

Vulnerable

If you are feeling vulnerable right now, that means that you feel too overly exposed. You feel shamed for what has been revealed and you wanted this part of you to remain hidden. This of course is the clear alert coming from your empowered self, saying this is exactly the part of you that you need to attend to. This is the part of you that is begging for acceptance through this signal of vulnerability. Your ego is shaming this part of you, which is why it doesn't want you to show this part of you. So it's really important for you to understand the shame theme that you are carrying. What it means to your ego to have this part of you exposed. Then ask your empowered self how this part of you serves you. How this part of you gives you uniqueness, is a part of your gifts, is a part of who you are. Because whatever is a little too sensitive to our touch, that is the calling that is saying that it's too distant from us and we need to bring it in closer. You need to bring it love and acceptance. Honor this part of you. Your empowered self is using this signal, so that you can recognize this is a part of you which is actually going to make you feel more powerful, make you feel more strong. That is where your self-confidence will come from. The more that you can own, and honor, and laugh at, and celebrate every aspect of who you are.

If you are feeling vulnerable too much, too often; this means that you are sharing so much of yourself so fast, in the hopes of others will do the job of self-approval for you. You're just sharing it and putting it all out on the line, hoping that they'll say, who cares you're great, or that's okay everyone has this. You're trying to get that approval met outside of you. The only way that you're going to feel truly empowered, truly self-confident, and really honoring all aspects of you, is if you give yourself that sense of approval. So use this vulnerability to acknowledge more of you. The more you're able to acknowledge all aspects of yourself, the more you're able to fully share yourself and freely share yourself. That's when true intimacy is created. So utilize this opportunity. That is what vulnerability really is, it's an opportunity to get real with yourself so you can be more real with others. Have those real connections that your heart and your essence truly want to create in your life.