**What can I do?**

During these uncertain times, many of us are dealing with our fears, frustrations and sadness, to name a few. Many are asking themselves, “What can I do?” If I feel these emotions, think these thoughts, as I’m sitting in my home, what are others dealing with? What can I do?”

First and foremost, honor yourself where you are. What do I mean by honor? Give yourself permission to feel *whatever*. Do this without judgment, ridicule or negative self-talk. Examples of what we say to ourselves would be: “I’m being so lazy.” “ I don’t want to do anything.” “I have all this time available to me and all I want to do is sit on the couch, lay in bed, or mope.”

Please know that when we are going through a trauma, drama, etc., our bodies need more rest. You may need to stop for a moment. So, give yourself that honor and speak kindly to yourself. Say things like, “I know this is frightening or scary or unknown, but I’m okay, I’m loved and cared for, and it will be okay.” Even if you aren’t there yet. You are moving toward what you desire by speaking it out loud. Our words have power.

I know we don’t know what is around the bend. We can’t relate to what is happening outside of ourselves, it’s an unknown. We have never been here before. That means, we are being asked to go within. Go inside self and find that self that know’s what you need and how you need it. We all deal differently with our challenges, so honor yourself where you are and give yourself what it needs…….even if you aren’t sure at the moment what that is. Start the self-exploration. You are here for a reason and the energies are supporting you at this time with your inner movement. Encourage yourself to KNOW THYSELF.

Try this:

Stop, close your eyes. Breath in through your nose and out through your mouth. Maybe even put your hands on your heart. Breath in, breath out… breath in, breath out. Ask for help. Ask your Higher Self to give you messages, ask your Angels, ask the Universe, ask Spirit, ask God, whoever you connect to that will bring you the highest and best answers for you. Keep in mind, that even if you don’t feel confident in this, you are moving into a higher vibration by just asking. By just breathing. Encourage yourself to TRUST.

How can I help others?

Now that you are connecting to self and self-soothing and being in honor, you may be asking yourself “What can I do for others?” For those suffering? Again, do your breathing, connect, ask whatever you wish. Examples: How can I be of service to those in suffering at this time? Wait, listen, see, feel, sense……whatever you receive will be yours and yours alone.

We are all in this together. We’ve heard these words over and over again. What does that mean? It means that we are all connected. So, if we are all connected that must mean that we can do something to affect another. Words have energy. Thoughts have energy. We are energy. Put your words and thoughts to work. Example: “I wish for all those in suffering at this very moment to feel peace.” If it feels good to you, it will feel good to another. Think about what you would want if you were in a hospital, alone, dealing with your illness. Then send that thought or feeling or desire out into the Universe, into space, whatever you are drawn to. No matter how silly, or foreign it may be to you at this moment. TRUST.

Today, I send these messages out to you…….to let you know “I Care”.

Love and Blessings, Pam Walker