

Adoption

If you were adopted, you may carry a deeper energy of being rejected and abandoned. Even if your adopted parents were loving and you bonded with them emotionally, the original event of your life was traumatic at a core level as your parents were unable to care for you in the way you needed. This clearing will free you up from any undue shame you may carry from this original event so you can feel the deep love you have for yourself and see the bigger picture of your life working out perfectly for your growth and learning.

Releasing... Feeling Isolated / alone / lonely. Nobody wants me. Holding on as I feel like I am losing control. Can't cope / stubborn / vulnerable. No space for me. Shut down / unloved / unwanted / separate. I am different. Things will never go right for me.

Letting go of... Kicked out. Thrown away. Alone / rejected / unworthy. I am on my own.

Releasing the feelings of... Sad / deep grief / depressed. No one there for me / angry / rage. Never, ever good enough. No home. Feel different from the rest of my family. Different set of rules. Running from my feelings. Shutting down myself. Needing to control so I am not abandoned again. Let it all go. Take a deep breath and let it go.

Reframes

I am wanted

I am loved

I am part of a loving family

I am accepted

I am connected

I am connected to my core true self

I fit in wherever I go

I am honored, loved, and respected

I am always good enough

I am safe to love others

I am forgiving my birth parents

I am forgiving my adopted parents

I am perfect just as God created me

I am whatever I think I am

I am trusting my life is playing out perfectly for me

I am trusting the universe is always looking out for my greatest good