

Frustrated

If you are feeling frustrated right now, that means that you're probably feeling very irritated and annoyed. You're feeling that I gave it my best shot, why aren't things working out, I've used every option available, my options are exhausted. You're feeling that sense of depletion. You're spinning your wheels and you're not sure what else to do, or if there's anything else you can do. Because it feels like you have tried everything. Of course this is your ego telling you to keep trying, and trying, and doing, and doing these same methods that aren't working. It's that definition of insanity is trying to do the same thing over and over, yet looking for a different result. That is the key to frustration right there. That's what our ego has us do. We keep trying until we think that we're putting forth effort and doing our best. Yet we're trying in the same manner. Your empowered self uses frustration to say, yohoo those ways are not working for you. There's something in your belief system that's limiting you, it's limiting your self concept, it's limiting your beliefs, it's limiting your ideas. Your empowered self is trying to tell you that there's another way. There's another way if you trust and listen. A lot of times this is where your ego will attach to your rational mind, and try to put forward facts. Facts of what should be the right way to go, what needs to be done. It's really not in congruent with where your heart is guiding you, where your intuition and your gut. Or where there's an expanded view of yourself, where you can be more accepting towards yourself, and what's really true and right for you. Use this signal of frustration to see the flag that's saying stop, what you're doing is not working for a reason. It's too limited for you. Now is your time to expand. What would be an expanded version of you in regard to this? Look for your empowered self to be guiding you. To let go of those limited beliefs that are tripping you up. If there wasn't any fear, where would your empowered self be leading you? In an expanded way that serves you, does not judge you, and that allows you to be freely you in this moment in an expanded way.