

Unworthy

If you're feeling unworthy right now, that means you're feeling that you're not deserving of having your needs or wants met. You feel that you're not good enough in some way. That's why you're not worth having your dreams come true, or your desires happen. Feeling unworthy you're in this state of lack. Probably what you are desiring isn't happening, so you're accrediting you not getting what you desire based upon this shame theme. So your shame theme is not being worthy enough. You're taking that to mean that there's something wrong, off, broken about yourself and that's the cause. Your empowered self is using this sense of being unworthy, of this unworthiness to signal to you how you are looking to the external to define you. What often happens when we have a need and a desire, is that we're utilizing something outside of ourselves to heal a wound within ourselves. That wound of not being good enough always makes us strive to try to prove our worth, try to do more so we can show our value. When you are trying to show your value, showing is outside of yourself. So you're looking outside of yourself for someone to then claim and say, yes here's the stamp of worthiness, you've got it.

Because it's such a deep wound within you, you could receive a couple of those stamps. But if one person doesn't give you that stamp of approval or one situation feels like it's denying you that approval, then you just go back to that shame theme of not being enough, not being of value, not being worthy. To address this, your empowered self is trying to support you to see that when you go to the external, you are coming from a place of fear and you're coming from a place of lack. More importantly you will never have your needs met. Even though sometimes those needs come from the external, they must first come from within you. What this is claiming is for you to claim your own sense of worth.

I can use my own self as an example with this. For a long time I struggled with finding my soul mate, being in a loving relationship. There was a while where I felt that I was unworthy, undeserving of finding that love. I would look at all the wrong aspects about me. No wonder and of course because of all those things, that's why I wasn't getting my desires met. There was something intrinsically wrong about me. What completely turned that around, is when I started to see and claim with certainty for myself, how loveable I am and was at the time. Really be able to claim and feel that. To recognize that searching from the external, only causes more pain. We're being called to come within. To look at those shameful parts that we are judging against ourselves and instead to work with them, incorporate them. Despite and because of them, that we see our gifts, we our uniqueness. We celebrate ourselves.

So this is intense work. I really encourage you to go back into the Feel Every Emotion Is Love book. Look into the chapter about ego and shame themes. Really work at it at a core level. Because if you're feeling this sense of unworthiness, what you need to know is your sense of worth is coming from fear. Your empowered self is asking you to claim if from love. Do this

inner work so you are able to know with certainty how truly worthy you are of everything that you hold within your heart.