

## Sorry For Yourself

If you are feeling sorry for yourself right now, that means that you are really mourning a situation. Something is not working out as you'd hoped, as you'd planned. You just feel that everything has been stacked against you. No matter how hard you try, no matter what you do, what you think, how you feel, how you act, it's just nothing is allowing you to be able to move forward as you would like. So you feel defeated. Therefore you feel sorry for yourself that this experience has happened to you. Maybe it's happened to you numerous times. This is really important, this sadness coming through is there for you to lick your wounds a little bit. You need this time to mourn. When you go for a dream and it doesn't come out. When you put yourself out there and you end up falling down. Take this opportunity to like those wounds, allow yourself to hear the sadness that's trying to come through and the depth of that pain.

I feel that when you are in that sorry for yourself state, you're really able to access the depth, the core of what is really hurting you. Why this is so important is because your empowered self is trying to help you gain more of your internal power. There's a reason why this didn't work out. You're not going to want to hear this, but it's because you need to claim something more within you in order to be able to access what your desire is. As painful as this is the universe is trying to teach you through this experience, so that you gain more certainty about the truth of who you are and all the power that you hold. Which is very hard to hear, I truly understand. What is key for you right now is, is that your small self is defining yourself in a small way based on the circumstance. You not being able to receive what you wanted, is making you feel a sense of lack. You're defining yourself based on that. Your empowered self is saying, that is not the truth of who you are. Use this experience to get very clear about the truth of who you are.

Let me use an example. I had a client who was feeling extremely, extremely sorry for herself. She just created this big production in her hometown and didn't receive the acknowledgement by family, by many friends, and not even financially. She felt so sorry for herself for all the time, energy, and money that she has put towards her dream. It felt that it wasn't being received as she had hoped. So she really had to mourn this. She did the four step process. She identified her feeling, listened to her ego and all the sadness with how much of herself she's put into this. Then she listened to her empowered self, which was there to give her certainty and clarity. Her next job was to step into a leadership role. That she was looking to the external to define her, to affirm her. She was looking for money to affirm her, where she needed to claim that for herself. She needed to see herself as this brilliant play producer and playwright.

If you look to the external you give your power away. So this feeling sorry for yourself, this small self is affirming these beliefs that you have about yourself. These beliefs that you're looking to the external for. Your empowered self is saying, honey if you want to claim that in the external, you've got know it about yourself first. You've got to claim it and act from that place.

Then that will naturally attract other to see that within you. Look for what you were looking to get affirmation from, from the external, from this experience and begin to claim it from within you. Then you will see how your empowered self is guiding you to change the circumstances around, so you feel more empowered from within. Then can claim the life, the fulfillment that you desire.