attention to yourself, not letting others pay attention to yourself. Do you understand that? I hope so, because this is Quaw, the Ultra Energy of the Universal All That Is, and we are letting go and letting in at the same time.

Thank you indeed. Good day.

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