

really put in the time to have something better, or you've left this undone.

Secondly, it can have the more neutral message inherent in it, one that neither advances nor pulls them backward. This effect is actually more insidious in that by not having an advancing energy, it's actually buffering and impeding. It is insidious because unlike the negative messages, which can be quite obvious in how they are blocking us, the neutral message is not as obvious and its "empty" energy is not calling attention to itself to be re-calibrated.