

Article on Unworthiness
Interview with Mirabai Devi
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What are the feelings I will experience if I have low Self-Worth?

Not feeling good about oneself, not feeling valuable, wanted, appreciated and sometimes not feeling seen or loved. Worthiness can translate as a sense of lack within oneself. Feeling not equal to others, guilt, shame, feelings of being overly responsible for other people's actions, not feeling loved, and feeling less or not good enough and unappreciated.

We hear different ways to describe low self-worth or unworthiness. How would you describe it from the soul's perspective?

From the soul's perspective the ego is in an extreme level of separation where it's separated from the Divine Source and it's Divine Source of Self. It's made us forget Who we Are. It's an extreme sense of alienation and invalidation of the small Self.

How does this all fit within our belief structures?

Let's look at our soul's evolution through a five-tiered belief system, much like a hand with our five fingers:

First you have the thumb and let's call that *Separation*. The negative ego says: "I am separate from God, from myself, from others, and from everything." This separation is the dividing wall between us and God.

The fore-finger is *Unworthiness*. And our negative ego says, "because I am separate then I must be unworthy." We incarnate each lifetime with this set of belief systems that come from the divided aspect of the ego which dwells in lack and separation from God, our Divine Self and our Source.

The middle finger is *Undeserving*. The negative ego says, "if I'm unworthy, I must not deserve it. I'm not enough, not deserving of abundance and all

goodness.” This takes us into a greater state of separation and we become more deeply stuck in lack. We attract what we believe and as we go along our way if we don’t change the belief structure of not being good enough, we will simply attract more of the same.

The fourth finger is *Self-denial*. The negative ego says, “I’m not deserving, not even deserving of God (our very own Nature, Essence and Self).” We deny our very value of our own existence. We deny our own needs. We deny our own feelings. We don’t feel as if we deserve to be living.

The fifth finger is *Unable to Receive*. The negative ego says, “If I do not deserve to be living, then I cannot receive because I don’t deserve to receive.” We now are shut down to all goodness.

If we shut down all goodness and we believe that we are unlovable and unworthy, then we are closed to our Source of love within. And if we are closed to our Source of Love within and we feel unlovable and unworthy, then no matter how much people love us or how many people love us from outside. It becomes a bottomless unending cycle of pain and fulfillment.

We are then unable to see any goodness outside of us and nothing is acceptable no matter what we do. We are not open to accept what is coming to us from outside, whether it’s to help open us to grow, to help improve ourselves. It gets so extreme that even the angels cannot help unless we invite them in to help.

How can I release these feelings of unworthiness?

Recognize that the feelings come from a very deep infrastructure that is crafted ingeniously by the ego to create a powerful mechanism that will keep us in separation until we figure out that the ego is powerless to change itself. Change can only come from a greater source, in this case by invoking and inviting help from the Divine.

The Divine is Life itself, the Divine is in Everything, it is both the Creator and the Form. It is through the relationship between the ego and the Creator, the Light, that the ego goes through its dissolution process. The Light will break down over time all of that which is not of Itself, ie: human

insecurities, weaknesses, illusion, lies and deception, and the powerful mask of separation.

In order to release these feelings, we also need to be open to surrender the ego and all its layers to the Divine Self. We do this by offering it up, by being willing to not identify with the negative ego, and recognize that it's not the truth of Who We Are. Remember we have free will choice and we use our free will to choose to surrender. When we surrender to the Divine Self, we enter into a training period where the Divine will take us beyond our limited belief structure about ourselves, of who we think we are, into a far greater version of ourselves than we could ever have imagined possible.

The training is about how the ego learns to step out of the way and we learn to recognize that what these feelings of unworthiness are about is no more than a construct of intricate mechanisms that need to be deconstructed. This is a large part of the reason that we cycle through and live through many different incarnations. It's so that we can learn through our many different relationships and experiences.

Why do we always attract people into our lives that make us feel unworthy?

Our individual and the collective egoic belief systems precede the relationships and experiences that reflect back to us. Our relationships and experiences will always reflect back to us what we inherently believe about ourselves. We will continue to relive and replay the same situations but changing the different actors, again and again until we awaken and get the lessons.

Can low self-worth be passed down through lineages?

Not only can it be passed down, but it's inevitable until we break the generational cycle of that structure. This takes concentrated effort and work on your part.

Affirmations and self-help books help for a while but don't seem to get to the core. Why is that? How do I work on myself other than surrender? What do I do?

This will require discipline. Witness each time your beliefs and thoughts drift into lack or not feeling worthy, don't buy into it any longer. Start practicing affirmations, I am worthy. I am lovable. I accept myself as I am. I am good enough. When you look into the mirror each day, look into your eyes and tell yourself that you love yourself.

Using a daily mantra on unworthiness will also help to release these feelings. Mantras, forgiveness prayers and affirmations will help you by raising your vibrational frequency above the ego and its deception / illusion. By practicing these you will begin to vibrate positive Divine frequencies to yourself and others.

We include a forgiveness prayer this month for generational forgiveness and a prayer to dismantle unworthiness.

We also have a very special and valuable Light transmission this month to begin to dissolve feelings of unworthiness. As you practice this Light transmission, it will begin over time to dismantle the resistance and feelings of unworthiness.