

## Ashamed

If you feel ashamed right now, that means you feel that you've acted in a way that demonstrates that you're not as good as a person as you would like to be. Or that others see you in a way that you're not proud of. You really feel heavy and weighed down by this. You're feeling the weight of your judgment, which of course is coming from your ego. Your empowered self uses shame for you to really recognize where you are judging you. Really it's your unacceptance of yourself that causes this distrust. In other words, you are rejecting a part of you which causes yourself to distrust you. When you reject a part of yourself, that part of you has no room to be expressed. Yet that part of you has needs, it has healthy needs. But if those needs are not able to be expressed, they're not allowed because you're judging them, they slip out. They find a way to have that need met. That's where it shows up in an unhealthy way. When that happens, that reiterates the distrust you have in you and in this part of yourself that you are shaming and judging. Your empowered self is saying, this part of you is needed and necessary. I know judging it, but it has a healthy component, it serves you. Your job right now is to look for what that healthy component is. In what way could this component really be good for you? Look to past experiences. You know your butting heads with your ego if you're saying, there's no way this part of me could be good. Every single part of you has a purpose and has a healthy expression. Allow yourself to see it through the eyes of love, through the eyes of another. Slowly begin to integrate this as a part of you. What's going to help you if you're feeling stuck, go to the ego chapter in my Feel Every Emotion As Love book. It's going to give you more examples of how you can do this. Really all your empowered self is saying, every component about you is loveable, it's amazing, and it's time for you to bring this part of you back within you. In doing so you're going to feel more empowered and free to be your fullest expression of you.