

#77-0006-Earth
Our Body, Our Thoughts

I, Mother Nature, am with you on this day in order to have you reaching out for more, even though you thought you were satisfied – and no, it is not about favourite foods. We are, in fact, talking and chatting about you and your physical body and the thoughts you might be enticed to listen to, as well as the thoughts coming to you one at a time that require an ‘honourable mention’ at this timing. Thank you indeed.

It is a pleasure to share personal information with you in this way. You are a human being, as you have a physical body that you are able to see, feel, smell, taste and hear. You are able to see yourself in the mirror and with your thought process, you are able to figure out who you are. So, does that mean **you are a soul, and your physical body is somewhere to live**? I would say that is true.

As a soul within that physical body, you are able to have positive and negative thoughts about it and stir up your emotions by doing so. Or you could begin to understand yourself more and gaze at your physical body and say thank you for providing a vehicle to live and learn and communicate with. That seems like a mouthful, does it not? Well, it is really. You see you are created as a baby, within your mother’s womb and because it is created according to your plan for the learning you will be doing in each lifetime, it is appropriate to honour that body. You chose it yourself, so now when you look at your body, you could say ‘thanks’. Your body is like your home for yourself as a soul. That is a fact.

If you look in the mirror and find nothing but negatives about your appearance – whether it be about your hair, the health of your skin, your size, whether height or weight, your discrepancies as you think of them - or you find your superlatives, you either think nice thoughts or a form of despairing thoughts. But it was your thoughts, words and actions that produced everything that you are looking at right now in that mirror. You have created that body you are looking at. It is a product of your life’s experiences so far. Is that interesting to you at this time? Or you are not caring about how you present yourself because you have more important items to think about?

Your physical body is your home, so how are you treating it? With the love and care that comes from your way of living, your choice of living, or are you looking at yourself as a product of society and all of its guidelines? Interesting question but at this timing, it is best to be looking at yourself from your desires and wishes only. **Just you and your body** – it’s an interesting conversation you two will make.

Do you feed that body with nutrition (or not). Do you have adequate sleep (or not), Do you encourage flexibility within that body (or not). Do you embrace outside communications with nature (or not). Do you use your abilities (or not)? Yes, you have more bodies than the physical, but that is the main one that you recognize and likely the only one you see in the mirror. The other bodies play a role however. If you need a message from the mental body, you will have question marks in your eyes, and you will have a non-relaxed look about your body. If you have emotions bursting forth, the physical body will communicate that to you – your heart will pound at a variant beat, or tears would be generated for you to release, or

your muscles will become tense, or you will want to sleep it away or maybe engage in a fight or disagreement with someone. So, it becomes apparent to you. If your sexual body is wanting to make itself known, your whole body will look ready and willing to have clothes on it that look enticing to another person, or perhaps you would enjoy less clothing to make the statement become reality. When your sexual body is wanting attention, your whole physical body will expel a form of energy that is noticeable to others, just as your tears would be noticeable if you are feeling emotional.

There are two extremes for utilizing your financial body - either you will be talking opening about your finances, or you hide your financial status because you feel it is a secret. The financial body has been placed in your physical body prior to coming to earth. You decided on a level of finances in your life to learn what you wanted this timing and so, finance is simply another learning tool for you. Money is needed for the necessities, but in order to understand money energy, you need to know energy-wise how it feels to have money, and how it feels to have no money or very little. That is a hard one for humans to understand, but there it is. Whatever level you are living at right now, you designated it, and your physical body takes over and lets you know when it is a comfortable fit for you and when it is not. That means you need to learn to **feel comfortable** in your physical body, at whatever level you are at currently and then you will always have exactly what you need. Thank you indeed.

So, your physical body needs and wants to feel comfortable and that comfort, once again, comes from your thoughts and your words and your actions. If you are not feeling comfortable, ask yourself why. Your physical body never lies to you – it just communicates.

It is wise to appreciate all forms of communication as you gaze in the mirror at yourself. Physical requirements are fine to check out but now you can open up to see how you are mentally, emotionally, spiritually, sexually and financially. Your communication needs to be truthful though, not just your desire and dreams at this timing. **Back to the truth** – here we go!

Thank you indeed and good day.