

## Intimidated

If you are feeling intimidated right now, that means that you're feeling less than. You're feeling incapable. Maybe you're afraid you're even going to fail. Of course this is your ego revving up your small self. Your ego wants to keep you in your small self where it feels safe. Yet your empowered self is using intimidation as a very important signal. That signal is it is time, right now, for you to claim your power. That feels uncomfortable to you. It's really being willing to face the fact that you claiming more of your power right now, feels uncomfortable to you. If there's someone that feels intimidating to you right now; what are the fears that come up for you to own that you have that same power within you? It's really about can you allow yourself to shine as brightly? If the situation intimidates you, what fears is it bringing up? That sense of not being good enough, that sense of inadequacy that your ego wants you to buy into. Versus what your heart, what your empowered self is saying. That it's time for you to expand. Every challenge has a layer of intimidation, because it's new. It's challenging you to expand your skillset, to expand how you express your gifts. Are you going to be willing to face that challenge without judgments and expectations on yourself, by being open, by being vulnerable, by being in the present moment with yourself? So that you can claim the internal power that's available to you in this moment, that's ready to be embraced and ready to expand even further. That's the signal coming through intimidation. That that power exists within you. Now is your time to embrace it further.