



We're not perfect. We're far from perfect. **We're human.**

When we **shore up our back door** and we look at the shadow, part of what that is all about is **loving our humanness.**

I recently did a live video, and I'm going to go back on Facebook in a minute and talk about it 'cause it was such **a beautiful gift.** But my camera went sideways, and I don't know why I couldn't fix it.

We're really just beautiful human imperfect beings. Every day we get to make better choices or different choices. If something we've chosen in the past isn't feeling good, we get to make a different choice today.

I could have removed the video. People are going to think whatever they might think—who knows. They might say, “That's not professional.” Whatever **story** I could have told myself around it, but I chose not to remove it.

I chose to write a piece that said, “I'm going to leave the sideways video up because **I want you to have the information** in the video. And **it helps my human let go of being perfect.**”

Because the **truth** is, we're really just **beautiful human imperfect beings.** Every day we get to make **better choices** or different choices. If something we've chosen in the past isn't feeling good, we get to make **a different choice** today.

I just wanted to bring that out and **share** with you what ways you can **fully love the shadow part of you.**





We're so good at **celebrating the wins** in our life, but how do we really **celebrate** when we mess up, when things don't go right, or when it's not perfect? How do we **really love** that **imperfect part of ourselves**?

Was it **comfortable** to have that video up? No, **my human** wanted to rip it down. It wasn't comfortable, but **it was necessary** because it wasn't comfortable.

If it wasn't an issue for me and I didn't **care**, I would have taken it down, but because the narcissist in my life had accessed me through ways of saying, "You're not good enough," that was my program. I was always **trying to be good enough**, so I would go out of my way to do things that **I felt were right**, to **say the right thing**, or to **say it in the right way**.

"The narcissist is more sick than you are smart." When you can really understand that, really integrate that at a cellular level, you'll know not to play with them. You just get out of the way.

With narcissists, there are **so many layers** to them, and there are so many ways that they **operate** in the world.

I was up against somebody who's very book smart. Let's just say **street smarts and book smarts are different**. This person's very book smart.

What I learned in coming up against that **energy** is the attack is **more sophisticated**. It's still an attack. But because they understand from a **different angle or perspective**, their attack is more sophisticated in how they operate in the world.



They really know how to show up on a **grand stage**, and they could sell ice to an Eskimo. That's how **creative** they can be in their manipulation. It's just the nature of who that person is. So, it's



understanding the various levels that narcissists operate in.

I'll always say, and this I got from Dr. Christiane Northrup on her Empath Energy Vampire Workshop that she did. She interviewed somebody who was also bringing in another aspect to **understanding narcissistic personality disorder**. There was a **beautiful quote** that was said that **I just love sharing**. It was about really recognizing her on the grand stage, going up against it in her own life.

She said, "**The narcissist is more sick than you are smart.**" When you can really understand that, really **integrate that at a cellular level**, you'll know not to play with them. You just get out of the way.

It's not worth it to you. Because **your energy body, your joy, your happiness, and your side of the street is all that matters**.

If a narcissist has come into your life or toxic relationships have presented themselves to you, see them as a gift. Know that they're there to serve you in owning the fullness and truth of Who You Are.

If this person has come into your life or these relationships have presented themselves to you, see them as **a gift**. Know that they're there to serve you in **owning the fullness and truth of Who You Are**.

They shine a light on the cracks within ourselves, so that we could fill it with **our own gold**, so that we could be those **Divine Humans** loving our shadow and our light.

I wish you all a **magical day**. Talk soon. Bye for now.