

## Trauma or Emergency Situation - Such as the umbilical cord wrapped around the neck

An unexpected emergency that caused panic and uncertainty to your well-being as you were being born will leave an imprint of urgency and nervousness that may cause you to feel like you always have to watch out for yourself. You may experience patterns of unexpected challenges and struggles showing up for you that are connected to the deeper belief that you have to move through them in order to feel alive.

**Releasing and letting go of...** Panic / urgency / overwhelm. I have to take care of this immediately or something bad is going to happen. I need it right now. Overreacting when things don't happen on my timeline. Troubled / unsettled. Don't know how to be calm easily. Always feel like I am wound up. There is more to do before everything will be okay.

**Releasing the patterns of...** I have to almost die to feel alive. Attracting issues and upsets into my life to stimulate my life. Before I can move forward into the next big event of my life, something shows up to try and take me out.

**Letting go of...** Nervous / am I okay to move forward with this? Checking with others for approval. Needing intervention at the last minute or it will all die. Can't seem to move forward. Frozen and too scared as I don't want to keep experiencing this. Feel like life is choking me. Feel like I am always restricted. Can't get enough breathing room for what I want. Let it all go. Take a deep breath in and let it go.

### Reframes

I am breathing fully and freely

I am calm

Everything is falling into place perfectly for me

I move forward, the way is clear and open for me

I am feeling alive with each breath I take

I am patient as things align and unfold for me in a timely way

I am seeing evidence of things falling into place to support me

I am checking with myself and God for approval of what is correct

I am attracting support when it supports me

I move forward with grace and ease

I breathe in the fullness of life

I am supported

Life supports me

All good things come to me effortlessly

I am now receiving that which is perfectly designed to support my well-being

All my needs are met

I am living my life fully and freely

I am grounded

I am grateful for the fullness of my blessings that come to me easily