

Embarrassed and Humiliated

Right now if you're feeling embarrassed or humiliated, that means that people saw a side of you that you did not want them to see. You feel ashamed about that, you feel like a fool, and you really judge yourself that this side of you was seen publically. Your empowered self uses embarrassment and humiliation as a great, great tool for ourselves. So you are able to recognize what it is about you that you are shaming. Whenever you shame a part of yourself, that's where you lose power. That's also where your ego takes over. What is it that people saw? What didn't you want them to see? What do you judge about yourself because they saw this side of you? That's where you're going to see your shame theme. That's where you're going to see a part of yourself that you are not accepting. No matter what it is, there's an acceptable version of that. It is an authentic part of you. If somebody saw that you were too needy, and you came across as very needy. What you're ashamed of is that ego version of it, where you came across as very desperate, and very needing attention and love. So you have all these judgments about someone who seeks attention, someone who is desperate, and someone who is needy. Yet there is a healthy version to all those aspects of ourselves. The point is that that healthy version is not being expressed because you judge this about yourself. The more you try to squash this down, the more there's going to be experiences where this has to be released. Where it tries to come out in ways that aren't healthy, that aren't for your highest good. Just to have that need met. Use this case of embarrassment or humiliation to really look at yourself through the eyes of compassion, love, and humor. Again our empowered self is saying, don't take yourself so seriously. We are all human. We all have these sides to ourselves. We've all done things that wasn't our highest version of self. When you understand why internally that happened, rather than just tell yourself I'll never do that again, or I'll never put myself in a situation like that again. Know that your internal self is guiding you to have that part of you expressed in a healthy way. Most importantly for you to love all aspects of you. You are a whole and beautiful imperfect person. Imperfections are not that meant to be shared. The more you can embrace them, the more you're going to feel in power, in fulfillment, and enjoy with your interactions with others.