

Your Vitality Reading



Karmic Cause:

You are bringing an energy of 'Something is missing', or 'I am not enough' into things. It's an old pattern that works with your belief that you are not good enough or are just not trying hard enough to accomplish what someone has told you that you should accomplish. You feel your limitations but the aspiration to have them removed has been outweighing your pleasure in daily life.

Clearing the Karma:

You are in a brand new situation. Something has changed in a big way in your life and it is an adjustment that can be stressful. It's a good change but a lot of your energy is being directed to making these adjustments. Along with the usual stresses of life, like the enormous stress of the winter season, this can really tax you for a while.

Current Trigger:

Stop worrying. Along with all the changes in lifestyle come changes in thinking. Old ideas about how things and how people are may have to fall away. So distract yourself with something creative. Do something new. Have some fun.

Clearing the Symptoms:

Be available to the limitations of life. Meet the new things, even the uncomfortable ones, as energies to be seen and lived. They are in your life to be lived, not overcome, not defeated, just lived. Happy or sad, easy or difficult, red or blue, just live them. Let life decide what you need to do next and trust that it is taking you through the easiest passages in your life.

What your Healing Angel wants you to know:

Worry is praying for what you do not want. Wonder, on the other hand, is about curiosity, a sense of adventure. Let yourself be vulnerable for a time. Let yourself not know what is around the corner. Trust that you can handle it. Be astonished by the everyday and the future will take care of itself.

Getting the most from your reading:
<http://www.janetdane.com/3readinggtm.htm>

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