

## Heavy

If you feel heavy right now, that means you are feeling weighed down. You just can't seem to move forward. To get done what you need to get through. You can't move forward in the way that you really want to. This is such an important message coming from your empowered self. This heaviness is signaling to you that you are literally weighed down by your ego's demands, and all that it's putting on you about who you should be, what you should be doing, all that you ought to do. It is taking away from your joy and your lightness. You are supposed to be and feel joyful and light. That is your natural state of being. What's happening is, this is an important signal to say you are totally buying into your sense of self, your value being placed on you doing, you accomplishing, and just more. More, more, more responsibilities weighed on you that are not for your highest good. When things are not for the highest good of you, they're not for the highest good of all involved. You must understand that. This is asking you, this heaviness and this weighed down brings you into sadness. So you can slow down and get really crystal clear that this is your life. You have to decide where you want to put your energy. How you want to live your life. If you want to stay obligated to fulfilling the obligations of your ego, or to be obligated to your essence, to your spirit, and to the joy that you deserve to have. Ultimately you are being guided to live a life that feels at ease, that feels free. Where you feel joy being an expression of you. This can be done where you still create a fulfilled life. You're still able to fulfill responsibilities, but these are responsibilities that feel an integrity with you. That feel an alignment with creating the balanced life, that your essence and your empowered self wants you to make a conscience choice right now to create. Use this heaviness to literally stop you in your track and reevaluate where your energy is going. To see the energy leaks and put a stop to them. So your energy is freed up to what brings you back to joy.