

Unsupported

If you are feeling unsupported right now, that means that you feel like you're not getting the assistance, the support, the help that you deeply desire and deeply need. You probably feel overwhelmed or alone with this burden. Your empowered self is signaling to you to make some changes, so that you can shift to feeling more supported. The energy that comes through feeling unsupported is tied to sadness. You're sad that you're not receiving that help and assistance. Again, maybe feel alone or overwhelmed, which is making you sad. Then you probably also feel frustration. Frustration that others aren't there for you as you really need and desire. Sadness remember is always to support you to come back in. To get clear about what it is you really need and want. Frustration is there to signal to you to you doing and responding in the same old way, time and time again isn't serving you in this regard. There's a component of gaining clarity, and there's a component of doing thing differently.

What's important about understanding being unsupported, is there is two elements. First you have to energetically be able to make room for someone to support you. You see often those people that feel the most unsupported, you are probably a person who is very independent, able to take on a lot, emotionally strong. When people see that about you, they make the false assumption that you've got it all under control because that's probably what you're projecting out into the world. So can you get clear about why that feels safer to put the projection of everything's cool here, I'm all good, everything's taken care of versus allowing yourself to be more truly seen. Allowing some of your vulnerability. To get there again, what are you trying to protect? What would it be like for people to see more of that vulnerability? Do you have it come from a very core place?

Often times I see couples when I work couples, they get angry at each other and they're spatting things at each other. When really neither of them are feeling supported as they'd truly like. If you're just spatting things off to each other, you're not really saying at the core the meaning that it has within you. How they can be an integral part of that, of fulfilling that need and then vice versa. The other component is doing things differently. What happens is if you're feeling unsupportive that means that your energy is too scattered. Instead of expansive in a way that feels fulfilling to you, and fills you up, it's scattered. This is going to require you to create boundaries. Boundaries of how scattered your, if it's emotionally unsupported you feel, how you don't scatter your energy emotionally so much or give it away. You really hone that in so that it's serving you. You're using your emotions to support you to feel more empowered. Rather than looking for that externally.

Also energy-wise. Is your energy too scattered? Are you doing to many things? Then to have boundaries around that. often times people will say, I wish someone would do this or someone would do that. Buy why would they, if you're doing it? You may say that you want someone to do it, but if you end up doing it anyway... You've got to create boundaries around

that, so that there actually is the energetic space for people to come in. Utilize this sense of being unsupported to support yourself internally, by getting clear. Allowing yourself to understand what feels vulnerable to you, so that it becomes safer for you to share from a core place. Then create boundaries, so that your energy isn't so scattered. So that your energy is refueling you, so that you can give your best out into the world and feel supported doing so.