

Drugs

If your mother had drugs during your labor and birth, you could carry a drug layer in your energy field. This drug layer can interfere with you staying present and grounded in difficult situations. Clearing the drug layer will support you in staying connected to your body and emotions so you can more easily navigate the life situations that you are attracting.

Releasing... Hard to focus / ungrounded / in a fog. Fading in and out. The body is stifling.

Letting go of... Can't feel / unsafe to feel / numb. Problems with drugs. Emotionally cold in relationships.

Releasing... Can't feel / unsafe to feel / paralyzed. Can't get what I want. Have to deaden things. Problems with drugs. Aliveness is terrifying. Deadening my aliveness. Feeling suppressed. Let it all go. Take a deep breath and let it go.

Reframes

I am grounded

I am connected

I am in charge of my body

I am safe in my body

I am experiencing my body as freedom

I am safe and supported to be totally alive

I am breathing fully and freely

I am present in my life

I am present in my work

I am present in my relationships

I am expressing myself freely and fully

I am experiencing my body responding well to my thoughts