

Worry

If you are caught in worry right now, this means you are caught in an illusion of control, because your mind is trying to over think and overanalyze. That's your ego's way of taking away your power. What happens is your ego is giving you this illusion of control over the past, which has already taken place or you're off into the future. Again, your power is in the present moment. Your empowered self wants you to recognize worry as a signal that says, I am in my head and that is not where I am going to find the answer, the next step. That's really what you are looking for. For your ego, your ego wants that illusion of control and it wants to see the final results. So it's hard if you are not trusting in yourself to take that next step, because that's where you will be lead to. What is the next step you need to take? You may not get the overall outcome. So it's tuning within and remembering this is truly the only power you have is in the present moment. Listen to your heart, listen to what it is telling you to do in that moment, in each moment. As you listen and trust to that, you reconnect with your inner power, your inner wisdom, and your joy. So remember worry is the thief to your joy, because it's an illusion of control. Your power is right now in the present. So tap into your heart, listen to what it says as your next step. Allow that to be enough and let go of the rest.