

Rundown

If you are feeling rundown right now, that means you feel completely worn out and depleted. Your empowered self is using rundown as a signal that you are being run by your ego. It's time to stop that. That it's time to nourish yourself, to replenish yourself, and to do those things that make your essence a priority rather than your ego. Allow your true self to be the priority in your life. Then take this even deeper, is to recognize what fears are you buying into that has allowed your ego to run you. There is a sense of lack that your ego has you buy into, that you must run on those fears. Rather than having trust and faith, rather than following your inner guidance which was always trying to bring you to balance, to live your life in balance. When you recognize what that fear is that makes you deplete yourself, that makes you think it's okay to put your essence in your empowered self last, that's when you are going to regain empowerment in your life. That when you see that lie that your ego is telling you, that fear. You say I am not going to buy into it anymore, because it's not serving you. Then you can always make your empowered self a priority, so that you do not have to fall back into that lie. That you can trust that by allowing your essence to be a priority, you still have your needs met. You will see the lie that your ego has given you, that being this rundown version of you isn't having your needs met any faster, any easier. That ultimately you are meant to live your life in balance, and in grace, and in joy, and have fun, and be relaxed, and to trust and so regain this. First by nurturing yourself now, and then continuing that nourishment by putting your empowered self first. So that you demonstrate within yourself that you have trust, that putting your empowered self first, your needs will be met. And will be met in a way that brings you greater joy and fulfillment in life.