

A woman is shown in a meditative pose, sitting cross-legged on a wooden floor. She is wearing a light blue long-sleeved top and matching pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The room is dimly lit with a strong blue tint. Sunlight streams in from a window on the right, creating long shadows on the floor. Ethereal, wispy light effects surround the woman, suggesting a spiritual or energetic atmosphere.

CORE WOUNDS REPROGRAMMING SCRIPTS


ELEMENTAL
RHYTHM




ELEMENTAL RHYTHM

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ELEMENTAL RHYTHM



I AM NOT
GOOD ENOUGH
TO
I AM GOOD
ENOUGH



ELEMENTAL RHYTHM

I am not good enough > I am good enough

Intro

This meditation will help you acknowledge your wins each day. Awareness of each small victory will help you end cycles and patterns of shame. It will support you as you become more compassionate and understanding with yourself. Validating and encouraging you.

This clarity will help you to see yourself better. Building your self-confidence and self-worth. It will remind you to be more kind and fair when speaking to yourself.

Intention

Take a moment and set an intention to see the side of yourself that accomplishes great things. The you that overcomes obstacles. Set the intention to start building belief in yourself and growing your self confidence.

Meditation / Prompts

Let's start by acknowledging three wins today. They can be big or small. They can be getting out of bed on the first alarm, getting to work on time, sharing something nice with another individual, or speaking up for yourself in a more positive way.

When you think about these wins, what emotions come up for you? Is there a sense of accomplishment, personal pride, a feeling of hope or excitement?

What sensations do you feel in your body? Do you feel a sense of expansiveness? Where do you notice it? Do you feel it in your chest, shoulders or torso as you acknowledge your wins?

Maybe you feel a sense of certainty knowing these small accomplishments and taking small steps will pay off long-term.



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Look over the past week and what was a big win for the week? What was something you changed? Perhaps something courageous you did, a boundary you set, a pattern that shifted, or a new a-ha moment that you had. What comes up for you?

Take a moment and reflect. Can you think of one thing, an event or outcome might be perceived as negative. Reframe this challenge. Turn it into a sign of strength and perseverance. Acknowledge your ability to overcome hardship and challenge. How did this make you stronger? What did you learn? How can you use these skills and abilities in other areas of your life?

I invite you to imagine a new you. One that is self aware. A you that believes in yourself. A you that builds you up, building your feeling of self-worth and self-confidence. Imagine talking to yourself this way every day.

Imagine yourself months from now after investing in yourself with awareness of your accomplishments and grace when you miss the mark.

How would it feel to experience a greater sense of confidence, worthiness and well-being?

Visualize and feel what is possible for you as you continue to grow. Imagine how your life will shift as you become more kind to yourself. Who will you become as you build your self worth. What is possible for you?

As you imagine these possibilities, notice what you feel. What emotions are you feeling? Where do you feel it in your body?

Lastly, take a moment to feel appreciation for yourself. After all the challenges you've been through, you are here now. After all the things you've had to overcome, you are showing up for yourself.

Contemplation / Reflection

How can you be kinder to yourself? Be more encouraging. Honor yourself and your boundaries. Where in your life are you good enough just as you are? Just take a moment and reflect on these questions.



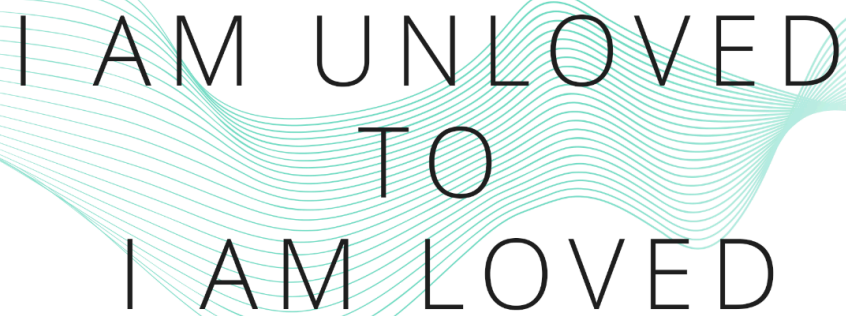
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Integration

Each morning take a few minutes to reflect on 3 areas of your life where you are doing a great job? It could be really simple things or things you have had the strength to overcome. What is one small way you can prove to yourself today that you are good enough? What is one small change you can make this week?



