

Tiredness

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Tiredness is a belief.

Tiredness is the belief that tiredness is the result of hard work.

However, doing nothing can also be very tiring.

I get tired when I am bored and under occupied, and I get tired when I am overused and overworked.

Tiredness is the result of living life in a state of disconnection from my True Authority.

I am tired of not being 'Connected'.

When disconnected from my true authority, I am disconnected from my true power – my Life-force Energy.

When disconnected from my life-force energy, I will experience tiredness whether I am working or not.

When connected to my true power, my life-force energy, I never get tired.

Tiredness is the experience of the side-effects of the emotional energy that I attach myself to when I am disconnected from my true source of power.

Alcohol, caffeine, nicotine, adrenalin, sugar are just a few of the socially accepted energy supplements (drugs), that are believed to alleviate tiredness, but in fact create the symptoms of tiredness.

Tiredness is a drug hangover that kicks in as the potency of the drug depletes.

Getting Tired

I get tired of something when it no longer gives me emotional energy.

I get tired of working when it no longer meets my emotional needs and I run out of energy.

I get tired of people who deplete my emotional energy or do not raise my spirits and give me emotional energy.

I get tired of things and people when they no longer please me.

I get tired of whatever saps my energy or does not meet my needs for emotional energy.

Tiredness is an emotional issue, not a physical one.

Tiredness is not the cause of my low energy; it is the effect or the result.

The cause of tiredness is always my disconnection from the source of my emotional energy.

I seek emotional energy from situations, people and objects that are called attachments. I attach myself to whatever gives me emotional energy.

I need emotional energy when I am disconnected and off track.

When I am following my true path, fulfilling my purpose, living my vision, and doing what I truly value, I never tire of what I am doing, what I have, or who I am relating to.

Antidotes to Tiredness

There are many antidotes to tiredness, yet few are healthy.

Sleep is seen as the cure for tiredness, yet many times I can wake up tired.

Not enough sleep is seen as the cause of tiredness, yet too much sleep makes me equally tired and lethargic.

Many drugs have been acquired to treat tiredness, yet none of them are prescribed by doctors or physicians.

Doctors will treat a lack of sleep with sleeping pills, yet have no treatment for tiredness except rest and a good night's sleep.

When I believe that tiredness is the result of too much work, I will prescribe rest as the cure.

Tiredness is the effect of the antidotes that have been taken to combat tiredness.

The hangover I experience when the effect of the caffeine, nicotine, alcohol or adrenaline, wears off, is the experience of the very tiredness that I took them to relieve.

The drugs that I take as an antidote to my tiredness will make me more tired as their effect wears off.

This is the reason that all drugs are unhealthy, because I have to continually increase the dosage to maintain the same effect until eventually I have created a dependency and an addiction.

It is not an antidote to tiredness that is unhealthy but the dependency and the addiction that eventually results.

Fulfilment is the only truly healthy antidote to tiredness or insomnia because it creates neither a dependency nor an addiction.

Rest & Sleep

Rest is not the real purpose of sleep.

However, when I am asleep is a good time to rest.

Resting whilst I am asleep gives me more time to do what I truly value whilst I am awake.

The purpose of sleep is to fulfil my 'spiritual journey'

I fulfil my 'physical journey' whilst awake.

I rest from my physical journey whilst asleep.

Whilst asleep, I am able to fulfil my spiritual purpose.

I have a vision, a mission and a purpose for this life-time that I am able to fulfil on both a physical and a spiritual level.

Whilst awake in the physical world, I am unaware of my spiritual journey whilst asleep.

My sub-conscious mind, of which I am not conscious, journeys in the spiritual realm whilst my conscious mind is asleep.

My conscious mind journeys in the physical world whilst I am awake.

My super-conscious mind is consciously-aware of both my physical and my spiritual journey.

My journey has a spiritual perspective and a physical perspective and my Soul can 'see' both.

When aligned with my true power and authority, it is not necessary to rest whilst I am awake.

When disconnected from my Soul, it is necessary to rest and reconnect to my Soul through meditation whilst awake or through sleep when I am not awake.

Whether I am awake or asleep, awakened or unawakened, rest and sleep are essential to my well-being and my fulfilment and my ability to alleviate tiredness.

Keith Collins