

MONSTROUS

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication in order to honour you as a person, honour you as an energy being that is aspiring to be more of you as a human being, and of course to note that you are perfect in every way at this timing. Acceptance of perfect is a challenge, of that there is no doubt, but you have a monstrous heart within you that states it is possible. You have a wonderful calibration of your thoughts, words and actions now and that allows you to recognize how you are looking at yourself these days, in *all* of who you are. Did you understand that last sentence? Who you are as a human being, happens when you understand your qualities while you are on this planet called earth. What brings you **pleasure**, what brings you a **feeling of loving yourself** and what brings you the wherewithal to **appreciate all that surrounds you** at this timing? Good questions, each one. Thank you indeed.

I, Quaw, am stating that you are here on earth to understand yourself better and if you set about at any time to state you have no abilities, you are monstrously incorrect. That means that you really are not understanding yourself at this timing and you need to allow your thoughts to open up and recognize more of who you are. So, there are two points to that 'Who you are' message.

Firstly, you need to **honour who you are at this moment in time**. It is very important. Who you are in your day-to-day life at home. Who you are in the night-to-night self with others and with yourself. Who you are when at work. Who you are when you are with family and who you are when you are alone. Likely as not, they are all variant. Sometimes you will be relaxed and sometimes you will be frigid or uncomfortable. Sometimes you will be a little louder in your forms of communication, either for or against certain topics and having opinions about them. Sometimes you feel weaker than the others and sometimes you will feel like you dominate in the relations. Sometimes you just want to relax and be yourself, but you are not sure who that is. This is a situation that will need to alter. So, in your life, you have been taught to listen to yourself at times, but listening to what others are stating is more important. That is the first change to understanding who you are. You must **start listening to yourself**. That does not mean making plans with others for fun situations or programs. It does not mean taking control over situations at work or with family. It means simply that you are the one who has personal thoughts and they need to be heard these days. Listen to your thoughts and clear all else away for a second or two. What thoughts are you having that are positive and encouraging for you personally? No one else, just you. Interesting question of course and it is the correct timing right now. There is a monstrous change coming within you – surprise is not the word that means anything to you about

yourself at times. But it is the timing to **let go of all of your inhibitions about your life** and really do what you want to do, when you want to do it. Thank you indeed.

Monstrous means that you are having changes within you and it is time to accept them. All of your life, you have made changes in your family structure, in your personal appearance and in your relationships in every fashion. You have altered your type of work environment, generally in the pursuit of monetary or money rewards and sometimes that has proven to be detrimental in your relationships with others, but more noticeably within yourself. Let us think about that for a moment or two. Thank you indeed. You are now having thoughts about yourself and wondering what type of life you are living and why, and how it is able to alter to your satisfaction and still maintain the equilibrium of your life and all who are within its boundaries. That is a fact. That is one of the monstrous changes happening within you, because your physical body is altering and your energy body is increasing. If you listen to your thoughts now and implement them, **you will begin to feel the newness within you** and recognize yourself better. All of you is in the process of change. All of you – not your name necessarily but certainly what you might call your personality, your interests, your relationships and of course the quality of your words and actions. It's all happening because your thoughts are changing and you're beginning to recognize them as truly your own, allowing you to feel more settled and comfortable throughout your life.

I, Quaw, am encouraging you to **be yourself**. You are perfect at this moment for all that you have done so far and it is time to stretch out that perfection to add more to your life and just witness the possibilities for all that you are, all that you want to be and all that is possible for you to embrace. Monstrous is a word about change on your behalf.

Thank you indeed and good day.