

Lost

If you are feeling lost right now, that means you're filled with uncertainty. Uncertainty about yourself, your future, what you're supposed to be doing, maybe even about how you're supposed to be feeling. You just feel uncertain, disconnected, and not clear about what is right for you. Your empowered self wants you to know that this is actually a good thing. For you to be able to know that you are lost, means that you are no longer trying to make things happen that aren't working for you. In other words, a lot of times we try to avoid the fact that we feel lost, because there's a lot of shame with that. We feel like we should know who we are, what we're meant to do in the world. Being lost actually helps you get clearer about who you are and what you're meant to be doing. It's saying, you know what, I am uncertain. It's time to come back in and reflect. Again lost is tied very much to sadness. Sadness is always asking us to go back in. What do we want? What are your needs? What the sense of lost is telling you is that the way you have been going to try to get your needs met, or trying get what you want hasn't been from your empowered self. Hasn't been true to your true, inner, wise self.

That sense of lostness is to say, this false way that has been based on fears, or ego, or a sense of lack isn't going to serve you anymore. This is great news that you're getting this signal that you are lost, because that's going to save you some time in the long run. It's time to come back and sit with that sense of not knowing. Here's what so cool; by doing so, by claiming I'm lost, I'm uncertain, and I'm not clear about who I am completely, or what I'm exactly meant to be doing, or what my next step is. That's when you open yourself up to receive. When you try fight it, when you try to figure it out you're going to stay lost. Because you're in your mind. Your next step is to reconnect here. Open yourself here. Be open to the possibilities here. What's been happening likely, what's caused to be lost is this push. You trying to make things happen and it just wasn't working. This sense of lostness now allows you to be the receiver. To come back in, reflect what you really need and want, be open to the expansiveness that is trying to come forward to you. Any sense of lack in the sense of being lost, or just not knowing, when you surrender to that and accept that and bring that close to you, knowing that it's almost a portal or a door opening for you to understand your next steps. Allows you to come back in the present moment, which is where your power is. Being lost, you're often in the future or in the past. Being lost, that energy allows you to come back into yourself and in that present moment where you truly do have your power. It's an opportunity then to stay present. Being in the present moment allows you to hear, understand, and know what your exact next step is. So the practice is, how can you be present with this feeling of uncertainty. Then trust in what's coming to you, no matter what it is, as long as it's coming from a loving place that is the appropriate next step for you.