

Q5I_Express_My_Unique_Self

Taking a breath in and out, and as you breathe in, breathe in positive energy and as you breathe out, let go of worry and concern. I'd like you to rub your hands together in front of your heart chakra, creating some excitement and some heat. Some energy. And actually it's called tapas, some spiritual energy in your hands. And making your palms nice and hot, and taking the right hand over the heart chakra and the left over the right. And today we're giving permission to express your unique self, so hands over heart, repeat after me. I give myself permission to express my unique self. I give myself permission to express my unique self. And finally, I express my unique self. And feel yourself sitting in the quantum pleasure field. Feel yourself surrounded by love, by encouragement, by support. You are so cherished, and as you allow yourself to express your unique gifts and your unique qualities, others are blessed by the extraordinary gifts that you've brought in. Permission to be great. Permission to be magnificent. Permission to be helpful, happy, hopeful, joyful, abundant. Permission to express. Express your creativity, your intellect, your agility, your athleticism. I give myself permission to express my unique self.

And see yourself now surrounded by a natural quantum pleasure field. And perhaps you are out in nature. Perhaps you are now sitting on a beautiful white sand beach and as far as the eye can see is barren beach. And there you are in this incredible, beautiful experience and it feels like heaven. And in front of you is the waves. The ocean roaring in. And a beautiful blue sky, perhaps a little tinge of orange and pink, and you're just breathing in this new intention affirmation, this new agreement with yourself. And as you see what's possible, and as you witness the waves roaring in, you realize that the waves don't edit themselves. They don't prevent themselves from expressing, they just are.

The natural world is the best teacher for full self-expression. When a tree grows, it doesn't grow to be bigger than the tree next to it. It grows because it grows. It grows the light. It grows to its full expression. And this is what we now want now, for you to grow into your full expression. Your full expression of self. Reaching high, high into the sky, reaching high into your high self. Reaching into your best self. Your most brilliant self. I give myself permission to express my unique self. And feeling very very peaceful, very connected with all that is, feeling loved honored and cherished. Feeling the place being made for you, to be extraordinary. Noticing that there is enough room for you to be magnificent today. And that it's safe. It's safe to come out and play. And allowing anything that would prevent you from being extraordinary, just allow that to waft off of you. Maybe wash away in the sand and see the waves carrying it away. And one last time with right hand over left on the heart, I give myself permission to express my unique self. I express my unique self.