

## Obligated

If you are feeling obligated right now, that means that you are feeling weighed down with a sense of dread about having to do something you simply do not want to do. You don't feel like you have the time, the energy to do this. Yet you feel that you must. What your empowered self is trying to support you to look at is how the situation is really based from fear. That maybe you verbally gave your commitment to do something, but you did it coming from a place of fear. You were concerned how others would think of you if you didn't sign up for this obligation. What your empowered self is always trying to support you to do, is to come back to doing things from a place from your heart. When you do things from a place in your heart, you're going to be more joy filled, you're going to feel more free, you're going to feel more open and expansive and present. That's really how we're meant to live. Often times though when obligations, whether it's with work, or family, or friends come up we get concerned with how others will think of us. It's this transition. What your empowered self is trying to help you do is be less attached to how people view you, and become more committed to staying true to your heart. People get concerned about this. Then they worry about the whole selfish component.

Your empowered self of course is never trying to turn you into a selfish being. What your empowered self is trying to say is that there's room for self nurturance here, there's room for more of your truth to be told in order for the situation to feel like a win-win. There's just room here. It's going to take you trusting in your heart to make some shifts, or make some transitions in your life so that you can live more freely and fulfilled and less exhausted and depleted. This is a sense of obligation, especially if it's coming up a lot, is your opportunity to see the signal of where fear and fear of what others think of you is running you in an unhealthy way. How to come back to your heart, so you can bring back more self nurturance in a balanced way. In doing so, that when you commit you know that it's coming from a place of your heart. You can be present in those moments with joy and with love as you're intended to.