

How to Work Through Heavy Mental Thoughts

You need to become aware that heavy mental thoughts are very much associated with:

- 1) Victim mentality
- 2) Lack mentality
- 3) Resistance
- 4) Shame
- 5) Worry
- 6) Energy vampire

We would feel heaviness in our head and in our body when we experience one or multiple of the above. With heavy thoughts, we can experience extreme fatigue, narrow mindedness, inability to understand perspectives, inability to have compassion, anger, resentments, resistance, holding onto grudges and projections.

Things that are physically linked to heavy thoughts:

- 1) Insomnia or excessive sleep
- 2) Neck issues
- 3) Migraines/headaches
- 4) Jaw pain/grinding teeth
- 5) Stomach issues/bloating
- 6) Knee issues

Our physical body is giving us a signal or an awareness that we are consumed with unresolved inner conflict. Feelings like: anger, frustration, expectations, irritability, and resentment.

How to understand the relationship with heavy thoughts:

- 1) You must be aware you cannot control exterior experiences especially if you are not willing to make changes within yourself.
- 2) You have to become aware you are energetically “dumping” your emotions meaning that even if you're not communicating them, you are still affecting someone else's energy.
- 3) You may be energetically sucking people dry in your environment (energy vampire). Especially, when you are in a mood.
- 4) You are angry and in resistance.

How to be proactive in healing heavy thoughts:

- 1) Can you start to put yourself in other people's shoes?
- 2) Can you listen intently without making it about yourself?
- 3) Can you show individuals compassion without allowing your mood to affect your circumstance?
- 4) Can you let go of your stubbornness?
- 5) Can you see multiple perspectives? If not, can you take the time to research and attain more facts before responding.
- 6) Can you stop avoiding your inner and external conflicts? Can you find solutions?
- 7) Can you stop pulling people into your thoughts and your moods (rabbit hole) for the need to be right or preserve your identity?

To achieve healthier thoughts, you need to hold yourself accountable to the role you play in relationships, the chaos that you are creating around you, and above all, show up for yourself and the people that matter to you. The more you do this, the better you are going to feel about yourself and your life.