ELEMENTAL RHYTHM



I AM UNLOVED
TO
I AM LOVED



ELEMENTAL RHYTHM

I Am Unloved > I Am Loved

Intro

“I am Unloved” is a painful belief to carry.

This belief often comes from an experience we had at some point in time we couldn't comprehend. For example, someone who should have provided care for us left. Or perhaps our needs were not met as a child. The mind can not understand what was happening so it creates meaning.

If we can't understand why we were treated in a certain way, we often tell ourselves this betrayal happened because you are unloved or unlovable. These beliefs come from our childhood, but it's our job to heal them.

You inflict emotional violence upon yourself each time you engage in the belief that you are unloveable.

Intention

Let's set an **intention** to reframe this painful belief, creating space for the meaning to shift.

I am loved, I am lovable. What would it feel like to truly feel this way?

Meditation / Prompts

I invite you to start by thinking of a time that you felt loved or lovable. Notice what that felt like.

Perhaps this was a long time ago. Perhaps it was yesterday. Think of an experience where you felt loved or lovable.



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Try to notice what accompanying sensations come with a feeling of being loved or lovable. Where does the feeling live in your body. Does it have a shape or color? What does it feel like to feel loved?

Next start to look at times in your life when you felt loved.

Let's consider your relationships, beginning with friendships. Take a moment and feel what it feels like to receive love from a friend. Think of the first person that comes to mind. It doesn't matter what season of life it was in, or how long ago it was. Just think of a friend who made you feel loved.

What did they do that made you feel loved? Was it the way they looked at you? Was it the way they hugged you? Was it the way they defended you? Perhaps it was how they supported you during a challenging time? Did they do a favor for you, or did they show up for you in a way that was unexpected? Reflect on that memory of being loved.

What did it feel like? What emotions did you experience? Did you feel gratitude, love or joy? Notice what is coming up for you. Where do you feel these feelings? What do you notice in your body?

Next, consider your family members. Choose a time when someone in your family made you feel loved.

Try to focus on just one person at a time.

How did you know that this person thought you were lovable? How did you know they loved you? What did they do to show you? What did they say to you to make you feel loveable? Was it the way they looked at you or supported you? Was it something kind that they said to you? Was it the way they hugged you, or how they helped you? Was it the way they sat with you and listened to you? Perhaps it was their willingness to mend a relationship with you? Or perhaps it was unconditional support and presence this person shared with you.

Take a moment and breathe into this experience. Notice what someone did for you. Notice what it feels like to feel loved by someone else, to feel that somebody believes that you are lovable. What do you feel when you think about these things?



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Another person's inability to love you does not make you unloveable. If you have a family member or a friend who shows up in an unhealthy way, their actions are not a reflection of how loveable you are. It is a reflection of their personal struggle.

If you're ever treated poorly, it does not affect your loveability in the future. No one can touch that. They can't erase it. They can't take it from you. Your ability to be loved is independent of them.

Now let's look at romantic areas of our lives. Pick somebody in your mind, any relationship, past or present and think of the way someone cared for you during good times in the relationship.

Notice the way they spoke to you, looked at you, opened up to you, shared with you. Think about how they went out of their way for you, and notice that nobody made them do that.

Think of a time where you had a wonderful day with somebody, a wonderful memory and notice the details of that memory. What did you feel like that day? What emotions did you experience? They chose this experience with you. Nobody is making them do that.

Notice in that moment when you felt lovable, that it's not because you are creating it. It just is. They love you. Allow yourself to feel that. Feel it in your body. What emotions and sensations do you notice?

Now take a moment and see yourself. See that you are lovable and notice the qualities that make you lovable.

Allow your more loveable qualities to come to mind. It can be your creativity. Perhaps it's your heart and the way you show up and love. It can be your compassion, communication, depth, wisdom or kindness. It can be your ability to learn, adapt and communicate.

I invite you to take a moment and show yourself love. Show yourself appreciation for these beautiful qualities you've developed.



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How have these qualities helped you and served you in your life? How have they protected you?

Take a moment and extend love to yourself. Take a deep breath into your heart and extend love to your body, to your mind. Extend love to all the traits within you that have helped you persevere through challenging times.

