

Thursday, March 11, 2021

Session 2

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Releasing Self Sabotage:

Shock - Cleared. Replace with love and gratitude

Worthless - Cleared. Replace with value, important, deserving

Indecisiveness - Cleared. Replace with clarity and strength

2 layers of panic - Cleared. Replace with peace, safety,

Worthless - Cleared. Replace with confidence

Unworthy - Cleared. Replace with "Why am I worthy?" Why am I worth it? Why am I important?"

Segment Complete.

Blocking self-confidence:

Taken for granted - Cleared. Replace with "Why am I loved? Why am I cherished? Why am I important? Why am I valued?"

Negative Broadcast message: "why me?" Replace with "why not me?"

Frustration - Cleared. Replace with peace, clarity, joy, content, curiosity

Grief - Cleared. Replace with peace, love, joy, hope, celebration

Segment Complete.

Blocking us from accomplishing our goal this month:

Bitterness - Cleared. Cleared. Love, happiness, forgiveness

Indecisiveness - Cleared. Replace with clarity, confidence, confident decision making, compassion for falling forward, self-love

"I am never enough" - Cleared. Replace with "Why am I enough?" I am enough

Guilt - Cleared. Replace With peace, forgiveness

Taken for granted - Cleared. Replace with appreciated, cherished, valued, respected

Panic - Cleared. Replace with calmness, "I have all I need" "I can relax and think creatively"

Segment Complete.

Integrate you with your goal:

Body, Spirit, Brain, Heart, Gut, Your entire energy field

Self Love meditation "Hallelujah" by Snatam Kaur

Assignment – Dedicate 5 minutes to writing letter to yourself (after listening to self-love meditation by Snatam Kaur). May be a love letter to self, or forgiveness letter to self.

Auto write – write the feelings and thoughts that come to your heart and mind and allow it to flow through you.

Session Complete.

See you next Thursday, March 18 at 6pm MST!