

## Late - Past your due date

If you were overdue from the due date that had been assigned to your birth, you may have imprinted the energy of being late in your energy system. If you heard stories of your overdue or late birth, they would have reinforced this energy to play out even more strongly for you. As a result, you would have issues with being on time, being able to stay in the moment, and you may feel like you always have to catch up.

You may also procrastinate until the last minute as you are not familiar with the energy of doing things ahead of schedule or in a timely manner. This clearing will free you up to reset your energy to be in the moment and have an agreeable, balanced experience with time.

**Letting go of...** Slow / frustrated / stuck / struggle. Delayed / late-bloomer. Late for appointments. Keep people waiting.

**Releasing all of the times I have felt...** Afraid to come out. Afraid to be seen. Afraid to disappoint.

**Letting go of...** Always feeling like I am making up for lost time. Stuck in the future. Stuck in the past. Confused with time. Angry with time. Victim of time. Time is running out.

**Releasing all the patterns of...** Always running behind. Never being on time. Something always comes up that makes me late. No matter how hard I try I feel like I am always late. Rushing through life trying to catch up. Let it all go once and for all. Take a deep breath and let it go.

### Reframes

I am safe no matter what time I show up

I am arriving at the perfect time

I am welcomed

I am creating new patterns of being on time

I am in sync with time

Take a deep breath and notice your body, putting your attention on being in the moment

I am calm

I am moving forward easily

I am living in the present moment

I am making decisions that support me in being on time

I am grateful that I feel like time is my friend

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

Imagine standing on a timeline. Look down and see beneath your feet the message - Present Time. Imagine walking forward on your timeline comfortably and peacefully showing up at the next event of your life right on time. How does it feel? Tap that into your body. "I am in harmony with time."