

Aggressive

If you are feeling aggressive right now, that means you have this pent up anger that you just want to take out on someone or something. It's really past it's boiling point. It feels like it must come out. What I first of all want to do is to honor you for recognizing this aggressive energy. What happens is for those who can't stand the fact that they could get angry, they don't allow this feeling to come up. That's when you become what's called passive aggressive. When you do things unconsciously to hurt people, because you inside are hurting. The aggression is occurring because inside you're hurting. Your anger is a sense of feeling powerless, and that hurts. When you feel aggressive, it's usually after numerous times of feeling this hurt and not knowing how to handle it, not knowing what to do. That's what your loving guidance is there to guide you towards. Is going within and understanding how you can take powerful measures to resolve this situation. Because what you've been doing in the past isn't working. Which is why you feel aggressive. You just want to do something, anything, to make something change. The version of that powerlessness coming from your ego isn't going to serve you. That anything that your ego is telling you to do, to gain back a sense of control or power. Is going to make you feel terrible. It's not going to be aligned with your highest version of you. Your highest version of you, your empowered self is saying, the way for you to feel empowered in this situation, the way for you to feel that you are able to make a change is to bring it back to you. To understand what your needs are in these circumstances from a core level, from a loving level. How you can begin to address those needs for yourself. Often times what happens is when we get aggressive, it's out towards somebody or something. That's not where your power is and that's why you're getting frustrated. What you have control over, where your power is, is over yourself. What your empowered self is asking you to do is say, what changes need to come from within you? Usually this is about you taking a stand for yourself. You developing more boundaries for yourself. What is going to serve and support you? How can you give voice to your core self, those core needs? Which may make you feel vulnerable. The whole thing about anger and aggression is, is that it's really about you claiming your power in a way that has made you feel uncomfortable. A lot of times the way that we claim our power that feels uncomfortable is actually being vulnerable. Vulnerable to know what our internal needs are, and be responsible for how you can have those needs met. It takes that inner work. Your power is to come back in. to know that you always have a say in how you view a situation, how you respond to a situation. Your power is going to come from a loving stance, when you stand up for that inner part of you that is asking for your needs to be met through you. It doesn't mean that they're only met through you, but you've got to be the one that takes the initiative. You've got to be the one that sets the boundaries. You've got to be the one that sets the standard. When you do, you're going to see that sense of aggression is going to go. That energy that's got you fired up, you'll be able to put towards your life to make the changes that feel good and right to you. Use this sense of aggression to get very aggressive for

the need for change that you really desire, and how you can go about doing that. Do that self-reflection. Start to take those steps towards that. That's where you're going to feel empowered. That energy, that heated revved up energy is going to serve and support you to make transformations that the limited monkey mind never thought was possible.