

Attempted Abortion or Miscarriage

If your mother considered or attempted an abortion, or if there was a threat of miscarrying you, you will struggle with issues of feeling having to fight to stay alive. The energy imprint from this birth scenario leaves you in a flight or fight energy which may cause health issues in the immune system, as your flight and fight tends to run on overdrive. This clearing will free your energy and your body up from feeling like danger is just around the corner so you can settle into a life of grace and ease.

Releasing... Unsafe. Life is dangerous. Life hurts. Anxious / trauma and stress. Victim / unloved.

Letting go of... Shouldn't be here. Guilty / scared / something bad is going to happen. Ashamed of success. Expecting the worst. Have to die first to live.

Releasing the feelings of... Loss / grief / failure / unworthy. Undeserving to make it. Afraid of success. Unsure / struggle / working overtime. Falling short. Living for someone else. Not making it. Let it all go. Take a deep breath and let it go.

Reframes

I am wanted

I am wanting to be here

I am experiencing that people are happy I am here

I am safe

I am loved

I am cared for and cherished for my uniqueness

I am joyfully alive

I am successful

I am happy to be alive and feel more alive every minute

I am worthy

I am free to expect the best

I am an abundance of love, joy, and good relationships