

Spiritual Fatigue

Are you feeling lethargic, tired all the time, have memory fog, exhausted and cannot focus on any one thing, even anything spiritual? You possibly have Spiritual Fog, to put it another way

your soul is exhausted. It makes sense, just think of the amount of incarnations our soul has made over thousands of years and this journey has been the biggest challenge ever. I am sure we all understand that living through and connecting to three dimensions in one lifetime is a challenge in itself and it has never been like this before for humanity. Majority of our lifetimes have been 3rd dimensional, but this lifetime we began with the 3rd awoken to the 4th this being our training ground for our connection to the 5th dimension. This is an exhausting experience for our soul, even though, as we know, it decided to be here to go through this ascension process but the challenges can put a strain on every aspect of our life; this is how our soul lets us know, we need to give time to our self, before we burn out. All of the above are signs from our soul to take time out and recharge our batteries, so to speak. This can possibly get worse when we all get connected to 5G vibrations within our mobiles and computers.

My Guides have asked me to give ideas of how to go about this. I will list these for you and please listen to what our Guides are saying, for it is for our highest good and for our ascension process.

1. We need to rest our mind and body from all the technology we use every day, these vibrations will eventually drain us, as we are now feeling, the tiredness, lethargy etc. We know nature is a healer, then we should be connecting to this daily, taking time out of our day to walk, listen to nature feeling the vibrations of the healing that is offered or the energies from the sea. I am sure we have all felt the benefit of having at least one day just being in the moment, switched off from the strains of everyday life that sometimes consumes us. This isn't wasting time, it is necessary for us as humans to recognise how important nature is to our well-being. Not forgetting time we can spend with our animals, they give us unconditional love.
2. Quiet the mind, don't get drawn in to the newspapers, television or internet. Remove yourself from people that come from ego, are loud and full of their own self-importance; their vibrations will drain you; take time out for nurturing your mind and body. Just find that special place where you can just be you, at one with nature and the elements. This is the healing your mind, body and soul needs right now.



3. Our life, over this past year has been exhausting, tiring and fearful for many with the challenges of Covid. Just know, we are on the journey of discovery and the future for humanity is bright, even though you may have your reservations right now, but our Guides and Angels are asking us to take care and be kind to our self, for we will be needed to help others through this difficult and challenging time in our history. Never before has a 5th and 6th dimensional connections be needed so much as it is now. So if you are going to offer your services to humanity at this difficult time, then please make sure you have the energy to fulfil your mission in this incarnation.

I am personally taking every weekend away from the computer and my mobile to give time to me. I will be in nature as much as possible, but of course if I am needed during this time I will be there to offer my healing and support. Please take note of the message from our beautiful Guides and Angels.

Much Love – Carol x

