

## Manipulated

Right now if you feel like you've been manipulated, you feel used, you feel taken of advantaged of, you feel flayed. It's a horrible feeling. No one wants to feel used, and played, and taken advantage of. So you're really struggling with this, your ego is going to turn to blame and really focusing on the other person. Your empowered self of course uses that sense of being manipulated for you to have a signal, for coming back to power. To claim your empowerment. What's the empowerment in being manipulated? It's being aware of how you actually manipulated yourself. Now this isn't to blame you for what happened, this is to support you to take responsibility for what within you was trying to get its needs met.

Really understand this so you feel more empowered in the future, to create boundaries, to speak your truth, to do what needs to be done to feel right for you. So that you are less likely to be manipulated in the future. When internal manipulations are going on, you open yourself to be manipulated by others. It's no excuse for someone manipulating you. Again, this is how you gain back your sense of empowerment, so that this is less and less likely to incur in the future. How do you manipulate yourself? You ignore your inner signals, your inner guidance, those inner warning signs.

When I think about manipulation, I think so often in relationships. Usually if a relationship goes wrong, someone feels manipulated. They feel like they've been deceived in some way. They feel that even though they were giving their best self to the relationship, that they were somehow used. Often times when there's a sense of manipulation that occurred, it is because within yourself you ignore the signals. You ignored red flags that were telling you there's something not quite right for this relationship, for this person for you. Yet your longing, your desire to be in a relationship trumped that warning. What you have to be clear about and understand is you have this need to be in a relationship, then your small self went to a sense of lack. Went to a sense that, if I don't take this relationship there won't be one for me. Or it's too hard to find a good relationship, I better take what I can get. There was some dialog going on, created from small self, created from fear that your empowered self wants you to know. This manipulation is your signal to be aware of how you are buying into fear around your needs. What your empowered self wants you to know is that your needs will be met. In order for them to be met, you must trust the internal guidance within you. You must act from your empowered self. Because your small self will always limit you to be able to have your needs met.

The illusion is, is that what your small self makes you believe is that if you were to follow your heart, you won't have your needs met. It's saying you better give in, because this is the best it's going to be. Whether you're conscience of it or not. So your empowered self is saying you need to be conscience of that message of lack, because it's not serving you. It's wasting your time and energy. More importantly it's manipulating you away from your true power. So use this sense of manipulation to understand where your needs are. Where fears came

in, so you can feel more empowered to set boundaries, to speak your truth, and to really be in alignment with your heart, with your true self as you go forward with having your needs met from within.