

## **PAIN**

I, Thor, the Ultra Energy of the Universal All That Is, am with you at this timing to bring information about yourself, your community and your country. That is quite a statement. After all, we have been pleasantly letting you know and understand, the ramifications of how you are living presently in order to function with the vibrational rate increases and we have encouraged you to understand energy just a little bit better at whatever level of energy you have been living. Now it is time to **increase your knowledge** in a varying mode. Thank you indeed.

For instance, you are an individual in a residence wherever you have chosen to be, and you are spending your time doing what it is that needs to be done on each given day. Then you are allowing yourself to make certain you have food that satisfies your body and sufficient sleep, so you are able to stay awake for your busy days. Well, that timing is coming to an end and it is the correct timing to **make certain you are feeling comfort in every fashion possible**. Comfortable with your eating, comfortable with your clothing, comfortable with your sleeping habits and comfortable with your thoughts. Comfort is the word. If you are not feeling comfortable, then you are feeling pain instead. Why would you want to choose pain, when comfort is available?

That is quite a question, is it not? Thank you for understanding that the timing for you to change your thoughts to create comfort rather than pain, seems to be coming to a close. **Comfort is yours as soon as you say you want it**. The magic of the upgrade vibrational rate is that you are able to have what you think now. So, PAIN is available if that is your desire and COMFORT is yours if you desire it instead. Thank you indeed.

I, Thor, the Ultra Energy of the Universal All That Is, am talking about the change within your thoughts because of the change in the earth's thoughts about its vibrational rate and the changes it has been making along the way. Thank you for understanding that you are on earth at this timing to change. Let us do so. Choices are yours and it is time to really **concentrate on what you desire in life**. You are a person who is full of energy from the earth, energy from the universe and energy from within your storyline that was composed by you as a soul or energy being. That is a fact. That means your rate of energy has increased along with the earth and you have had the opportunities to let the old emotional components within you to disappear. Congratulations if you have done so and are feeling more comfortable. This note is to say thank you to those who have been following our suggestions of knowledge and are changing each day as it comes along. I will say that quite a number of people are not wishing to do any changes and so the timing is here to take the steps to change into Comfort. Thank you indeed.

One page of notes to encourage you to eat, sleep, move the physical body until it feels comfortable and then honour your words of what you desire to change in your life. **One day, one step, one change and you will begin the feeling of comfort.**

Thank you indeed and good day.