

Questions to Ask When You Feel Overwhelmed, Anxious, & Oversensitive

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What are the waves in the physical plane doing today? When I feel down below the surface, how is my body responding to the Field? Can I adjust myself so I am in harmony with this flow?

How much have I been in my body today? I resolve to be fully present and feel whatever my soul wants me to feel.

Is there something my body wants me to experience and make a decision about? What is it?

Does what I'm experiencing as anxiety or buzzing energy pertain to one of my own issues? Does it belong to someone else and I'm noticing it telepathically? Is it an issue I internalized from one of my parents, and it's really not mine? Does it come from society? Does it perhaps come from a future event? If so, I allow an insight to pop into my awareness that will help me release the buildup and understand how to return to harmony.

Can I expand my aura and take pressure off my body so the buzzing dilutes? Can I soften my energy and understand better what's going on?

Can I imagine that I am surrounded by white fog and soften my awareness so it becomes transparent and pure? Can I then allow myself to feel how untroubled the moment really is? How untroubled the deepest part of me really is? How everything is flowing and functioning perfectly? And can I then notice what I need to notice?

Am I holding something in my body—an inner posture—that is preventing a wave from passing through me, or preventing the release of a new kind of self-expression from the inside of me? Can I soften and release, or dissolve this contraction or holding pattern?

Have I inadvertently lowered or skewed my own natural high frequency by matching another person's energy—someone who is contracted, in anxiety, depressed, or hyperactive in a fear-based way? Can I replace that vibration with my own original tone, or soul tone?

Am I allowing myself to indulge in one of my distraction-behaviors, to jump out of my experience of "being with" the experience at hand? Am I resorting to an addiction, an emotional tantrum, a power play, going unconscious and leaving my body, or jumping into my cognitive mental structures? How do I avoid just being with things that are undefined or unfamiliar?

What do I know about this experience? This person? About how the heart can open in this difficult situation? What is needed in this moment? What does my soul want to say or do?

How can I take this energy, smooth it out, and raise it even higher in frequency so I can feel more of the divine unity, angelic presence, unified field of love and truth, and the highest experience of my own soul's magnificence?

