

# Taking Care of You vs. Taking Care of Others!

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Do you know when you should be taking care of you versus taking care of others?

Questions come up . . . “Why can’t I help others?” ***It is not a question of why, it is a question of when.*** I am not advocating not helping others, quite the contrary. I am advocating you making sure you have the energy **first** to help yourself, then expend energy on another. Make sure your bucket is full before you assist another person. When I say you need to “Mind your own Business” – I’m advocating spending your time and energy on yourself. Focus on what you want and need to complete yourself.

If you are the type of person who thrives on helping others at the expense of yourself, and you are oblivious to your own energy depletion, **then you have a problem.** If you allow yourself to continue in this fashion, you will create a health challenge for yourself. Not a good thing at all.

I hear statements: “*It is better to give than to receive.*” “*I like helping others.*” Wonderful, **then do so**, but only when you have the energy. Questions: “*How do you know when you are depleted of energy?*” Ask yourself the following: “*How do I feel today?*” If the answer is “**I’m tired**” – **you don’t have the energy to expend towards another person at this time.**

I also hear the following justifications as to why we think we are tired. “*I did too much the night before.*” “*I didn’t sleep well.*” That may be true in your eyes and in your analysis, however, I know that when you don’t manage your energy effectively you will lose all of your energy in exactly 10 minutes and will be so tired, **all you can think about is having a nap.** It is not because of the justifications above that you are tired. **You have let go of your energy!**

Do not expend your energy towards another person until you are regenerated.

What good are you if you are depleted and want to help another person? One of the first things that will start to happen is crankiness. You will become irritable and start to resent spending time helping others. What may have started out as an enjoyment and feeling rewarded has changed.

It is time for you (humanity) to become more selfish of your own energy. When we start spending time focusing on your own energy, other people will see what we are doing and start to copy and practice what we do. “*How is that possible?*” Everyone sees energy – whether we realize it or not. We copy good and not so good examples of energy usage.

You must take care of yourself, regenerate your energy for yourself, learn to manage your energy 100% for yourself ... and when you are really well, then you can assist others.

The reality is most of us give all of our energy away – and don't know how we do it..

Think about energy like Recycling:

If you are an advocate of recycling (tins, paper etc) you are taking care of the earth resources. Correct? If you don't you are polluting the earth. Learning to recycle your energy is exactly like recycling – it keeps you clean and clear of unwanted pollution (crankiness) and you learn to keep your energy source.

Most of us don't like living in a human body, sad but true, we look elsewhere to try to find what makes us happy ***“the grass is greener somewhere else”*** or ***“someone will make us happy”***.

How can you tell if you are happy in your body? Look at the iris in your eyes, if they are cloudy, sad looking, unhappy, chances are you are seeking greener pastures. The answer to your happiness is inside of you. Your connection to you and God / Spirit / the Universe, (whatever you want to call your connection to spirituality) is only in you.

This is where I come in. Guardian Angels of Light helps you to learn how to manage your energy, to be aware of when you loose it, and how you give it away, but more importantly how to keep your energy so that you never run out of energy.

I am an extraordinarily sensitive Empath, and have learned to cope with all kinds of energy. With over 25 years of experience - this is the knowledge that I can give you to help you, reconnect with yourself and God. I teach easy and practical methods that work and will nurture you into better health and great energy.

**Most of all I love teaching you how to say NO to others when you need to say YES to you.** Then you will be able know when you are **Taking Care of You vs. Taking Care of Others!**



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