

Q: I have been very tired a lot recently. It comes and goes no matter how much sleep I get. I may feel fine, and then all of a sudden it just comes over me, sort of like my energy has been drained and I feel depressed. Is it coming from my own internal conflicts or thought processes, or what?

Light Beings: It is not one thing that is creating the tiredness within you. There are several things, and some may play together. Sometimes it is one thing that is affecting you, but there are things that are affecting all entities on the planet at this time. One of them is you are empathetic, and so you pick up on energies that may be transpiring across the planet, and there are some very difficult things going on within many areas of your world, and you end up many times feeling some of the conflict, some of the imploding energy — and that is the best way we know how to explain it — it truly is imploding within people, and its causing tremendous pain, tremendous hurt, sadness, confusion within those that are not participating and do not understand why it has to be the way it is. And so, you're pulling more energetically from those that are observing or not participating in the conflict, but being affected by the conflicts, that's what you're empathizing with; you're not a soul of violence, you're not a soul that looks for revenge, so to speak, but you are one that feels for things that are not of justice. And so you empathize with these souls that are experiencing these injustices and not understanding why — why does it have to be this way? So that, within itself, is one of the things you're picking up on. And if you will notice, many times it is usually about the time across the world they will be getting up, beginning their day, and then many times it will be late in the evenings when they are retiring and there is much time to think.

So that is one area that is creating your uncomfortable feeling, your draining feeling, as you say, because that's how they're feeling, very, very drained; hopeless. And if you look at how you feel sometimes, it is a hopeless kind of energy, one that says I just don't want to move forward. Do you see? — One area where you are experiencing the drain.

Another one is you are, for the first time perhaps in your incarnation, since you have been able to make choices about diet, experiencing a tiredness when it would be natural, and at other times you would have reached for something that would have stimulated you. [Caffeine and/or sugar] You would have pushed your body without

realizing it and then irritability sets in, frustration sets in, and it's a combination of both the diet and the tiredness. And so now all you are experiencing is a normal tiredness, and you don't understand that because you have been used to stimulating yourself, pushing yourself. And it's very interesting, your mirror that you live with does the same thing, and you see him, but not yourself.