

Remorse

If you are feeling remorse right now, that means you are feeling terrible about a situation. You feel weighed down by it and you are having a really difficult time trying to forgive yourself. Of course this is because your ego is using that situation to say, yep that's the truth about you, that's the real you. And you are buying into that and that's not your truth. Your empowered self is using remorse to awaken you to step out of your ego-spheres. Because whatever happened, if you made a mistake or whatever was triggered that's causing you to feel remorse, it's all based on fear. So your empowered self is saying this needs to be slowed down, so you can view this through the eyes of compassion. Through the eyes of compassion, you would look at the situation lovingly. You would look at it as if a friend or a child came up to you and told you what happened, you wouldn't be judging them, you would be understanding what got triggered for them. So that's what's being called for you to do. Your empowered self is saying, take a step back and look at this through the eyes of compassion. What you are going to see is where your fear is being triggered. That's where your power is.

So let me give you two examples of this and this can be a little tricky. There is a client who had a bad habit of, her and her spouse, had a bad habit of saying mean things to each other. They were trying to defend themselves and share what was on their minds. In doing so they would call each other you know nasty names like, your no good, I don't know why I married you. They just said bad things. Of course afterwards she would feel remorseful, because she is still wanted to be married and still loved her husband. So her empowered self was trying to support her to see that her saying those things does not empower her to her truth. Her truth is she loves this person, and it's her defended fear self that says these mean things. It's not getting her to where she wants to be.

Now let's use remorse in another situation. I had another client who had a good relationship with her mom, but needed some clear boundaries. Her mom was going to come for a month after her next child was born. This was the perfect opportunity for my client to say, oh my goodness, I love you and so appreciate you coming, but two weeks would be perfect for my family and I hope that works with you. Her mom got upset and she felt remorse. Now when she looked through the eyes of compassion of what happened, she could see that her fear was about trying to still be the good girl. Trying to always please her mom. What her empowered self was telling her, was how good she is. For her to step back from the situation really see how loving she is. Her empowered self was saying, you standing clear and how loving you are, really allows you to set healthy boundaries that serve you and your family. When she got this, her relationship actually got even better between her and her mom. So your empowered self is always supporting you to look for the fear that you are still buying into about your identity. So that you can shift this to really get to the truth of who you are and act from that place in an empowered way.