

Too Soon or Fast – You came before your due date or the labor was very quick

If you were born prior to your due date or your mother's labor was quick, you would have issues with moving forward in your life in a predictable, calm manner. If you were a premature baby, you may have issues with feeling compromised or struggle with issues of having to work harder to get what you want. This clearing will release you to create new healthy patterns of living comfortably in the now of your life and feel like you can achieve success and goals a lot more easily.

Releasing... I have to slow down to survive. People aren't ready for me. I came too soon. What is taking things so long to show up for me? Can't I get what I want faster?

Letting go of... Waiting for others. People resent me for being fast. People are jealous. Guilty about wanting things faster. Impatient / want everything in a hurry. Crave speed / lots of energy. Hyper / nervous / running / rushed / rushing others.

Letting go of the energy of... I might not make it. Came too soon. I have to fight to survive. Still feel like I am fighting to survive.

Letting go of... I have to work harder than others to get what I want. Not held or touched enough. Left to die or survive. Where's mom? Where's dad? Let it all go. Take a deep breath and let it go once and for all.

Reframes

I am grateful that what I want shows up for me in a timely manner

I am showing up at the right time

I am patient when patience is supportive

I am succeeding with less effort

People are on time for me

I am wanted

I am loved

I am welcomed

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