

## Self-Conscious

If you're feeling self-conscious right now, that means that you're feeling that you're getting unwanted attention. That you are feeling judged, maybe even shamed. It really makes you self-conscious or even more self-aware. Where you can't really focus on others and the external, because you're so focused within on what you feel that is being judged or is getting that unwanted attention. Here's the interesting thing, your empowered self is actually using the sense of self-consciousness as an alarm to alert you where you are putting too much attention on yourself. It's our ego. What our ego does is project. Project meant that we attach it to another rather than attach it to ourselves. Because it's hurtful for ourselves to think that we are putting this attention on ourselves in this way. Here's the interesting thing, this could be putting attention on ourselves both in a positive light or in a negative light. You may feel self-conscience that you're not dressed sharp enough, so you're really focused on your shoes not matching right or something like that. This is of course coming from you. You make yourself shrink and feel small, because you are putting an over amount of attention on your shoes, how you're dressed. Really that's your empowered self trying to signal to you how, here you go again, buying into the sense of inadequacy, buying into not being good enough. Rather than just celebrating who you are, your differences, your uniqueness. Really just being more focused on the internal aspects of you.

Whenever we get self-conscious, it's always about us focusing on some external part of us anyways, rather than our true self and our spirit, our essence. That's what your empowered self is always wanting you to celebrate. You could feel also self-conscious about a positive thing. Maybe you feel that you are just like the smartest person in the world or the most beautiful person in the world. You get in a circle of people and you feel self-conscious that you are just out-witting everyone, or just blowing everyone away with your beauty. That is again your over focus on some good aspect of yourself. What your empowered self is saying is that you're over attending to that area, that there's so much more to you. Allow people to see all aspects of your true self, because you're not just your wit, or your smarts, or your beauty. What people are really going to connect with is from within. They can't get there if you're focused on these external components about yourself, or these components of yourself that you think highly of but really prohibit people from seeing those other aspects that create deeper connection. This over attention, whether it's positive or negative is coming from within you. Begin to heal this by seeing yourself as a whole. By really focusing on your essence, your beauty, your internal beauty and allowing that to be shared and fully expressed. So that they whole of you can be shared, rather than this one small segment that you're focusing on.