Say to yourself “I am worthy and deserving of love. I am worthy and deserving of love.” Put your hands on your heart and let yourself know one last time, “I am worthy and deserving of love.”

Next take a moment and consider how you are blocking yourself from knowing that you are worthy and deserving of love.

Is it the way you speak to yourself? Is it your unwillingness to stand up for your boundaries or to express your feelings to others?

How can you show yourself love on a daily basis? What can you commit to? The more love you give to yourself, the more your subconscious mind will be willing to receive love from others.

Take a moment and apologize to yourself if there's anything you've ever done to impact your belief that you are worthy of love. Think of the pain that has caused. Make a commitment to start today. To continue to honor a loving relationship with yourself every day.



ELEMENTAL RHYTHM

I AM ABANDONED
OR I AM ALONE
TO
I AM CONNECTED



ELEMENTAL RHYTHM

I Am Abandoned or I Am Alone > I Am Connected

Intro

“I will be abandoned. I am alone.” This is a very challenging belief. It can create a tremendous amount of anxiety and worry in a person who is experiencing this core wound.

This core wound is often the result of some form of abandonment trauma in childhood. It can be the result of an abandonment trauma that took place on one or two specific larger occasions. It can also be consistent, smaller feelings of abandonment from emotional neglect and emotional inconsistency throughout childhood. The belief that you will be abandoned can also be the result of trauma in adult life.

Just because you've experienced it in the past can break the cycle and show up in relationship with yourself.

Intention

Let's set an **intention** to let go of the limiting belief “I will be abandoned” and “I am alone”. Lets work to shift this belief into “I am supported” and “I am connected.”

Meditation / Prompts-

Let's begin by exploring the opposite of “I am abandoned,” or “I am alone,”. The opposite of believing you are alone is feeling connected. The opposite of feeling abandoned is feeling supported. We are going to explore feeling connected and supported.

What does it feel like to be connected to others? Think of a recent time you felt deeply connected. What emotions did you feel during this experience? And where did you experience these emotions in your body? What sensations did you notice? Did you feel an openness in your chest? Perhaps a sense of lightness in your torso? Maybe you notice a softening in your stomach? Take a moment and notice these sensations.



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Let's take some time and look at all the places you have connection in your life. I encourage you to give yourself permission to truly see these sources of connection and support. Allow yourself to notice sources of support that may not be as obvious. Notice people that are supporting you in their own way.

Breathe into the feeling that you are supported and connected to others. You are supported. You are connected.

Let's start by looking at family. Bring up the first person who comes to mind. Consider your relationships with your children. With your parents. Consider the relationships with your siblings and cousins. Aunts and uncles.

Where do you experience connection in your family? Who do you feel connected with? Who supports you?

I invite you to envision times you felt connected with them. Take a moment and think about the specific ways they made you feel connected in the past.

Is the way they look at you, the way they hug you, the way they consistently reach out to you, the joy in their voice when they speak with you. How they pay attention when you talk. How they see the best in you.

Notice the ways this person makes you feel. As you think of this person, what emotions do you feel? What are you experiencing in your body? What sensations do you notice?

Take a moment and feel appreciation and gratitude for this individual. Consider what they mean to you. Feel gratitude that they are in your life.

Now I invite you to call to mind a second person. This could be another family member, or close friend. Picture them in your mind. Be specific. Think of the things this person does that makes you feel connected or supported.

As you think of your memories with this individual, what comes to mind? How have they made you feel supported and connected? How do you know this person cares for you? Is it the way they look at you? Do they smile as soon as you walk in the room? Perhaps it's because they check in with you. Do they listen to you and see the best in you?



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Take a moment to notice what comes to mind. Allow the feeling of connection to grow. Allow the little things that people do count. Notice everyone.

Acknowledge the things they do for you. Notice they hear you, the way they reach out to you. See the people who compliment you and encourage you. Allow yourself to really receive. Breathe in and say to yourself, "I am connected. I am valued. I am cared for by others." Feel it in your body.

Embody the feeling of being connected and supported. Notice any sensations you experience in your body. You are worthy and deserving of connection. Notice the impact you have had in your connections with others.

Think of somebody that feels supported by you. Feel the ways you are deeply connected with that person.

How did you show up with them? Did you have late night talks? Did you open up and share your fears? Did you have deep, powerful communication with them? Did you encourage and validate them?

