

Twins

If you were born a twin or in a set of multiples, you will feel like you either always need to take the lead or fall into second place. This energy can compromise you from living true to yourself as the energy has a hold on you to play a role that always involved having to consider another person. This clearing will free you up to live true to yourself with a sense of autonomy while you still are feeling connected and supported by others and that you can support them.

Letting go of... Need to be in charge or the first in line. I have to take care of others. Feeling competition if others are involved with me. Guilt / frustrated / don't know how to live true to me. Have to be the leader. Have to be second fiddle. Always the follower. Being left behind.

Releasing feelings of... Anger / confusion / tired. Partner grows then leaves. Fear of separation. Nobody notices me. Feel like an afterthought. Shouldn't be here. No room for me. Incomplete without someone else. Need someone else to feel whole. Need privacy. Fear closeness. Crave closeness. Competitive / less than / make sure partner finishes first. Want someone to lead / dependent. Let it all go. Take a deep breath and let it go.

Reframes

I am forgiving myself for being number #1

I deserve to be #1

I am OK being number #2

I am experiencing I have all the space I need, so I am glad to share my space

I am safe to be intimate

I am safe with someone

I am safe on my own

I am whole and complete

I am able to survive without another

I am one of a kind

I am fulfilling my unique purpose

I am just right

I am enough