

Anger

If you feel angry right now, that means you feel hot, you feel livid. There's this energy that's boiling up and it's reached its boiling point, where you feel like you're going to blow your head off and explode. This hot and heated energy is happening, because you feel out of control. When you feel out of control, what your ego is telling you in this moment is that you don't have control and you need to regain back power. What your ego tries to do to regain back power when it feels out of control, when there's this sense of desperation about that unconsciously. Your ego will go to any measure to try to regain back that control. That's where you spat out words that are mean, that's when you do things that are hurtful. What your empowered self is trying to tell you and signal to you when you feel angry, is that you are believing and feeling powerless yet you do have power. Your empowered self wants you to claim your power from love, rather than fear. It's only fear that makes you feel out of control and powerless. Use this heated revved up energy to gain back power in a way that feels empowering and right within your heart. What this means is, that rather than react to the anger, it's asking you to go back in and think about and reflect on what it is that is revving you up. What is feeling off and not right for you? What this usually means is that you are going to claim your power in a way that makes you feel uncomfortable. Where you're going to have to take a stand for yourself. Even though those around you may not necessarily like it. It often means using your voice, making a stand, setting healthy boundaries, but coming from a place of love. When you come from a place of love, it's really not about blame. It's about presenting the facts and why they're not working. As a parent and as a wife, of course I get angry at times with my kids or husband. I know that ego reaction that wants to be there, that would spat off and blame things on them. The truth of the matter is, the responsibility falls back on me. If I want to have a more peaceful house, if things have gotten chaotic, if the house has gotten too messy. Then there's certain boundaries that I know within me, my empowered self that I need to have implement and keep them implemented. That revved up energy is for us to look within. To really be willing to take a stand for ourselves. As well as to have the energy, the motivation, and the knowingness that you need to claim with deeper conviction what works for you. What works for you on a heart level? You can trust whatever works for you on a heart level, is also going to work for those involved. It's not about what works for you on an ego level. What works for you on a heart level is about being voiced, about being stood up for, then it can be worked out with others. Because you're coming from a place of truth and facts, rather than blame, hurt, and all those other things that we do when anger comes up. Use this heated energy to take a stand, from love, to give voice to what's really within you at your core. To be willing to set boundaries to do what is making you uncomfortable, to claim your power at a deeper level. So that when you do, you know that you are creating greater good. The force of energy and anger is really about waking people up at a heart level. You have this energy, this fiery stern energy that's not about being loud and being mean, but this is a wakeup call. That

transformation needs to take place and why this needs to happen. You're going to be the leader of that. Your energy at coming from a place of love will touch others, awaken others at their heart and at your own heart so that transition can take place. So that change is happening for the better good within your life and for those around you. Use this sense of anger, propelling you from love to make needed and necessary change within you and your life.