Think of the qualities you bring to that relationship. See how it allows you to be more deeply connected. Take inventory and notice all of the different components of what brought deep connection into that dynamic.

You can bring those qualities to any relationship in your life. You can open up and be vulnerable. You can share your hopes and fears. You can be encouraging and can show up for others. It is those qualities that create depth of connection in your relationships. These qualities which are accessible to you at any time.

Consider which of these qualities could you intentionally bring into all the relationships in your life, deepening all your connections. What would have the most impact?

Last, consider your relationship with yourself. How are you connecting yourself? This will forever be the most important relationship you have. It will impact all other relationships in your life.



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Over the past days, months and years, how have you connected with to yourself? What have you been doing to connect more deeply with your feelings, your needs, your boundaries, your desires. How have you connected to the vision you have for your life?

What happens when you take the time to connect to yourself? How do you feel? How does it positively impact your life?

Take a moment and express appreciation for the relationship with yourself. Acknowledge how you are showing up and caring for yourself. Are you making yourself feel seen and heard? Do you value yourself? Do you take the time to understand yourself and your motivations? Are you caring for yourself? Do you have compassion for yourself? Take a moment and notice all the ways you can be grateful for this relationship with you.

Put your hands on your heart. Let you know you are there for yourself. You will protect you. You will care for you. You will allow yourself to feel your emotions. You will work to identify and communicate your needs. You will continue to trust and support yourself. Take a moment and breathe into this feeling.

As you open your eyes, I invite you to think of one thing you are grateful for.

Contemplation / Reflection

Consider the ways you have been connecting with yourself. Notice the huge impact these actions are having. What are you noticing?

Integration

Pick 3 things you can do this today or this week that creates a deeper connection to yourself or any area of your life that feels disconnected. Be specific it can be something really small don't overthink it.



ELEMENTAL RHYTHM



I AM WEAK
TO
I AM STRONG



ELEMENTAL RHYTHM

I am Weak > I am Strong

Introduction

“I am weak.” This is a painful belief to carry because it robs us of our inner awareness of our true strength. We all have the ability to persevere and overcome things far beyond what we could ever imagine. When we believe we are weak, we prevent ourselves from truly recognizing that truth.

This belief usually arises after facing circumstances in life that were beyond our available tools. The situation was more than we could navigate at that time. It's not because we are inherently weak. We did not have the tools necessary to handle these challenges. Perhaps we needed more awareness, information or education. We do the best we can based on the information we have at the time. These blind spots hinder us. Today, we're here to witness the opposite of that.

Intention

Let's begin with a clear intention and affirmation: I am strong. I possess the capability to continually become mentally, physically, emotionally, and more resilient. Allow this notion to sink in.

Meditation

Imagine what it would feel like to embrace your personal strength. Take a moment to recall a time when you felt strong. What was the sensation like? Which emotions did you experience?

Strength manifests in various forms: mentally, intellectually, and physically. It emerges in our capacity to navigate emotions and persevere through challenges. It's present in our courage and bravery. Strength reveals itself when someone stands up for the underdog or voices their thoughts. It's evident in the boundaries we establish and in expressing our needs. Strength resides in our vulnerability.

Being soft, open, and having faith to express ourselves and take risks all require strength. Reflect on a moment when you felt strong in your vulnerability.



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Recall a time when you felt proud of displaying strength. What challenges have you conquered in your life that fill you with pride? Notice the strength it took to overcome those challenges. How does it feel to acknowledge your strength?

Grant yourself permission to perceive and feel it.

Consider times where you showcased strength in your career or education. Perhaps you were able to meet a tough deadline. Perhaps you spoke up for yourself, asserting a boundary. Maybe you surmounted a significant obstacle or challenge. Reflect on a moment when you exhibited strength in this area of your life. How does it feel to recognize and acknowledge this strength? Where do you sense these feelings in your body?

Now, shift your focus to the financial aspect of your life. Have you overcome any financial struggles? Have you broken through financial barriers? Have you taken financial risks to pursue your education? Perhaps you've taken out a mortgage and bought your first home. Maybe you were able to help someone financially during your own challenging times. You trusted your strength to persevere. Are there skills in this realm that empower you? Have you achieved milestones or reached goals that required personal strength? Have you assumed responsibility for your financial life with strength? Notice feelings of pride and joy. Observe the sensations within your body.

