

## Cesarean Section

If you were born cesarean section, you may struggle with continual disruptions and challenges as you move forward in your day-to-day pursuits. This clearing will free you and the energy of your life up to allow you to move forward with more grace and ease.

**Releasing the pattern of...** Sudden change. Changing my mind suddenly / others change their minds on me. Changes of heart and mind. Sudden decisions. Unexpected issues seem to always show up. Interrupted / angry at being interrupted. Emergencies. Yanked out of relationships.

**Letting go of...** Indecisive. Decisions are difficult. Indirect communication. People get in the way / can't go my way.

**Letting go of...** Needing people to tell me where to go. I want to do it my way but don't feel like I can. Can't do it myself. Can't go where I want to go. Can't complete.

**Releasing...** Headstrong / stubborn / doing opposite. Confused / disruptions of will. Not going for what I want. Want support / fear support. Support equals manipulation. Support could kill me. Better get help with this or I will never get out. Needing help at the last minute. Conflicts / feel invaded. No control over my space.

**Letting go of...** Leave me alone. Guilty for not doing it the hard way. Have to make up and make it hard now. Letting it all go. Take a deep breath and let it go.

### Reframes

I am always finding the easy, effective way

I am always interrupted for my highest good

I am loving my differences

I am loving how I do things differently

I am trusting my intuition

I am decisive

I am safe in my body

I am safe to complete things

I am grateful that support shows up for me and I easily accept it

I am clear

I am strong

I am committed

I easily follow through

I easily stay aligned with what is correct