

Bored

If you are feeling bored right now with your life, this is actually a great sign. What's happening is there's a part of you saying, I'm just not satisfied with my life anymore. It feels incomplete, it feels like there's something missing. I know that feeling does not feel good. You're kind of grasping at what it could be that what it can be that would make your life more fulfilling to you. You're stuck with this sense of boredom. I want to honor you, first of all for being able to acknowledge this. So many times people find so many different ways to distract themselves with how bored they are with the same aspects of their life that aren't working, the same dramas. It's so easy to turn to food, or drinking, or TV, or work to distract the fact that you feel bored. Honor yourself that you're actually acknowledging this. As I said this is great news actually, because what this means is you are ready for more. When I mean you are ready, it means your empowered self is saying let's do this. What's happening you are feeling bored because you're still trying stay safe. You're trying to keep things the same, while dipping your toe into something. It can't work that way. What's happening is you are being called to actually make radical change. To really listen to this, what's going on in here. A part of you is saying, that's not safe, what will other people think of me, I don't know if I can do that. That's that whole ego trying to keep you boxed in. The good thing is you're getting tired of the box. The more the boredom comes through, the more pain you're in. That actually allows you to be willing to say, I'm ready to get rid of the box. Even though the box feels safe and it's what I know, I'm willing to throw it away so that I can experience what else is there. What boredom is really signaling to you is that it's time for you to let go of the safety net. Whatever those safety components are for you. It could be friends that really don't serve your highest good, that don't bring out the best in you, the best behaviors in you, it could be work that does the same thing, relationship, eating habits. It could be all sorts of things that are calling you to step aside from what you know and go into the unknown. Which is scary, but it's also thrilling. That is what your essence is wanting you to connect with, is the thrill. You have to be willing to let go of the safety, go into trust and take that leap for you.