

Nervous

If you feel nervous right now, you are feeling on edge. You're not completely comfortable, you're actually feeling a little bit out of control, maybe a lot of it. Your empowered self is saying, this is great, use this amped up energy because you need this to enliven you from your normal state. In other words, this sense of nervousness is getting your nerves revved up, because there is more of your energy that's being called forward. It's your opportunity to use this nervous energy to ignite you, to ignite more of you. So that you can put that energy out in the world into an expanded way, that is out of your comfort zone, that's out of your norm. This is exactly how we expand. Now of course your ego is wanting to keep you small. That smallness you feel more in control, because it's more your norm, it's more your comfort, it's more what you used to. So with that your ego to try to prevent you from being your expanded self, will put you off in the future, in the past with what if scenarios or with old stories. And your power is always in the present moment. So allow this nervous energy to run through your body, in this present moment. Allow it to enliven you. So that your internal power can flow through you with greater ease to awaken you, to bring you passion, to ignite your purpose in life. Allow this nervous energy to fuel you from the power of love. You will see where it takes you in this present moment right now.