

## Rejected

If you're feeling rejected right now, that means you are feeling not accepted for who you are. You're feeling judged, you feel like you don't measure up, you're not good enough. Of course this couldn't be any further from your truth. Which is why your empowered self uses that sense of feeling rejected to awaken you, for you to see what you are rejecting about you. That's right, you can't feel rejection unless you agree. Unless you are agreeing that you somehow don't measure up. That incident that happened triggers this shame, your empowered self wants you to see this so you can begin to accept that which you reject. That which you judge about you. Because it's not true. In order for this to shift, in order for you feel acceptance for who you are, it begins with you. This is the calling for you right now, if you're feeling rejected, it's to say how can I bring love and acceptance to this part of me that I am judging as wrong, or bad, or not enough? To every part of us there's a gift. That's what's being asked of you right now, to see the gift in all sides of you. So you aren't ashamed of any aspect of you, because there is a healthy expression of this part of you that you are rejecting. Of course there's an unhealthy expression of it. The more you accept and bring love to this part of you, understand the needs to this part of you, the more you feel whole and accepted as a person towards yourself. That's always what your empowered self is guiding you to do. When you do, that's when you're free to be you. That's when you feel filled with love, because you are loving all of you. So your empowered self is using this rejection so you can stop rejecting yourself. And give yourself the love and acceptance you deserve.