

Confused

If you feel confused right now, that means you're being pulled in too many different directions. You're uncertain as to which way to go, what's the right choice. Of course this is your ego in action. Your ego tripping right now. Because your ego is here to muddy the waters, so that you are not connected with your empowered self. It does this by tripping you up with all sorts of self-doubts. Really bring either a sense of urgency, or immediacy, or making it a much bigger issue than it really is. So your mind is going crazy trying to figure this out, try to do the right thing. This is your empowered self signal to say you are way too much in your head. It's time to get regrounded back into your body, so you can reconnect with your heart and your empowered self. Your ego is going to say no, no, no, I've got to figure this out, I don't have enough time. You're going to keep running, running, running and actually waste more time. Do what your empowered self is asking you to do with this confusion. Do activities, something to help you clear your head. Step away from what you're doing, really get back into your body. Get into nature, exercise, something that will really nourish you. When you're doing that, then you're going back to your heart. Your heart can find the clarity and resolution that's best going to serve you, and that's for the highest good for all and the situation. Empowered self is using the confusion to say, too much up here. Time to come back here. Give yourself some time to get grounded back into you right now, so you can come back to a place of trust, and clarity, and the guidance you need as to your next step.