

LIFE

I, Mother Nature, am with you on this day and in this way, in order to assure you that as of right now, **your life is changing and it is changing so you are feeling less challenged** in all of your bodies. Who you are is important for you to recognize at this timing, so the word ‘Who’ is going to go along with the word ‘Life’. Today is the day for you to recognize that you have a life and that means you are alive. Alive on earth at this timing of change. Alive in the world as you know it, but more alive because you now understand that you are alone in your physical body and alone in your thought processes and alone in the concept of what is possible for you at this timing. Thank you indeed.

So, I have used the words Life and Alone and Live and you have enjoyed those words for most of your life. But **did you ever connect your energy possibilities with your life before?** Maybe not, but it is the correct timing to do so. It is the timing on earth, for each person to recognize their worthiness, to interest themselves in learning more about life, energy-wise, and of course, understanding how it matches with the cleansing that the earth is conducting at this timing. The earth has been taken for granted and perhaps you have taken your life for granted as well. That could be a fact, but I will let you decide what to call it.

When you were born into this world, you grew into the person you are now. In that process, you “represented life”. But what does *representing life* actually mean? It means you’ve been performing a version of life that feels like it belongs to you – **your identify, your choices, your path**. Yet, throughout that journey, you’ve also been pulled out of your own reality again and again. Those ‘trips out of reality’ happen because of the way the world has been shaped, and because of how people treat one another – especially when some people believe they understand you better than you understand yourself.

So, what is Life to you? Simply living on earth? Or are you aware that you have everything you require from the earth in order to understand yourself better and to recognize your connections to the earth, air and water. **Understanding that you are part of nature is very important**. You, as a human being, would not be able to live on earth without nature to assist you. Could you live without the sun, without water, without any food or without your breath? You are fortunate to have Life on earth and it is time to recognize your connections to what brings you that life.

When you arrive on this earth, you recognize that you have a physical body—male or female—but that’s only the beginning. The deeper work is realizing that you are in charge of your own life. **YOU are in charge**. You step into that responsibility through your thoughts, your words, and your actions. As you do, you begin to understand yourself more fully and to see that you matter—not just in the world at large, but especially in the life that is uniquely yours.

That might sound simple, and you may feel you're already making your own choices. But pause for a moment and ask yourself: *Whose thoughts are guiding your decisions about what to eat?*

- Are you following government nutrition guidelines?
- Are you influenced by advertisements for new and tempting foods?
- Are you choosing what restaurants present as “special” or “indulgent”?
- Or **are you listening to your own body** — your connection with nature — and choosing what truly supports your health, your mobility, and your comfort?

You have many choices in life, and right now, your choices around food and drink may need a small shift. Nature is the source of foods that carry real nourishment. Your body depends on vitamins, minerals, proteins, and other nutrients — things that are easy to forget when something looks appealing or tastes good. **Food sustains your life.** So the real question becomes: Is what you're consuming supporting your well-being, or **is your body quietly telling you that your choices need to change?**

There is a lot in life that is taken for granted and a lot of life that is available to be recognized. That is a fact. Your life depends upon your thoughts and your food consumption and that is what we are providing information for at this timing. Your thoughts about life – and they are able to be very healthy or not. Which have you chosen? Which do you think is necessary at this timing to make your life just a little better?

When a thought takes shape in words and is followed by action, you create a complete circle of energy. You've carried the idea from intention to fulfillment, and the circle is closed. Life moves in a similar circle. It begins on earth at conception, and when the body forms, you are born into this physical world. From that moment on, life unfolds one day, one week, one year at a time. Eventually, when your time here is complete, the physical chapter ends and you return to the energy form you came from before this lifetime began.

Each moment you have a thought, and the most important thought you could have is to **take care of yourself, so you are healthy and happy and at home with yourself.** Life offers you that. Are you willing to step into that concept?

Thank you indeed and good day.