

LLJ Group - Group Call – 1-31-23 - Summary

We are awakening, knowing that there is more to life.

Trusting that what we need, the right people, places, and circumstances will all start showing up for us.

We want to put practices in place to make ourselves feel loved, worthy, and deserving. Remembering our worthiness and attracting great things to us. Receiving.

What are practices that we can put into place that make us feel good.

When we are doing things that feel good, we are staying on our path.

We want to feel worthy and loved by connecting to who we are. When we can do that, we automatically feel loved, worthy, connected.

We want to step into who we envision ourselves to be. To come out of our shell. To feel worthy to put aside our fears and to really step into who we are and who we are becoming.

Getting out of your shell and getting rid of the masks that you wear so that you can authentically be who you are. We don't want to wear masks that aren't us just to please others. Be you and let those that resonate with you come to you. You are being who you are. A loving caring person who is living in the higher emotions and is in alignment. You are being who you are and you will not resonate with everyone and that is okay.

Difficult to say the affirmations out loud. But this helps for it to sink in when you hear yourself saying it out loud. It makes it more believable. More real.