

Insulted

If you are feeling insulted right now, that means you are feeling disrespected and dishonored. This is a signal coming from your empowered self, to let you know that there is this part of you that you have not accepted about yourself and that you judge. In order for an insult to impact you, it's because you fear it's true. This again is incorporating shame themes. Aspects about ourselves that we shame. It's asking you to reclaim it. To see the healthy version of this. I'll give you a personal example that I actually shared in my first book, *Emotional Abundance, Become Empowered*. There was a member of my family who always me spoiled, you're spoiled rotten. I really felt ashamed of that, because I thought I was a grateful person and really thankful for all that I was given. This person wanted me to feel ashamed for all that I was given, because I was given a lot more than she received when she was younger. She tried to make me feel ashamed of that. Of course I didn't want her to think that way. It triggered shame for me. I tried to prove how I wasn't spoiled. What I needed to do was incorporate my spoiled part of me. I was able to see, yeah, I am spoiled. Thank goodness I'm spoiled. How fortunate I am that I'm spoiled. That I've been blessed with some things happening in my life that are really easy, that came to me easy. Blessed with abundance in certain ways. Really bringing that in and incorporating that. Of course recognizing that, didn't mean that everything came easy to me or that in all ways I felt that there weren't challenges. There were challenges. Not all areas of my life came easy, but I could recognize and really honor the parts that did. As soon as I incorporated that, yeah, there have been parts of my life that I've been extremely spoiled and fortunate with. All I had to do was say that to her once. Say, yep I am spoiled. She never said it to me again, never, because I incorporated that. It no longer had the sting that she wanted to inflict, and make me feel shameful about. It couldn't because the trigger was no longer there. I incorporated the healthy aspect of being spoiled. Therefore I didn't have to act spoiled in unconscious ways, to try to heal the shame that I wasn't aware of. Whatever you feel insulted about is there for you to reclaim. See the health. Use your empowered self to recognize this is an aspect of yourself that is ready to come back and to heal. To recognize that healthy version, how it is beautiful, a gift, and a part of you.