

## Misunderstood

If you are feeling misunderstood right now, this means that you are feeling someone or others aren't getting you. There seems to be a misinterpretation between the words you're using, and how people hear them or understand them. This is such a great emotion from your empowered self, because what your empowered self is actually supporting you to do, is become more self-aware of what you judge about you. So I know this may be difficult to hear. The misunderstanding is there to bring into your attention something that you don't want people to think about you. So the important and empowered question and stance that you can take about this misunderstanding, whether it's real or perceived, is why you wouldn't want people to think that about you. Now there is some obvious reasons. If it's selfishness, or that you're mean, or that you're arrogant, it seems like there is no benefit to these qualities, but that's not true. It's your job to recognize, huh, what's the gift in having some arrogance, what's the gift in having some selfishness. Of course you know with selfishness it means you take care of yourself. The unhealthy aspect is you would take care of yourself to the extent where you forget others and others needs. But there is a healthy component to being selfish or to being arrogant. Because arrogance means you believe in yourself. If it's over the top arrogance, that means you believe in yourself to a degree where you're putting others down, and then it's not healthy. So whatever that quality is that you feel misunderstood about, it's actually your empowered self's way of saying ding, ding, ding, ding pay attention to this, pay attention to this. Because this is a part of you and it's asking for you to accept it. When you accept this part of you, then you don't have to worry about it leaking out in other ways. So if you feel like you are constantly misunderstood, that is your shadow coming out in an unhealthy way. People energetically feel it, even if you're putting on a front that says, I am not that. I am a totally different person, I am a giving, loving person. It's seeping out. It's there, it has needs, and it wants to be valued for the gift that it brings to you. So that you can accept yourself wholly and completely. When you do, there will be so much less misunderstandings.