



Please Tell Me I Am Worthy

How the Need For Approval Prevents the Awakening of Love, Freedom and Joy

There is a great yearning within the heart of each and every human being to connect deeply, openly and freely; to experience the great mystery of total communion called Love. This unity can be experienced with an individual, a family, all of humanity, nature or the entirety of Life itself. This is the Ultimate Reality of One Self.

The supreme miracle of human life is that we have the ability to *consciously* experience the Universal Flow of Life. The total vibrancy, beauty and oneness of Life can be realized to be our true Self. We are deeply drawn, compelled even, to experience this profoundly satisfying unity called Love.

True Love is literally already present. Love is yearning for its Divine Reunion with you even more than you desire Love. The only barrier is within you, not in any power or

condition outside of you. However, because we live in an externally oriented society in an externally oriented age of human evolution, most choose to go along with the mad and sorrowful crowd that tries to satisfy this deep yearning for Love and Wholeness through *external validation*. Trying to obtain love and approval from outside sources is extraordinarily painful, hollow and shallow. Due to its fleeting and counterfeit nature, the high of approval becomes an addiction. Like all addictions, it is an attempt to find the majesty of God's Love in a paltry and meaningless facsimile.

Relinquishing and Reclamation: It Is a Choice

Wanting validation and approval has been referred to as “the disease to please” but this doesn't tell us much about its origins nor describes the process of what is actually happening. Here is a simple-to-understand definition: Needing approval is the result of giving away one's sense of worth to someone else (or religion, society, etc.), then trying to get them to fill that void. It is an attempt to regain the sense of worth that you originally gave away. However, since external validation has no real substance, not only does it not work, but it actually intensifies the sense of inner lack.

You, and only you, have the power to give away your inherent worth. Therefore, you and only you have the power to reclaim it! The willingness to face that original decision, places you at the threshold of that Reunion.

Seeing the Charade and Choosing Anew

The programming to give away your Love and Power, as well as refusing to see that this is happening, is very deeply ingrained. It is pervasive throughout every culture and society on this planet. Therefore, you must choose to see this truth again and again (and again)! Every time you observe yourself placing that power in another's hands, the grip of that possession is loosened. Seeing this with persistent and ruthless honesty will free you from this exasperating addiction. Total Seeing is total freedom.

The thrill of approval is the result of *already* having given away your power. In other words, it is an unconscious charade of giving something away in order to feel the thrill of getting it back. It is hard to see the charade because virtually everyone is doing it. We are purposely starving ourselves so that we can feel the gratification of satiation. We are wealthy pretending to be poor so that we can enjoy the “discovery” of money stuffed under our own mattress (the Love and Worth in our own heart).

It is a painful, conflict ridden and meaningless game that almost everyone is playing. It

is a meaningless game of hide-and-seek. If you really want Love, you have to be willing to end all of this game playing. Maybe the first step is to admit that you prefer the excitement of the charade over True Love. Awareness of the Truth will always lead to Liberation.

Who Cares?

Who is the one who craves approval and is terrified of judgment? Is it the real you? Does your body need approval to be healthy? Are the cells and organs of your body harmed by being criticized? Perhaps the stress of it may be harmful, but the stress is caused by choosing to value it. If it is not viewed as important, it is not stressful.

Your Soul – the energy and consciousness of *real* life is not diminished by judgment. It doesn't need validation, for it is fully supported by the Divine. It doesn't care about approval unless the hollowness of it leads you back home to inner love and wholeness.

Fear of judgment and the need to please are both based on the egoic fear of lack. Since the ego's very existence is dependent on fear and lack, the ego gleefully invests in this painful charade in order to perpetuate its existence. It wants to keep this vicious addictive cycle going into perpetuity. Its reign of terror will end when you merge with your innate worth and wholeness. Keep asking yourself “Who Cares?” and actually see that the one who loves approval and fears judgment is a paper doll with no inherent value and, more importantly, no inherent reality. It is the empty imaginary false self – a delusion that only generates more delusion.

The Energetics of Approval Addiction

On a purely energetic level, the intention to please is draining, deadening and contracts the experience of life to a very narrow, shallow and one dimensional level. Energy, attention and value follows intention. When intention goes to pleasing others, that is where energy and life purpose flows. If we are energy sensitive we can actually feel the power draining out of us when we crave another's approval (or try to avoid their disapproval).

It is a vicious cycle of feeling unworthy and *trying to fill that void in a way that further depletes that sense of power and worth*. This is what makes it seem insurmountable and the reason why we so often give up and return to the approval addiction.

Scary, Dangerous and Depressing

Wanting approval is an intention to control another's response. You want them to reassure you or, at the very least, not to judge you. This creates fear because another's response is totally out of your control. The desire for control, creates the feeling of being out of control. The more you desire control and approval, the more out of control and anxious you feel. The fear runs deep because it is the fear of losing your very identity and worth.

