

Abandonment = You have left yourself = Come back to yourself. Retrieve all soul fragments, bring all your loyalty back to your core.

Arrogance = An inability to locate and USE your own gifts. A feeling of insecurity, locate your essence and know that is enough. Hold personal responsibility. It is an opportunity to master humility and or compassion.

Control of others = Control yourself. Let go of holding other people's responsibilities. Bring all control mechanisms back to your core. Do not take responsibility for others.

Fear = Faith, Trust, Love, Self control. Hold your safety deep in your core.

Anger = We use anger as way of holding a boundary. Use your energetic fields to hold appropriate boundaries so you do not have to use your emotions to do this. Do not fix other people's pieces.

Irritability = A boundary was crossed, not held, or respected, honor your own psychic space so that others can honor it as well. Hold sacred space for yourself. Take psychic space.

Betrayal = You betrayed yourself. Commit deeply to yourself. Be honest with yourself. Honor and meet your own needs.

Jealousy = An inability to recognize your own gifts. Appreciate yourself and be loyal to yourself. You are attempting to master self-confidence.

Disrespect = Respect yourself.

Hopelessness = Hope, bring and hold your hope for yourself, not others.

Victim = You're attempting to master empowerment.

Judgment = Open your heart to yourself. Accept yourself and be compassionate with yourself so you have the capacity to be that way with others.

Empathically Reactive = Do not hold responsibility for other people's pieces. Relay all appropriate information to their higher self from yours. Open your heart and have compassion for the person. You just "walked a mile in their shoes".

Fear of Loss = Trust that the Universe is bringing to you your greatest happiness. Have faith. Connect more deeply into yourself. Bond with your own essence.

Resentment = Gratitude, Honor your own boundaries.

Shame = Self respect. Self worth. Self love.

Confusion = Clarity, Bring your reference points back onto your own line. See thru your own eyes, not someone else's'. Send the question up to your Higher Self.

Worry = We use worry to control outside energies, Move into self control.

Guilt = We use guilt as a way to control others. We can also use guilt as a mechanism for motivating ourselves to "do what is right". The solution is to lift all control off everyone and back into your core.

Hatred = Love, Self Love

Feeling Lost = Being directed, in right timing, and connected to your higher self. Let your higher self guide you.

Procrastination = Right timing, appropriate grids; send it up to the higher dimensions to get it worked on. Fear of Success or Failure, Be in the present moment.

Anxiety = Inability to control yourself, Not in the present moment. Fear of the unknown. Be in the present moment. Bring your trust back into your core. Bring your control back to your core.

Entitlement = Using your gifts for others not yourself, Fear of Failure. Support yourself instead of expecting others to support you.

Lonely = Connect deeply with your Essence, your higher self, your team, and your spiritual family.

Wanting to be liked and accepted - Move into self-love, accept yourself.

Feeling Unsettled and Stressed = Come into the present moment. Move into self-control. Bring all your awareness back into the present breath of now and all your control chips back onto your divine line.

Not Feeling Safe = Lift your safety off everyone and everything and hold safety for yourself.

Not Feeling Appreciated = Appreciate yourself.

Lack of Self Worth = Bring all your reference points for yourself worth back onto your own line.

Addictions = Move into self-control and personal responsibility. Acknowledge the desire, do not respond.

Worried about what others are thinking of you = Be in your own truth and do not trespass or try to control what others think of you. Be in integrity with all your actions, do what you feel is right, be in your own truth and let others hold the truth they need to for their own journey. Fix your own pieces, not others.