

Mastering M.E. - Mind & Emotions

Week 4 Lifework Deserving & Becoming

There is so much energetic power in a single word. If you are feeling challenged you can activate what it is you are wishing to experience by simply finding the word that expresses what you would prefer.

For example, let us suppose you are having trouble physically doing something such as opening a jar. If you try and struggle, simply say the word “strong” and try again. You will find you have activated the energetic boost you require.

A single word is the most powerful expression of its unique energy. And you have so many to choose from! A new word will automatically shift the energy of your situation and point you in a new direction with a different outcome.

Adjusting your energy does not need to be a complicated process. You are the captain of your own ship and can redirect any time you like through the empowered choice of a new intention which can be perfectly expressed by a single word.

“Would you rather master disappointment than to seek satisfaction?”

This week we will focus on our own sense of deserving, our Self-Worth. Choosing your own word/words that resonates most clearly with you being Deserving. Say the word, close your eyes a moment, feel what it feels like to feel DESERVING and invite deserving-ness to consume you. And SO IT IS. And SO IT SHALL BE. It's that simply. I invite you to play with this framework this week with words or phrases like:

I am worthy
Self-Worth
Self-LOVE
Self-Respect
Self-Confidence
Pride
Dignity
Belief in SELF
Faith
I am Enough

Divine
ONE
Co-Creating
Connection
Support
Universe
Benevolent
Alignment
Coherence
Deserve