



CLEARING THE PATH



Personal Blocks

Set your intention

What problem is associate with you reaching your goal?

Who would NOT be happy if I reached my goal?

My intention today is to uncover some subconscious beliefs so that I can experiences the "next level" of happiness in my life

I worry that if I lose the weight, I will never get to eat the foods that I love. I also am nervous to get more attention from men. I may be judged by my family for being superficial. I'm also scared that will have to spend hours in the gym and not have any time for anything else.

My mom may feel bad about herself because she has tried to lose weight her whole life. My husband would be nervous and unhappy about the attention I may get from other men. He may feel intimidated by my confidence. My bestfriend may also be resentful because she works so hard and is not able to lose weight easily.

What beliefs do I have about people who are.....

fit, successful, rich, losing weight, happy, in relationships etc

Who told/showed you that it has to be this way?

People who are thin always deprive themselves. People who lose weight successfully always have to order salads. Women who get skinny turn into floozys. They think that they are better than other people.

My mom always told me that a real woman doesn't diet. I also saw her struggling and resentful when someone else lost weight.

Also, I witnessed a friend lose weight and she totally changed, she never ate what she actually wanted to eat.

Is it true???

I am seeing now that it is NOT necessary to deprive yourself in order to become healthier and lose weight. I know that in a balanced lifestyle I could eat well as a general rule and also allow myself chocolate or pasta when it feels good. I see that weight loss is more about HEALTH and less about forcing my body to lose weight.

I know through balance, self love and health I can achieve the body that I deeply desire. I know that when I am in balance, I am powerful. I know deep in my heart that I can focus on HEALTH and still have the foods that I love. I know that self love is the key to becoming healthy & happy and that sometimes self love is a salad and sometimes self love is chocolate.

When I am in balance, I won't need to binge or eat things that don't serve me. Balance is key, not deprivation

I love you, I'm sorry,
I release you.

write a letter to that person /
those people like this:

Dear Mom,

You have always worked so hard to lose weight. I am sorry that it has always been a struggle.

You are incredible, beautiful and strong. I see the true beauty in who you are.

I am sorry that you believe that losing weight comes with deprivation and more hard work than you feel capable of.

It's not true that you need to deprive yourself in order to be healthy. It's just not true.

Balance is the key Mom, and sometimes balance means eating dessert! I love you and I release you from controlling this area of my life.

I love you, I'm sorry,
I release you.

write a letter to that person /
those people like this:

Dear Julia,

I acknowledge all of your hard work and
determination to lose weight. Your determination
is an inspiration to me.

I am sorry that you have felt like you always had
to eat salads and don't allow yourself to have the
pasta I see that you deeply want to feel okay.
You want to feel "enough".

You are enough, you are perfect and beautiful
and strong. You don't need to deprive yourself!
You will achieve the body that you are looking
for once you relax and realize that you are
worth it.

I love you, I'm sorry you have struggled so much
I release you from controlling this area of my
life.



Abundance Blocks

Set your intention

My intention today is to release any subconscious beliefs about money so that I can receive LOTS OF abundance with ease!

Write about the first time you remember being aware of money

I remember being a kid and knowing that we didn't have a lot of money. I remember getting community donations of clothes and food. I remember shopping at the thrift shop because there was a sale where you could fill a whole bag for \$5.

Write about how it felt

I remember feeling 'poor'. Being aware of being poor. It didn't feel shameful but it felt hard. I got the idea from my Mom that she had to work really hard (overnight shifts) for us to be able to eat and buy clothing.

What idea about money did you pick up as a kid?

These are most likely your "universal truths" about money

Is this actually true?

Money is really hard to make. Scraping by is normal.
Making money takes a lot of non-fulfilling hard work.
There isn't enough.

No! Sometimes it may feel hard but I am recognizing that money doesn't necessarily only come through struggle. Creating money may require effort at times but effort but it doesn't have to mean a job that you hate. I see people ALL THE TIME making money in joy, doing what they love.

What do you see now about this memory?

My Mom worked hard to provide for us. It was just me and her a lot of the time. She felt like she had limited options available to her for income. She struggled with being good enough and thought that she had to take jobs that were "just jobs" to provide for us. She worked very hard for us and that was her story.

She still struggles with financial stability so she probably has her own beliefs about money that she carries. Her Dad went from poor to rich and back to poor. Maybe she had beliefs passed on to her about money and I witnessed it as a kid.

Can you release it?

I see now that I perceived some things when I was young around money and created false beliefs. I was observing my Mom and her beliefs about money did not need to take them on as my own.

I forgive myself for taking on these beliefs. I was always trying to do the best that I could.

I am so thankful to have this clarity now and RELEASE the story that money is hard to make.

Intention

What is the belief about achieving this?

Who would not be happy?

What do I believe about people who are/have achieved this?

Who showed me that it was this way?

Is it true?

Letter of release - I'm sorry, I love you, I release you.

Additional Questions for any block

Why could part of me believe I need this illness/injury/situation/challenge?

If I give this up, who won't be punished anymore that I think should be?

Who would it hurt if I got over this issue?

Do I feel more powerful in some ways with this problem?

Does letting go of this mean I am forgetting something, or forgiving someone?