

Annoyed

If you feel annoyed right now, that means you are irritated by a person or a situation. Of course your ego is making this all about the other person. Guess what? Your empowered self has a very different meaning about this. Your empowered self is using this as a signal for two reasons. First is to really help you to check in about your boundaries. Your empowered self always wants you to feel that you are in a healthy setting. How you can create boundaries that maintain that for you, that you can still be vibrant and feel at peace. Being willing to make sure that you set up yourself as much as possible, so that you have created healthy boundaries where you live that way. Now more importantly your empowered self is also helping you recognize that you have an internal button being pushed. That's right, your annoyance is also about an internal component of yourself, that you have that you judge. Whatever that person or situation is making you annoyed, it annoys you because it's one of your vulnerabilities. It's one of your buttons that you do not accept about yourself. It doesn't mean that you have it to the same degree as that person or that situation that you're experiencing. But it means that it's within you. That part of you is trying to get your attention for a reason. It wants your attention so that you don't end up acting that way, or creating a situation like that that becomes really annoying to others. No one intends to be annoying, it's what's happening from within themselves that they are denying. Your empowered self is saying, oh here's an internal button. This annoyance signals an internal button exists. That's your opportunity to go within and say, huh, how do I also have that characteristic? How is this also within me? How does this part serve me, so you can bring acceptance to it? Really what does this part of me need right now? A lot of times what annoyance is, is you are seeing this in someone else or a situation. There's a part of you that has that need that isn't being addressed, so you get annoyed that the other person or situation is able to express that when you don't allow that at all. That's the whole point. It's that sense that you can't express it at all. When there is a healthy version of what you're annoyed about that wants to come through you. So really attend to this part of you. Look through it through the eyes of love, so you feel more empowered. More importantly so that annoyance just falls off of you, because you have brought acceptance. Greater and deeper acceptance to yourself, so you can feel more empowered from within.