

Violated

If you feel violated, that means something happened to you that should have never, ever happened. If you are just now experiencing something that feels extremely violating to you, I want you to seek support now. Go get support. You should not have to deal with this alone. Now, if you are trying work through feeling violated in the past, what I want to recognize is that your ego is trying to define you based on this violation. It's trying to put blame towards you, and it's trying to judge you based on the violation, this experience. That is not your truth. What your empowered self is trying to guide you through with this, is to give voice to that part of you that's been hurt, because that's what happened. No matter what happened, no matter how much you think you were or weren't involved, that's all the ego. You never, ever asked to be violated.

So that hurt part of you, needs to be given a voice. As you give voice to that hurt part, that's how you begin to regain your strength. That's how you begin to reclaim the truth of who you are. You gain certainty in who you are. You are not what your ego is making you out to be based on this violation. You are not. So your essence wants you to use this experience to get very clear. That that is not the truth of who you are, that's something that happened to you. As you give voice to this, that's how you regain your strength, your certainty, your truth. Then you can regain your power from love. Having love and compassion for someone who has survived and worked through a violation, enough to know with clarity, who you truly are from deep within.