

#99-WHAT-E-009
Sunday, July 12, 2026

PARAMOUNT

I, Mother Nature, am with you on this day and in this mode of communication to bring forth some novel ideas about your life that you might not have thought about previously but seems rather necessary at this timing. Thank you indeed.

When you were small and were learning what other people thought was interesting or imperative to understand, you likely wondered how they made up their mind as to what was interesting or imperative. Each person you knew seemed to have a varying perspective. If it was really important to the country, it was more emotional in structure as to the desires and opinions that were being shared. So, **what in your life appears to be interesting or imperative** that you would like to share with the world? What a question and it would be wonderful if you would share that information. Just send a note to the website via contact@energiesoftheuniverse.ca. Thank you indeed.

You need to understand that what you are **learning about yourself these days** is what is paramount in your life right now. It is not the world news, the country's news or your local news that you need to think about. The people in charge of those are absorbed in their own priorities and conclusions at this timing, not in what truly matters for you.

So first, decide what is interesting to you personally. Not as a family member, a friend, an employee or employer, not because you are female or male. It is because you are important to yourself. Interesting is a good word really. What in your life is the most interesting at this moment in timing? Your nutrition, your physical body movements, your times of comfort, or maybe what inspires you to brighten your viewpoints about life in general. **What holds your thoughts after the fact** and allows them to expand into something more along the way? **What allows you to feel comfortable and yet happy and excited and truly interested in learning?** That is the question that is paramount in your life right now. Interesting and you.

Now, in addition, it is necessary to understand what you are feeling about yourself. Are you a person that is comfortable in all parts of your life, or are you the type that does what needs to be done on behalf of others first? **You first** — that is what is required right now.

One more question. What are you learning about yourself these days? Where are your thoughts coming from and are they respectful to you in every way? Both of these questions focus on the same theme — learning about you, your interests, your talents and your abilities. This is paramount now. **This is the timing to love yourself first** and then figure out what else in the world is important to you. That is all for today, but please make certain that you recognize the importance of feeling paramount in your life right now. You are needed and wanted in this world at this timing. Thank you indeed and good day.