

Abandoned

Okay, you're feeling abandoned right now, which means that you feel completely and utterly alone. You feel misunderstood or not loved for who you are. That's why I'm so proud of you for reaching out right now. I honor you for that. The truth of the matter is, you are never, ever alone. I know what it feels like to be abandoned, to feel that depth of not being loved at your core. It is not true. It's not true. Your empowered self is bringing through this depth, this pain of this emotion, because this is a very, very important signal. I want you to get this, because abandonment gets us at our core to awaken us. What happens when we get to that place of feeling abandoned, we have actually abandoned our true self. This means that right now you have abandoned part of your true self, your light, your essence that has many, many gifts. Instead you've created this false part of yourself, that you thought might be more lovable, or likeable, or accepted, or whatever it is. This new and approved version of yourself that you thought would get you the love, or acceptance, or value that you were looking for to be valued or honored, you created that. It's not true to you. You don't need that. It's not serving you. This pain of abandonment is calling you to bring back to yourself, honor yourself fully. Bring back love to all of you. Accept you. Here's your work right now, if there's an aspect right now that you are shaming yourself for. That you think is the reason right now that you're abandoned, that's the exact part of you that you need to love. That part of you is a special, special gift. I'm not just saying this. It is a gift. When you honor that and love that part of you, guess what happens? Other people are going to recognize, and honor, and value, and love that part of you as well. That's what this signal is from an empowered state. For you to bring back loving fully your true self. You've abandoned a part of your true self and have shamed it. It is calling right now for you to love. All you have to do is ask that part of yourself that you're shaming, what does it need? What does it really want? That's all it wants. It can happen from you, not from someone else. What does it need, what does it want from you right now? I'm so happy that you have acknowledged this sense of abandonment that you feel. I encourage you to delve deeper into this with sadness. As sadness comes through, that you turn to the Feel Every Emotion As Love book, and really tune into that sadness. For now, turn into your shame. That aspect of yourself that you feel has caused this abandonment and bring in the love. That is a beautiful, necessary, needed part of you.