I worked on two friends this morning who woke up not feeling physically well. I am in the same bandwagon, woke up with a migraine and threw up (feeling better now). As I tuned their Biofield over a distance with my tuning forks, I was surprised to hear they both had the exact same message about **taking on self-imposed responsibilities**. When this kind of repeated message via synchronicity happens it usually tells me that this is something I need to listen up too. I am guessing you do too so here it goes:

You are not responsible for other people's happiness. This goes for your kids, pets, partners, family, friends and anybody else in your life. Their challenges might be their gifts in disguise. You can be there for them, you can connect and listen but it is not your responsibility to make them feel a certain way ALL the time.

You are not responsible to make every single piece of your business and your office run perfectly. You are not responsible to take on every single unpleasantness, inefficiency, awkwardness or discomfort as your job to tackle, alleviate and solve. You can still do your piece but watch out for self-imposed (especially impossible) responsibilities you take on.

You are not responsible to have a perfect household. The kitchen may be reeking. The wastebasket of your toilet may be overflowing. Your shelves, drawers, cupboards may not have Konmari perfection. I am here to tell you that IT IS OK. Life will go on without you achieving a spotless picture-perfect environment.

You are not responsible to be healed 100%, with a perfect keto, vegan, paleo

or other diet, with the perfect supplements each and every day, the perfect amount of exercise, yoga and meditation, and spending time in nature and whatnot. Give yourself a break and enjoy what you are able to do without shame or guilt.

You are not responsible to have a perfect body. Your body is perfect as it is. Now go love it.

You are not responsible to read each and every Facebook comment, see every Instagram story, read and respond to every email or text message or twitter post. Life does go on without social media overload.

Here's what you are responsible for:

Meeting your own needs with or without help.

Meeting the needs of the minors and pets you live with and choosing to connect with and be present for your loved ones.

Sharing this in case you needed to hear it too.

Here's a brief meditation to help you get started with tuning in to what you really need and tending to your needs. Please share it with anyone in your life who needs this. I really feel like we all need to get better about identifying what we need and taking action on it.

With love,

Damla