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Freedom or slavery??

Have you been seeking admiration from others?

Have you been seeking approval from others to feel confident?

Have you felt rejected when people have not bothered to acknowledge or appreciate your work or not responded to you how you had expected?

Do you know you have been pleasing people you love to seek appreciation and no rejection?

If any of the above question rings the bell, you are at right place and right time to get yourself free. Right from our childhood we are conditioned and programmed for right and wrong what our parents, teachers and elders have thought to be. Many a times what we wanted to do, is not right to our elders and we were been stopped to do that. The impression we

carried was, we are not wanted, we are not considered, we are not respected, we are not loved.... We grew up with those feelings with a deep wound or sense of rejection or sense of withdrawal or sense of unwanted....but, you always wanted your loved ones and always want them to love you, and you were young, so you started compromising, started fulfilling expectation, turned and twisted yourself, contracted and diminished your personality, just to adjust and seek to get admiration, love and respect. And guess what, you became a fearful person, kept yourself on constant guards, wearing all defensive masks or some disintegrated masks which always is different from your true self. This happened because when you wanted to do, you were labeled wrong and that made you depend on others and uncertain, fearful. This leads to poor determination, lack of confidence, lack of self esteem. This in turn made you more poisoned, by doing things which was always looking for admiration and approval of others to feel good. And the vicious circle of you getting into this spiral loop was so strong that you got comfortable to be like that and inspite of you grew up and felt victimized and abused in certain relationships, you still chose and allowed yourself to remain in the darkness.

So when are you going to be alert and aware to respect your own self? Admire your own self? Approve your own actions and pat your own back? When are you going to stop seeking admiration from others and disrespecting your own self? Is it now? Is it today? are you waiting for good time?

***With Divine Guidance for your best life
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