This way of life automatically transforms the world into a scary and dangerous place because your very existence is dependent on how others perceive you. On the surface you may be all smiles and gracious, but under the surface there is a desperate maneuvering for your very survival. This repressed fear results in deep seated anxiety and hidden resentment. It often causes unexpected bouts of rage and depression which seem to have no known cause. The desire for human contact has along with it a conflicting fear or dislike of people. People pleasing and aversion to people are two sides of the same coin.

When we *need* others to like us in order to feel safe, relationships become a desperate and often sophisticated attempt to *control* the other's inner state. In other words, we need them to be happy and like us in order for *us* to be happy and like ourselves. Relationships then become primarily a source of validation and reassurance, an arena where subtle manipulation and bartering of compliments become the norm.

Honest sharing, a Soul to Soul connection, and real love are *impossible* when the primary intention is to appease, please, gain approval or avoid judgment. How can there be love when there a great need to GET something from the other to fill a void. On the surface we might say we value love and honesty, but that is stated primarily to get approval! The truth is that it is all about CONTROL – to get what we desperately want.

What Does It Mean to Be Good?

Many “spiritual”, “moral” and “good” people, that is, those who are attached to that *self-image*, are really concerned about controlling others. *Otherwise, they wouldn't be so concerned about what others think of them.* Comparison, competition, shame, envy, judgment and feeling inferior or superior are all off-springs of trying to get *innate* worth externally.

Self-Worth Is Self-Authority

One who craves validation is obsessed with external authority. Having given away your power, you want something external to fill that void. Ironically, the more you value external authority, the more you affirm the lie that you are lacking. Religion, governments, educational systems, media, advertising, addiction, celebrity, status and deception, all rely on this relinquishing of power. While these systems thrive on your assumption of inner lack and seek to perpetuate it, *only you* can reclaim what you have given away. In other words, *you* are the real source of deception. Self-Authority, Love, Peace and Happiness are all intricately linked – and they all could be said to be synonymous.

Coming Home to Authentic Self-Worth

How do we extricate ourselves from such an well-established way of life (actually non-life)? *First, be willing to see that it is happening. Next, own the fact that it is a choice. You and only you decides what you value. Both of these steps must be done persistently and consistently with earnest dedication. Only then does a deeply ingrained delusion begin to evaporate.*

See and feel clearly and fully, without turning away, the tremendous cost you are incurring through living a life centered on needing validation and fearing disapproval. Be honest – see how much anxiety and grief this causes. Let this clear seeing ignite a passion *to be free of it!* Imagine how much more inner peace, energy and self-confidence you would have without your energy being dedicated to a worthless goal – a goal that leads to feeling unworthy. Now the energy can be used to *truly* help others, rather than serving your own sense of lack. How much more *open* you will be – to Life, to Love, to others, without the fear of judgment!

That deep yearning to openly share a consciously awake Unity with another human being (and All of Life) becomes entirely possible when your intentions are reclaimed and recalled from being placed on others and are realigned with the Truth of your innate Worth, Love and Power within.

Love Beholding Itself

Actually, deep and profound inner Love is not only possible, but IS the living Reality when your intentions align with Universal Intentions of Unity, Oneness and Intimacy. Here, “intimacy” does not mean closeness or familiarity, but rather, it means living with

such absolute *openness*, that boundaries dissolve into a ever-existing Oneness.

This Joyful Openness can be seen in the sun shining fully and equally on all forms of life. It can be seen in the flower's openness to the sun's nourishing rays as well as its openness to the bee who comes for its pollen. All of Nature can be seen as a totally open and intimate expression of Love. Through externally oriented eyes, it all looks like a complex series of give and take business-like transactions – the way science tends to see Nature. But for those who see with the Inner Eye (the Real “I”), all is experienced as the Loving Dance of BLISS (“Blessings of Light Intentions Sourced in Spirit”). Who would not want to open completely to That?

When we *consciously* and *openly* awaken to Unity, that is Love. When that awakening is consciously *reflected* back to us, that is the blissful miracle of *Life Beholding Itself*. This is as yet a relatively rare occurrence, but it is happening more and more. What are your intentions?

If you want to continue the journey Home, free of the great saboteur of Love and inner Peace, I highly recommend printing out this article for rereading as a reminder to actively engage in the practice of clear seeing mentioned above. Also, the following audiobook includes further confirmation of your inherent Worth and Love as well as detailed, practical and effective steps to realize this Truth.

I Need Your Love, Is That True? by Byron Katie

<https://www.audible.com/pd/I-Need-Your-Love-Is-That-True-Audiobook/B002VACGPY>