



# Stressed? Hit The **RESET** Button

This last year has been extreme and has presented a very challenging time for everyone. I think we can all relate to this after what we have been through with the pandemic, the effects of global warming and the trials of personal difficulties. A reader who has always been on-the-go, asked the Angels for help because they have become weary, with no energy to move forward.

Sreper answered by saying that instead of keeping on as if nothing has happened, realize you need to hit the reset button, take a time-out, and start again. Time continually marches on like a train rolling along life's tracks. The only constant in Earth where you are is change, and change, like time, is relentless. And just like electronic devices sometimes need to be unplugged and restarted, you likewise need a respite.

So, instead of trying to keep up with the constant flow of changes, just let the train go by. Let past thoughts and judgements thereof, be in the past. Live the life that is in front of you today. Let go of old ideas that no longer serve your highest good; and, stop comparing yourself to what others are doing or not doing, including letting go of their judgements of you! By holding on to them, it only keeps pressure on you to "keep up with the Jones's" causing more unwarranted weariness. Let it all go.

Reboot!

We remind you that your life has a higher purpose. You are on Earth to accomplish your mission as your soul planned even before your birth, and we assure you that you will have the energy needed to accomplish your goals. But right now, take a time out. It's been a long and winding road, and if you have forgotten what your purpose is, turn your attention within, and ask your Angels for guidance. We will always lift you up and point you in the right direction. Your soul, like the North Star, knows your mission, as it were; and, will always guide you through it.

Right now, we say hit the reset button. Inaction is equally important to taking action, as it allows you to garner the strength to continue the journey. Rest, then follow the next lead as it is shown to you. What may take extra effort is for you to stop comparing what is happening now to what has happened in the past, and know that you do not always have to be in motion doing something.

Clear your mind, breathe deeply, then step into your future by following the inner voice of your deep heart. This is your lesson in trust, which is a part of your soul's curriculum while you are in Earth School. Upon graduating from this lesson, we say you will always have the drive and the energy you need to accomplish your goals because you will have learned the importance of resting along the way. Your future can't go without you, you know. In other words, you are becoming the master of your life ~ as it should be! You are no longer married to your past that was hindering your forward progress.

Call in the energy that is abundantly around you. Use this vibrancy as fuel in your tank to live today. Ask that you be guided to let go of what is no longer needed, then release it like you would excess baggage on a hike up a mountain trail.