

## Forsaken

If you feel forsaken right now, that means you feel abandoned, you feel cut off, forgotten about, not cared for. Your empowered self is using this energy to slow you down, so you can reconnect with yourself. So forsaken is a super sad energy, to feel cutoff and not cared for. That's the illusion of the ego. For us ever think that we are separate from others, from our power, from divine love then we're in fear, then we're in ego. There's a hurt that obviously has caused this for you. That forsaken feeling is very tied to sadness, so that you slow down and reconnect. A lot of times what happens when we were forsaken, we've kind of had our own image of how things should go, or we were trying to make something happen. It was really ego based. We didn't know it, because a lot of times it comes from your heart too. You have a heart desire, but it's your fear triggering the ego sense of lack that you can't get it, or it's not going to happen unless your force or try to make it happen. When things don't work out, you feel cut off because you so strongly want it from your heart. Your empowered self is using the energy of forsakenness so that you go back in and you claim this from your heart. You do that by nurturing and nourishing yourself again. That sense of cutoff-ness is really you cutting yourself off from your connection to your inner wisdom, and trusting in it. As hard as that is to hear, which I understand that it really is, you are being cared for in this moment by having this energy of forsakenness. So that you do slow down, so that you do have the opportunity to self-reflect. Really look at what needs you were trying to have met. Then ask your heart how you are meant to go about receiving those needs from your heart, and not based on fear, not based on lack. Just open yourself to that next step. What this may look like for you, that your rational mind can't conceive. In other words, it's bigger, it's better. For you to get there it means reconnecting to yourself and to your heart, to your truth, to your power, to your goodness. Which is all there waiting for you. It's just going to take some time to make that reconnection, to nourish and nurture yourself again. Use this time to be gentle and honoring of the wisdom and love that resides within you.