

## Induced Birth

If your mother's labor was induced, you may struggle with patterns of procrastination, putting things off, challenge starting things and/or not finishing things. This clearing will release the old energy of being induced and allow you to connect with your true energies of motivation so you can effortlessly move forward toward what is correct in your life.

**Releasing the pattern of...** Trouble getting started. Others have to start me. Need to be induced into new things I want or need. Holding back so others have to push me.

**Letting go of...** Being pushed. Resent being pushed. Stop telling me what to do or trying to get me to move forward. Want to do it on my own. Still feel like something is holding me back. Remorse / Frustrated.

**Releasing...** Come and get me. If you do, I'll resent it. Resent my life starting on other people's terms. Still feel like I am living my life on other people's terms.

**Letting go of fear...** Releasing the fear of keeping people waiting. Problems with time. Feeling late. Withholding my power. Can't get what I want. Frustrated. Getting even by holding back. Controlling / I will do it on MY terms, never on yours.

**Letting go of all of the...** Anger / rage / apathy / pity. Blaming others. Not choosing / others choose for me. Half-participating in life. Problems with commitments. Others should do it for me. Trapped / alone / sorrow. Let it all go. Take a deep breath and let it all go.

### Reframes

I am free and safe to choose

I am safe to choose and to assert myself

I am forgiving people for choosing for me

I am free and safe to make up my own mind

I am in touch with what I want

I am competent to do it myself, so it's safe to let others help me

I am knowing when I need support and when I don't

I am supported in doing it my way

I am committed to my own joy and aliveness

I am peaceful

I am trusting myself

I am easily starting what is correct and timely for me

I am motivated effortlessly

I am choosing what is correct for me

I am grateful for my clarity of thought and knowing

I am attracting that which supports me in getting going in my life

I am free