

## Disappointed

If you are feeling disappointed right now, that means you are feeling incredibly let down. You feel that an experience did not turn out as you hoped as you planned. You don't feel supported. Your empowered self wants you to know in this moment that the lens you are viewing and judging the situation, is completely based on the short term. I know this can be challenging. What your empowering self is really asking you to do, is to trust and believe that your needs are taken care of in the long term. What this means is, is that your essence, your empowered self is really guiding you to even get clearer on your path. To make sure your needs are met. Even though it seems so improbable based on the short term results that you just experienced. I know it feels that your long term goals, what you really desire to create are even further away. That's not the case at all. What your empowered self is asking you to do is to understand what you supposed to learn from the situation. How is this helping you to grow and evolve? A lot of times this disappointment is about supporting yourself to take a step back. Get really clear what your desires were based from. Were the components of your desire based from an ego place, where you were trying to fill a need? Where there was an aspect of shame you were trying to cover up. If you take this experience of disappointment and really utilize it to teach you, to open yourself to what it's meant to share with you, what more it has to reveal to you about your long term desire. You're going to feel a step closer, rather than step backwards. It takes you being willing to take a step back, and really reflect on what you really need and what you really want. From a place of empowerment and from a place of love, not based on fear. A lot of times when we feel disappointed it's because we subconsciously acted on fear. Your empowered self is waking you up, so that you don't respond from fear or react from fear. You're actually able to respond and create from an empowered place. From that empowered place is how you're actually going to get the results that your heart truly desires.