

LLJ Group – Group Call Summary for 1/3/23 and 1/5/23

New Beginnings! That is our theme starting this new year off. There is great energy moving into this new year of New Beginnings. That it is time to step out and create what you want in your life. This is your time. This is our year of Self-Empowerment!

On the calls this week, we discussed focusing on who you are becoming. And focusing on it so much that you start to Believe it. When you start to Believe it, you start to Behave like it. When you start to Behave like it, you Become it. You Focus on it so much that it cannot be any other way!!!

We are also stepping into the energy of clearing out and letting go. When we do this, we are energetically cutting ties with the things that no longer serve us. It may be a person, an object, a place, whatever it is to you that is holding you back and keeping you anchored to the past or to what is no longer serving you. You will know what it is because it will no longer feel good to you. (Remember that we are going for what feels good.) It can feel like Freedom when you step into the new energy. Remember that you are no longer the person that you were yesterday, last week, last month, last year, etc. You are growing and evolving, and changing so the things from the past are energy from the past and will no longer feel good to you. Releasing the old and negative energy, making room for the new, the bigger, the better. Releasing so that you are free to step forward.

We want to step into the place of Self-Empowerment. Stepping into Who you really are. That you can be, do, or have whatever that it is that you want. That you are a magnificent being capable of achieving anything. You are worthy and you are deserving. It can be no other way.

With those of you that were able to be on the call, we discussed the following:

-Who do you want to become?

-Who do you want to be?

-What do you want to create?

I would love for those of you who were on the call to post below what it is that you expressed that you are stepping into this year. For those of you that were not, I would love to invite you to read the above and to feel into what it is that you want to step into. Who you are becoming, who you want to be, what you want to create in your life.

Remembering that there are no right or wrong answers, just whatever it is that resonates with you. Also, keep in mind that when you step into the person that you want to be, into the best version of you, into who you are becoming, all of the things that you want to manifest come to you. It can be no other way.

This is our starting place. What you say and what you post, will grow, expand, and evolve as the year goes on. As a group, we are here to support each other, to hold each other accountable, to keep each other on track towards these amazing versions of ourselves. This is our goal for this upcoming year.