

Guilty

If you're feeling guilty right now, you are feeling weighed down. You don't feel like you're a good person. You are judging yourself. Of course this is all coming from your ego. Your ego is there to use situations to define you in a way that don't serve you. Your ego is trying to keep you small. Smallness to your ego means safety. Your empowered self wants you to recognize guilt, to really redefine who you are. So that you can be the fullest version of you, without apology. Sometimes this means being willing to take a step back and really understand who you are. When you are acting from love and truth, and when you are acting from fear. If you feel guilty because you just went off on somebody, your empowered self is saying, is that truly your fullest version of you that's in alignment with love? What your empowered self wants you to see it, that's a small version of you reacting from fear. Your empowered self also wants you to see that when you are responding about shoulds, and should do this and shouldn't do that. A good person would do this, a good person wouldn't do that. That's again really limiting your true self, if it's based on standards that aren't really who you are. So your empowered self is saying it's time to redefine yourself, not based on shoulds but based on what is true to you. Can you know that that's enough? Can you know the truth about who you are? That you are lovable, that you are good enough. Then you can be your fullest version of you. So your empowered self is saying, let's cut out the crap in how you are reacting and responding based on fear. Get down to a place where you can fully respond from love. Respond from an authentic place and be proud of it. Regardless of how others respond to you. Use guilt to get really clear about the smallness that your ego is trying to pigeonhole you in. Say that's not me anymore. Guilt go to what is your full expression of you. Take these instances of guilt to say, I'm no longer going to respond in this small way. That's what this is for, that's what your empowered self is trying to teach you. Use guilt to say I'm not staying in this small self anymore, it does not serve me. It's time to redefine myself, based on the loving truth of who I am. Live from that moment by moment.