

## Insecure

Right now if you feel insecure, that means that you feel less than. You feel not good enough. You are shrinking. Your empowered self of course is using this energy for the complete opposite reason your ego is having you buy into. Your empowered self is using this signal of insecurity, because this is a signal that you are ready to expand. You see your ego is always there to keep you safe. It's shrinking you. What you're noticing in another that's making you insecure, or in a situation that's making you insecure is within you. A part of you has judgments about you expressing that part of you. Of that part of you being seen and in use of the world. Your empowered self is using this signal of insecurity to help you go within, for you to recognize what it is about that component that is making you insecure that you judge about you. For you to feel insecure, that shrinking, it's safer there. Then you can stay in that dialogue of not mattering or not being good enough. Your empowered self is saying, what makes you so scared to matter at a deeper level? What makes you so scared to shine at a deeper level? Usually what comes with that is fear of judgment, for letting out and exposing more of your true self. Even though in your heart you want that expanded version, you want what you're feeling insecure about. There's another part of you which is your ego. Which is saying, I'm not so sure, I don't know if I want what comes with that. So this is your opportunity to get very clear with your ego, why it's worth it for you to matter, to express, to share and shine. Because it outweighs whatever judgments may come with that. This is your time to add that up, to deepen that, to expand that, and express that more fully in your life. To do so will take courage to own and honor what you see in another, within you. Know that in doing so, how that is going to allow others to also allow themselves as well. This is like contagious energy when you understand it from the voice of empowerment. That's it's here to shine and allow you to reflect what's within you. So that you can utilize that and express it more fully and more deeply within yourself and within your life.