

LACKADAISICAL

I, Quaw, the Ultra Energy of the Universal All That Is, am with you on this day and in this mode of communication to share some information with you about your life and what you are doing with it at this timing in particular. Thank you indeed.

I, Quaw, am in energy form, so it might be difficult to see me, but I am corresponding with your energy body. **Did you recognize you had an energy body?** Perhaps not. It is within your human body and always has been. That is because **it is the connection that keeps you alive on earth and in touch with the universe**, where you were before you were born and will be again when your time on earth is ended. Your energy body enjoys the earth energy as received from the sun, moon, water, earth itself and air. Your energy body assists you in your everyday life by providing you with knowing what you are attracted to, interested in and want to be part of while you live your life. It is that “spark” that lets you know it is meant to be part of your life’s adventures.

Energy seems to be something that is **challenging to understand** because you are able to ‘feel’ it but not ‘see’ it or perhaps not be able to ‘hear’ it either. Actually, some humans are able to hear the energy flow around them at certain times — it can be enthusiastic in its sounds when changes within you are taking place.

Universal Energy assists you to become more comfortable with being connected to the universe while living as a human being on earth. Even if you don’t totally accept the energy concept, **you can acknowledge that there is more to life than just being here on earth.** The earth energy is what you feel the most because it is the same or similar density as your personal energy flow. As an example, everyone can appreciate the beauty of the full moon at its fullest potential and the feeling of comfort received just by looking at it. You can feel the energy of the water and if you walk in bare feet on the earth, you can feel something even if you cannot describe it. Thank you indeed.

Personal energy is something you have within you, and you can recognize it each and every day of your life on earth. You can look in the mirror to see your physical body and that will trigger thoughts about what you like, dislike, or accept about who you are at any timing. The choice is always yours. Some days you might be pleased with your body and some days you might want to change something here or there. And although you are able to see the ‘physical’ you in the mirror, what you are really seeing is what you are thinking about yourself. Perhaps you are preparing to go out to celebrate something special or going to work and need to radiate confidence or the proper work wear for the day. Perhaps you are getting ready for sleep. The point is – when you are gazing at the mirror, you are sensing yourself according to your thoughts. Thank you indeed.

Are your thoughts in the moment, in the past or in the future? Where your thoughts are focused determines how you see yourself in that mirror. As your energy body increases, your physical body is changing, and your thoughts must be in alignment with the changes you *want* to see. What you do not want is to be lackadaisical with yourself and your thoughts. **Your thoughts determine how successful your day will be.** No big teaching, no big instrumental instructions or no big mentions of what is right and what is wrong. Simply put – your life depends upon your thoughts, your words and your actions. Thank you indeed.

If you are lackadaisical, it means that you are wishing and hoping but not recognizing. Rather than facing the reality of what is at that moment in timing, you are living a dream. It means that you are not particularly sure of what you want in your life as a whole, so you narrow it down to what you desire in your life at this moment in timing and even then, you depend on others to create the possibilities.

My message is this -- no more lackadaisical moments! Stand tall, recognize yourself via your thoughts and when you look in that mirror, recognize and realize that you are the person in charge. You are in charge right now. Not only for what you are doing in the upkeep of that body you are living in, but also for the moments of your life. You are the one that is able to choose and therefore, you are the one that is to be praised or not in the way in which your life moves and changes moment-by-moment. Thank you indeed.

Lackadaisical attitudes are those that are not firm or rely on someone else's opinions and decisions. As humans, decisions seem to be what we are eating and drinking, what TV shows are the best for any evening and of course, when to go to bed and when to get up. But those are not the only items to be thinking about at this timing.

You need to put this on your schedule for today. **Listen to your thoughts and make a decision — implement them or let them go.** Your thoughts are energy and that personal energy can be honoured or not. Your energy, your thoughts and your decisions – they are all yours. **What do you want to do in this lifetime?**

Thank you indeed and good day.