

Own Your Story Assholes and all!

2 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=I9DCQSD3RXA](https://www.youtube.com/watch?v=I9DCQSD3RXA)
<https://www.youtube.com/watch?v=I9DcQsd3rXA>

SUMMARY

Owning your life story, including its imperfections and challenges, is essential for personal growth and liberation. Embracing the chaos, pain, and difficult people as part of the human experience allows you to move beyond victimhood and transform your narrative into one of empowerment.

- *Accept that life is inherently messy and imperfect.*
- *Difficult experiences and people are not punishments but part of being human.*
- *Reject the notion that you attract pain due to personal flaws or past mistakes.*
- *Shift from victim mentality to ownership of your story.*
- *Acknowledge that everyone has flaws, including yourself.*
- *Embrace the lessons learned from challenging experiences and individuals.*
- *Your story, with all its ups and downs, can lead to personal liberation.*

Speaker 1: One of the most powerful things you can do in your life is to own your story. All of it. Not just the trophies and the glossy highlights, but the cracks, the chaos, the shame, and the assholes. Because guess what? There is no life without cracks. There is no path without pain, and certainly no life without the assholes. This idea that there is some divine man in the sky sending you, only you difficult people because of your bad luck or, or because you were bad in a past life, that is not truth.

Speaker 1: That is oppression. You are not being punished. You are being human. Living a very human life. Real, gritty and yes, gut wrenching, inherently, horrifically, vividly imperfect. That's life. The truth is, you didn't attract pain because you're broken. You attracted it because you are alive. And until you accept the human mess of it all, you keep asking the wrong questions. And why did this happen to me? Why did I meet that asshole? Why were my parents like that?

Speaker 1: And those whys, they keep you stuck in victimhood, stuck in ego, stuck believing that somehow you are better than all the crap. You are above the crap, my friends. You are not. None of us are. No one is so divine, so amazing, so pure that they don't deserve an an parent, an asshole partner, even an asshole child. And truth be told, sometimes you are the asshole. The real power lies in this. To stand in front of the rubble, to look straight in the mirror and say, this happened.

Speaker 1: This is my life and I will alchemize every piece of it. This is what I did. This is what I teach. And I've had my share of amazing teachers in the form of assholes. That's what I want for every one of you. Because this is your story, not your shame. It's your story. And the moment you begin to own it, you alchemize it. And here is where your liberation lies.