

Held Back – Labor was slow and long

If your labor was long and slow, you may have made your mother very uncomfortable. You may have heard stories through your growing years that emphasized this discomfort your birth created.

As a result, you may carry a deeper energy that set you up to believe you are a burden to others and you have to please others to get your needs met to make up for the discomfort you were told you caused. This clearing will free you up to let go of all patterns of compromise you are still operating in as a result of this birth scenario.

Letting go of... I am a burden. I cause discomfort. I have to please others to make up the difference. I am a pain to others.

Let it all go, releasing... People stop my power. Feeling held back by others. Stuck / struggle. Can't move forward. I have to leave to prevent being held back. I quit when it gets too hard or takes too long. I don't even want to start the process because it will be so slow and laborious.

Letting go of the patterns of... Need to prove I can keep on going. Creating breakthroughs.

Releasing... Blocked / stuck / shut down. Breaking out of relationships.

Letting go of the feelings of... Angry / frustrated / claustrophobic. Procrastinating. Helpless. Can't get what I want. Let it all go. Take a deep breath and let it go.

Reframes

I move forward easily

My path is open and I move forward with confidence

I am supported

I create pleasure and value wherever I go

I am always on time for myself

I am always at the right place at the right time

I am free to move forward easily

I am supported by others who want the best for me

I am experiencing people are ready for me

I am experiencing it's safe to be ready

I am ready for what comes next

I am safe at any speed

I am free to go fast, slow, or moderate speed

I am ready for what comes next

I am following my own intuitive rhythm

I am in harmony with time