

## Negative

If you are feeling negative right now, you are feeling off. You are feeling that you are having a bad day, there is little in your life that's working right now, you're just in a bad mood. Your empowered self uses this signal of negativity, that you are feeling negative, so that you can really recognize the lies you are buying into about yourself. You are buying into some misconceptions that are there to keep you small. Here's the beauty about negativity, that negativity is going to lay them all out on the line for you. I mean you spew this stuff when you feel negative. So your empowered self is saying, great, lets utilize this to your benefit. Now you have out on the table all these false beliefs that your ego is sharing with you. I would encourage you to write them out. Let them be very clear to you, so that you have a choice. It's going to be very obvious that the negativity that is spewing from you, is spewing from your small self. Then ask your heart whether this stuff is true or not. Ask your heart. You won't even really have to ask. As you're writing them down you are going to know that they are lies. So ask your empowered self in this moment, why it feels safer for you to believe in the lies of your small self rather than your empowered self? What are you scared of in this moment? What's getting revved up for you, where you are being called to claim more of your truth? Because this is the gift of negativity. That some things up, there is change in the air that's calling you to embrace more of your truth that your ego is struggling with. Your ego is saying, whoa. Do I really allow myself to shine to this degree? Do I really allow my empowered self to be out there in the world? Am I really going to claim this level of power? So your negativity is a great sign that you are ready. That yes, you indeed have the power. Your power begins with laying it on the line, seeing the lies for themselves. Seeing the smallness for themselves. Then consciously choosing your empowered self, even if it scares you. Because that is the expanded version of you, that's ready now to come through.