

Sad

Right now if you are feeling sad, that means you are feeling weighed down. I don't need to explain what sadness is, we all feel sadness. There is a weight and perhaps there is tears, because something just doesn't feel right. Sadness is one of the most crucial feelings to pay attention to. Because what your empowered self wants you to know in this moment, is that how you are going about your life is off track. It's no longer in alignment with your true self. It's no longer in alignment with your empowered self. So sadness is here to say, honey we need to slow down, so that you can really think about from your heart what it is you really need right now and what you really want, because unconsciously you are reacting from fear. So if you think about it, how else do we know when we are acting from fear? Our sadness is there to slow us down from our usual pace which now a days is so fast and furious, to say whoa, whoa, whoa. Bring it in and take some time to reflect. Really look at your life.

Now of course sadness with the ego is going to have all sorts of self-doubt, and blame, and wait, and wrong-doings, and all sorts of things. But it's your time to go to your heart and say what does this really mean from within here? What am I really seeking to shift in my life? Because that's really what this is, it's a signal. The quicker you can catch on to your sadness, the more quickly you are going to get back on track. It's saying, okay listen, listen to what your heart needs right now and wants. Because how you are operating is from is logical, rational, with what you are assuming is the best way to have your needs met from within your heart. You are assuming this way is going to get what you want from it within here, and your heart saying no, no, no, no. You need to listen to this guidance. When you do, then automatically that energy is going to come back up. Because again that depressed, that slowed down energy is purposeful. It's saying you need to slowdown, you need to self-reflect. It is very important right now, so give yourself that time. Consciously choose to listen from within here. Now of course if the sadness feels very, very weighed down, very depressed where you are not able to function within your day. That is when you are moving into depression and where you really need to get the support you need to get clear again about what's in your heart.

So if this has been an elongated sadness for you and it's going to be difficult to listen to what's within your heart, because you are going to be so caught in your head within your sadness. That's not going to serve you. That's your signal then to go seek out support you can talk this through. When you do get that professional support, that they are there to help you reconnect with your heart quicker. So that you remember what's within here. Get rid of the clouds that get in the way from getting there. So use this from a place of empowerment to slow you down, to self-reflect, and get clear about what really is going to bring you joy and fulfillment from your heart.