



Session 16 – Imposters Syndrome

The imposter's syndrome is something that I've heard about from so many different people saying that they really don't feel they have the right to do what they're doing or they don't feel comfortable or in the right place, and they don't feel that they actually deserve that. And that is something that almost hits every human being at some time in their life. You don't feel that you're the real thing.

The strange thing is now we're talking about this observing is that you might start to see that the imposter syndrome is actually the fear of the human being becoming so great. When you start to make the right effort all the time and gain all of this progress. It sometimes even feels uncomfortable because does the human really deserve that?

Well, yes, of course you do, because you're not only human, you have this huge spirit, this greatness inside of you that we keep talking about. And so many people say 'but', they feel, you know, a little bit uncomfortable. If I say that, you may be exaggerating. No, no. It's the trust and the belief that we are allowed to be as great and as shining and as light as we allow spirit to let us be. And when we start opening our hearts to this, they sometimes sort of close up and then we feel like an imposter again and we start getting uncomfortable. Because it might be not noble or very arrogant to think that we are deserving all of this wonderful stuff and things are going really well. And I've especially heard this from people who excel, if I'm honest. Very often people who excel in something can hardly believe that they're doing it. And they keep thinking that any moment it's going to stop and they're going to lose it. And that's, of course, again, the fear of the human.

This is when you have to trust yourself that you are okay and you are definitely not an imposter. And also to, with the love of your heart, recognized when other people feel like an imposter and see if there's anything that you can do to help them feel at ease with themselves. So we've got the 'dis-ease' and the 'at ease'. And to feel at ease with yourself is only when you're in contact with your high self as soon as you sort of take the plug out, suddenly you're an impostor because you're just this little human being trying to show up and do their best use. You see the different you're like I'm not, I'm not an imposter. Well, just that whole behavior, you can see it. It's so uncomfortable.

When you're centered and you observe your energy again and you bring yourself back into the now and you feel the joy of the moment. Well, how can you be an imposter then? It's not possible. But when you're trying to make yourself fit in in the company that you're at because you want to be like them or do what they're doing, well, that that's an imposter's behaviour, you don't need to do that. You are greater than that.

All you need to do is to be your best self, which you're training every day for half an hour. So you're very close to that. You're observing that. And when you start to feel uncomfortable, go back to the way that you're meditating, the way that you've chosen, and it only takes a second. You don't have to stay. You don't have to get up. You know, it's just like, oh, I'm being a little bit uncomfortable. Feel

the muscles, relax, feel the facial expression and say to yourself, I'm not an imposter, I'm great. People don't like saying that. They don't like saying I'm great. We'll practice it. You know, remember, I've got this one 'utter greatness'. I'm allowed to be utterly great. Doesn't mean I'm better than anybody else, but I am doing my best to be utterly great. It's good fun, you know, and it doesn't make me an imposter. It means that I'm trying to open my heart and the skills that I've got as a human. Now you've got your skills. You've got your greatness. You find them, you embrace them and never do you let yourself feel as an imposter because you are doing the work.

Go back to the love for yourself and relax into the moment and that will take away the imposter syndrome because you deserve everything. I'll say that again. You deserve everything. And when you create that energy, you're going to want to give it to other people as well. It's not egocentric, it's not selfish, it's not wanting to have more than other people. But when you can use your talents to your highest ability, you will be creating great success and of course, from that joy, you'll want to share that success.

For one more time, you deserve everything.