

Fed Up

If you are fed up right now, that means you are so tired of a situation. That you can't stand it anymore. This is actually wonderful energy coming through your empowered self to say, enough is enough. That you are fed up for a reason. This energy is there to give the courage to act. To act from an empowered state to make the changes that you know are necessary to make right now. So that sense of being fed up isn't just you trying to release pent up anger. This is really about you being willing to take the courageous step, and act upon what you are fed up about from an empowered state of love. Not from blame, not about putting it out on someone else, but how you are going to create change. The changes that you desire and that are going to come from you. That allow you to act from a place of self love and self respect, that says you will no longer tolerate that which is not for the highest good of you and those involved. Use this revved up energy to be fed up enough to make a change.