

Pressure

If you are feeling a lot of pressure right now, it means you're feeling that you cannot keep up with the demands you are placing on yourself or that you feel others are placing on you. You feel maxed out and pushed to your limits. Your empowered self is saying this is true, you are being pushed to your limits, because you are running your life based on fear rather than trust. See you aren't trusting right now that your needs will be met, unless you do push yourself. So it's like you have these false beliefs by your ego that say, you must handle everything. Unless you take care of it and take care of it all this instant, your needs and your desires will not be met. Of course your empowered self uses the sense of pressure to get you out of your head and back into your heart. Because that sense of pressure actually constricts. You feel it in your head, it's very constricting. It's so immobilizing really, because you feel so overwhelmed by the pressure that you have. So your empowered self is actually wanting you to allow and receive during this moment, which feels very counter intuitive. You can allow yourself to receive by going back into your heart. Your heart is going to have you actually hold the wholeness of this situation, all the components that you need to do, that you need to address. Just imagine yourself like this big bowl that holds it all. You're holding it now with love, rather than fear. Your love has the sense of knowingness and trust, that everything that's important will be taken care of. Everything that's really not important will go away, go to the side, it's not necessary. You'll have the certainty and the clarity to understand the difference. As you hold all this, and you come back into your heart and your love and you hold with love, you ask for what it is that you really need to take care of this day or in this moment. You will be given your next step.

You know as I worked on this book to get it out in the world, after it was all written, there was so many different components to actually get it launched and out into the world. That my mind, my ego was there to say, oh, there's this to do, there's that to do, and da, da, da, da, da. I just chose to hold and know that there are all these components. But for me to feel balanced, for me to feel joy and fulfillment in this process, that I need to do this in a balanced way. I need to do this in a way that brings me joy. So I asked each day, what are the top two or three things that I need to focus on. Then I had to trust that that was enough. That was all that was needed and necessary for me to move further towards my goal of having this book out into the world. The ego is always there. Are you going to go into fear? Or are you going to go into self-trust? When you go into that place of trust and knowingness that all your needs are going to be cared for, you can hold and you can also open yourself to receive. That's where I received unexpected support that freed me up, so I didn't have to hold so much.

So allow yourself to take the pressure off by going back into your heart and by holding the situation in love. Then trust that whatever those next steps that come up, and they will it will be like these are the important ones or one, act on that. Then the next day you will act on the other, and you will know in your heart that what you are doing is what's best for you, what's best

for the overall good. And you can trust that it will allow your goals to be reached in a way that feels balanced and in a way that brings you greater fulfillment and joy.