

Tension

If you are feeling tension, that means you feel that you are walking on eggshells. That you have to be on the defense. This isn't something that you are imagining. You know we have that expression there is tension in the air. It's energy that you are feeling. Again that energy makes us want to close off, and protect, and defend. What your empowered self wants you to know is that whatever is creating the tension needs to be addressed. So you are trying to kind of tiptoe around the tension, that's your way of handling so you don't cause anymore issues or problems. That's where your ego is trying to help you make you believe, because that's your ego's way of making you stay in the illusion of safety. But again that's an illusion. Really to create what you want, which is not to have this tension. Which is to feel freed up again, that you need to break free and let it go off that armor, that protection, that protective defensive stance. What this is really asking you to do is, even if the other person that you are involved with or organization that is creating this tension, that you still have the power to come from a stance of love.

What the stance of love really allows you to do is open yourself up, to be vulnerable to where you really stand in this situation. What your feelings are, what your thoughts are. Provide facts that you are not coming from the place of blame, but you are really grounded in what you are experiencing. Again, by providing facts you can take away that part of you that wants to go back to that ego defense, blame, fear and really root yourself in love. As you do this, as you open yourself up, that allows the other person to do the same. The tension can't really exist when one person is open. Tension exists when there is that butting of heads, where there is an unwillingness to open. The anxiety, that energy that you are feeling with that tension that makes you walk on eggshells, it's saying it's time to let go of that, it's time to break free. You can come from a loving stance, be in your power as you share yourself, share the facts. In doing so you empower the other to do the same. What you ultimately are doing is you are coming back to your common ground, because there is a common ground between you and the other. It's bringing you back to that. Which is really the loving stance is all about, is finding that common ground again. Then when that occurs, the situation can resolve in a way that is for the highest good of all.