

Resentful

If you're feeling resentful right now, that means that you're feeling hurt by another, you feel dishonored, disrespected. More importantly you're holding on to that, because resentment is anger that you're holding onto. Of course this does not serve you. Your ego, small self version of this is actually hurting you. You have to then hold on to the anger, the resentment, and the pain. Your empowered self of course never wants you to hold onto anything that does not serve you. Your empowered self is using this signal of resentment for you to become aware of what's going on within you. What you are actually resenting, and judging about yourself. What happens is when you feel a sense of resentment, you feel dishonored. In order for someone to dishonor you, you have to buy into it. What your empowered self is telling you and alerting you to, is that whatever felt dishonoring to you was triggered, because a part of you believes it's true. Not all of you, but some small part, your ego, feels that it's true. That is your opportunity to become empowered by reconciling that from within you. The fact of the matter is that if someone said the same comment, but in your heart of hearts you didn't believe it, it wouldn't bother you. It wouldn't impact you, therefore you wouldn't feel that resentment.

Let me give you an example of this. I had a client who was very hardworking and had this dream to be an actress. Like most actors there's quite a long road to becoming an actor, you wait tables and stuff like that. One of her family members called out that she wasn't quite doing her life's work anymore. That her focus had become more on waiting tables and getting all caught up in that life. Told her straight out that she's wasting her talent. The client was very offended by this, and was carrying this resentment because she felt that she has done so much for her sister and her mom. How could they be so mean and how could they be so hurtful, when she does get to do some local plays once a year, otherwise she's just focused on just trying to make ends meet. She just felt really resentful that they would put that on her. What her empowered self was alerting her to was this is emotional weight and shame that she is carrying. Her empowered self of course is guiding her to do more towards her life's work. Yet there's fear around that, because she doesn't know how she's going to make ends meet if she goes for it. There's a lot of rejection in that industry. The hurt that she's really feeling is her own.

That's what I want you to understand, that when you are feeling resentment the hurt that you are feeling is your own. What is your empowered self guiding to own about yourself? Act upon, so you don't feel triggered by whatever was said to you. There's something that's going to be shared, even if was negative like your selfish, or you're arrogant, or you're whatever it is. That there's always a healthy aspect to that guiding you to express it. Express it in a way that it serves and fuels your needs. Now is your time to incorporate this within you, so it doesn't unconsciously leak. And so you can really be that full expression of you and claim more and more of your potential, your radiance, and your gifts.