

Panicky

If you feel panicky right now, that means you are all over the board. You just feel all out of sorts, your mind is racing 1,000 per hour, and you just feel completely unsettled. The energy is going too fast within you. It doesn't feel right. It just feels out of sorts, completely out of sorts. What your empowered self wants you to understand from this panicky energy is there should be panic, because the panic is in you being so far removed from your heart, from your truth, from your essence. You are so wrapped up right now in your mind, in the monkey mind. Of what the monkey mind thinks you ought to be doing. In the future, in the past, it's just rolling, rolling, rolling continuously. That leads us to a place of panic and anxiety. We should feel that way when we're here, when we're meant to be living from within our hearts and within our essence. That panicky energy is the alarm, the alert to say it's time to come back in here. Really to alert you that you are so far off in illusion, of what's important right now that is based on your ego. That it is taking you way too far away from your truth.

You must get back in this moment. Drop that illusion of what your monkey mind is telling you is important. Come back to your spirit, to your soul, from living from that level. To do that you must get grounded back in your body. This is about feeling your essence in your body. You do things in nature like taking a walk, gardening, or just taking a bath. Stuff like that really helps you get back in to your body, so you can reconnect with your heart. When you do, that's when there's the expansiveness of listening to what your heart is guiding you to do. Then allowing it.

That's the whole thing, we get panicky when we're following our mind and then things don't work out. Then we get worried and then we're trapped here. You are not allowing your hearts wisdom to be brought forward in your life. First is to get grounded, so that you can come back to your heart, come back to your essence, come back to your truth. Second is to listen and take time to journal, take time to self-reflect. Then third is to allow that guidance to come forward in your life, by you taking action based on your heart, rather than here. Let go of this. This is going to cause you misery. If you are in a state of panic, this is what has caused you misery. The monkey mind and your ego.

This is your big alarm to say that you must come back here. If you want to feel that lightness again, and that joy, and that sense of fulfillment. The answers are here, it's time for you to come back and trust them. Even when it goes against what your monkey mind is telling you, especially when it goes against what your monkey mind is telling you. Remember, this isn't working. Is it? It doesn't feel good to feel panicky. Trust in here enough just to take one baby step from here. You will see yourself start to calm down, start to come back in. Naturally feel soothed from within your heart, that what you're doing is the exact next step you need to be taking. Even though you don't have the control over the finished end product, that you can trust

from within here to take it one step at a time. Use this as your alarm to come back within your heart. Trust and respond from here, rather than the monkey mind.