

Empty

If you feel empty right now, that means you're in this state where you feel there's nothing left of you to give. You feel deep within this nothingness. This sense of nothingness that resides within this emptiness can feel very scary. Because you know that life is meant to be full. Instead you're feeling empty. This emptiness, this sense of emptiness is your empowered self's way of awakening you to truly being living from a full state. This empty feeling is there to tell you that living in a way that's not true to yourself, is always going to keep you feeling empty. What's happening is when you feel empty, it's because you've been giving so much of yourself away that there's nothing left for yourself. That means that you aren't caring for yourself. You aren't attentive to yourself. You aren't connected to yourself. All this energy has been going out in order for you to try to get those needs met. To get your needs met. But you haven't been conscience of what your needs even are. This sense of emptiness, you're looking for ways to try to fill this within you, from outside of you. So this emptiness is calling for you to fill yourself from within. It's a job only you can do for yourself. Others cannot do it, it will only be short term and temporary. What's being called of you right now from this emptiness state, is to begin to fill your own well. When you do it's like you can look at this emptiness as a perfect blank slate, for you to begin to grow, and nourish, and nurture. Whatever it is that will truly fulfill you from within. Now is your time. You have this blank canvas that's waiting for you to fill in ways that bring you joy and great fulfillment.