

Newness

I, Quaw, the Ultra Energy of the Universal All That Is, am with you at this timing and with Lynn Joy Payne to tell you a story about inspiration. **What inspires you to live a life that you want to?** What do you want to do? Have you ever asked yourself that? Have you indicated to yourself that whether or not you are achieving what you want to do, you have the opportunity each and every day, the opportunity to look after yourself, the opportunity to make certain that your interests are still your interests and not going out of line because of somebody else's thinking.

Are you doing what you want to do, that you are prepared to do, that you are willing to do, that is neat and different and surprising on any given day? But first things first, I inspire you at this timing to wake up in the morning and **recognize that you are alive and well and are in charge of your day**. That means I recommend that you have a breakfast. But before you have a **breakfast**, I suggest that you have a **shower** and do some **physical exercises** to move that physical body of yours. The shower will stimulate you physically, but it will also stimulate you mentally and remove emotions. Excellent start to the day. And then you have food, **food from nature**, if you please. Food that is actually going to make you feel better and not just full. So that means anything that comes from nature and still looks like nature. That's interesting, is it not? I do not recommend any grains in the morning, and that's probably what you're used to eating. But I do not do that because of the fact that it is going to slow you down and not, make you feel alive and kicking. Inspiration means that you can think of something else that you might like to eat. Something from nature, maybe eggs, maybe fruit, maybe nuts of some sort.

Then you're going to look at yourself and say, "Oh, I'm dressed to be able to do this comfortably." So if you're going out gardening, you have to wear something different than it is if you're going to an office job. So **always think of yourself in comfort**. How inspiring is that? If you are comfortable with the food in your body and you're comfortable with the fact that you are clean and presentable in whatever it is that you are doing, then you are inspired for that day, and success will happen. And so you will be inspired to learn more about yourself and the ingredients that you require on any given day to **do something that's just for you**. I highly recommend that, something just for you. It can take one moment, or it could take five hours. It does not matter, as long as it is for you and your comfort and your feeling of greatness within you.

I inspire you. I encourage you. I definitely enjoy seeing the progress in people. Thank you indeed. Good day.