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Ishtara - Worthiness as a Key to Living the Life of Your Dreams

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Greetings, great beings of light. My name is Ishtara.

The energy of worthiness and your inherent worthiness. Is an essential one to know and understand and literally learn to work with. You want to learn to work with it consciously, intentionally, and consistently and it really is one of the biggest things you can do to create a change of transformation in your life.

As many of you may be aware. It's easy to feel unworthy and ways that you can see unworthiness is feeling not good enough, not skilled enough, not having the right inherent talents and gifts, or that other people can do it better than you, or if you are successful, then you're taking away from other people's success. All of these are examples of ways that one can feel unworthy. And really unworthiness is a chronic condition, if you will, in the consciousness of the planet at this time. It's very subtle and very hard to notice until you open up to what it is.

But worthiness is very, very important for you to manifest the life that you desire to be able to feel like you're on track, on purpose, and fulfilling, what you'd like to be fulfilling in this lifetime. So that you can live a life that feels satisfactory, happy, abundant in all the ways life can be abandoned, that you can feel on track and on purpose, and do it with greater ease than you've ever thought possible. Worthiness is a key component.

For the truth is that if you don't feel worthy of something, whether it's a conscious sense of unworthiness or a subconscious one, you won't manifest it. And this isn't here to make it sound terrible and negative. Oh, my goodness. If I have subconscious feelings of unworthiness, I'm never going to be able to manifest the life and the desires and the experiences that I'm here to embody. The truth is, as soon as you become aware, then you know you have something you can work with, whether it's conscious or subconscious. If you're working it on a conscious level, it will begin to work with the subconscious programs of unworthiness as well.

For, you've had a long history on this planet and in your incarnational cycles of feeling unworthy, so you want to undo them, you want to be in a place of releasing those old thought forms, those old beliefs, those energetic patterns that aren't serving you. You're here to create a life that is boundless, where you really live into the experience and the embodiment of yourself as a lively, enlivened, creative manifestor. So you want to break the shackles of unworthiness.



So now let's talk about how to do this, because it's easy to bring your awareness to opening up that you need to feel worthy. But how do you do it? How do you get there? Because the rest of it is just talking. We want to be able to do and embody worthiness.

So here are some important steps that you can do to begin to change the energy of worthiness in your life in order to do this. Let's just talk about how worthiness is generally perceived in your dimension right now. Generally speaking, worthiness comes once you've accomplished something. You are worthy to receive because you've done things in a certain way, you've accomplished goals, you've learned things, whatever it might be, that you have done something first and now you are worthy to receive. It requires aligned action and then you are bestowed the energy of worthy.

Now we're going to turn the tables on this, which is what always happens. Is the idea is, let's work it completely backwards and this is how you create the change. Begin to be aware that if you have source energy flowing through you all the time, you are inherently worthy, period.

You are worthy because you are, you are worthy because you are part of the totality. You are worthy of all your desires, because those desires are unique to you, and those desires would not be there if they were not in your infinite field of possibilities. So understanding that your desires are showing you what you already are worthy of being, doing and experiencing.

So the easiest way that you can begin to work with the energy of embodied worthiness that is not determined by things you've done to earn worthiness, is to begin to affirm to yourself that you are worthy. "I am worthy."

And there's a period at the end of that sentence, I am worthy. Period. I'm it's not that you're worthy because you did certain things, or you've accomplished certain goals, or you've responded to somebody in a particular way. You are worthy because you are try that out for yourself. I am worthy! And just allow that the energy of those words to begin to penetrate into your energetic field. I am worthy!

And another way to work with this is I am worthy because I am. I am worthy because I am. Feel yourself being bathed in the energy of those words, I am worthy. And I am worthy because I am. It's an unconditional worthiness. And as you begin to work with these affirmational, statements of "I am worthy", "I am worthy because I am", "I am worthy of my desires."

What you begin to do is bring that new energetic pattern that's represented, in those words, into your energy field, into your thoughts, into your awareness, and over time they begin dissolving the conscious and subconscious patterns of inherently feeling unworthy.

You don't have to go back to all the experiences, whether they were earlier in this lifetime, or in some other incarnation or time space dimension, where you had an experience of unworthiness



and heal that. You can begin to heal it by bringing in the energy and the awareness that you are inherently worthy because you are because you have source energy flowing through you just as every other incarnated being does. And begin to feel as you use these affirmational statements, it's like a mantra. Say it over and over and over again to yourself as you move through your day.

Notice how you begin to feel differently about yourself, and about the world around you, the way you would respond to anything that might be happening in your life from the place of I'm inherently worthy. Now, another way that you can play with the energy of worthiness, that's quite fun is this. Whenever you're needing to make a choice, needing to decide something, and this could be very simple about something you need to do in the day, maybe something you do every day, like choosing what food you're going to eat for the day.

It could be a very simple decision that you're making every day, or it could be a bigger decision, such as should I take this job offer or is it now time to move from where I'm living to a different place? It doesn't matter what decision you're making, large or small in your life. What you can begin to do is make that decision from the place of already feeling worthy, and here's how you do it.

If I am a worthy being. What will I be eating for breakfast or for lunch? If I'm a worthy being, what feels like the right decision to make. Now there's that if in the beginning of that, that makes it sound like it's doubtful.

It's not doubtful, but it just works with your mind in a particular way from the assumption that you are worthy. Another way you could work that same type of question is "Being a worthy person, what would I be doing to eat this particular food or do today, or resolve this decision that I have in front of me?"

The idea is that you are constantly bringing in the awareness that you already are worthy in everything that you do, large or small, because worthiness is an energy that flows through literally everything that you do, think, every way that you are, every way that you move your body, every interaction. The way you perceive the world can be imbued with the energy of inherent worthiness.

You are a worthy being. You are worthy of connecting with and embodying the wisdom and the flow, as an integral part of source energy. You are worthy of successfully, triumphantly manifesting your desires.

So play in this energy of worthiness, really allow yourself to deeply immerse yourself and feeling inherently worthy. Because you are. Because you are. A great being of light.

I'm with you now and always. My name is Ishtara.