What about mental strength? Can you recall moments of mental fortitude in your life? Have you stood firm in your morals, values, and opinions? Have you worked to enhance your learning capacity even during difficult times?

Were there instances when you had to strengthen your mental or intellectual aptitude to navigate challenges? Recognize the aspects of your mental life that embody strength. How does it feel to notice this strength within yourself?

As humans, we all face emotional challenges. What emotional hurdles have you overcome? Whether it's grief, loss, abandonment, or relationship endings, acknowledge that despite the difficulties, you're here, engaged in the work of confronting these issues head-on. Notice the tremendous strength required not only to endure these experiences but also to confront them now.



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Feel the sensation of courage in your body. Try to connect with it. What sensations arise when you experience courage and strength? Is there a sense of expansiveness? Do you feel grounded and rooted? Do you feel yourself trusting yourself more as you recognize your strength? Take a moment to soak in these feelings.

And what about spiritual strength? What does it mean to be spiritually strong to you? Spiritual strength can be surrendering and trusting, having faith. Trusting that things will work out for the highest and best of all. Perhaps you demonstrate your spiritual strength by fearlessly upholding your morals and values. Maybe you help those in need. Take a moment to reflect on whether it's the way you lead with love, align with your values, or show up for others in need. Acknowledge the spiritual strength required for these actions. It takes vulnerability and courage to open up.

Take a moment to acknowledge your strength and your capacity for this.

Now reflect on your physical strength.

Become aware of the things your body does every day. Think about how it lifts, carries, climbs, runs. Every day your body performs hundreds of activities we take for granted. Regardless of how significant these activities seem, appreciate the strength it takes perform these countless daily tasks. Appreciate your body for the strength it offers, enabling you to fulfill any necessary task.

Have you persevered through health challenges? Are you actively engaging in exercise and fitness. Recognize the instances where you've demonstrated physical strength.

Think about the strength you bring to your relationships. Consider the strength it takes to support and uplift loved ones, to handle conflicts, and to maintain and strengthen friendships, family bonds, and romantic partnerships. In order to succeed in these relationships, you must be strong.

As you recall these moments of strength in your relationships, tune into the sensations in your body. What emotions do you experience?

Finally, I invite you to recognize how strong and resilient you are. I invite you to recall challenges you've faced. You always pick yourself back up. You have persevered.



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It takes a massive amount of personal strength to navigate these challenges. Day after day, you continue, regardless of how hard it gets. You have persevered. Feel the emotions arising in your body. What does it feel like to acknowledge your own strength?

Contemplation / Reflection

Ask yourself, where am I hindering my ability to recognize my strength? You can't do everything. Where are you expending energy unnecessarily, whether mentally, physically, or emotionally? Is this preventing you from fulfilling your commitments?

How does this unfold in your life? Do you tell yourself you are weak? Do you let people run over your boundaries? What stories do you tell yourself when things aren't working out?

Where are you undermining your own strength?

Take a deep breath and make a commitment to honor your strength daily. Commit to staying open and vulnerable. Continue to embrace this inner work. Acknowledge your physical and spiritual strength, and the qualities that make you strong intellectually, emotionally, and financially.

Integration

What actions can you commit to daily, to honor and acknowledge these aspects of strength? As you become more attuned to your strength, your inner courage will flourish. Promise yourself that from this point forward, you will do your utmost to honor your strength. What are 3 examples of ways in which you are already strong? What are a few things you can do that can help to bring more strength into your daily life? Where do you need to be more courageous? Be specific and write them down



ELEMENTAL RHYTHM



I WILL BE
REJECTED
TO
I AM
ACCEPTED



ELEMENTAL RHYTHM

I will be rejected > I am accepted

Introduction

“I will be rejected.” This belief carries a deep weight and weighs for so many individuals. This belief often stems from when we have defined ourselves through the actions of others. When our needs aren’t met and we are disappointed, we internalize it as rejection. We blame ourselves, attributing it to our character instead of recognizing there might be other things happening. Perhaps our needs were in conflict with another person’s needs. Maybe another person’s programming prevented them from meeting our needs. It’s important to remember that life is complex. There are lots of things at play. Nothing that happens is only because of you.

Intention

Today we will take time to consider how you are accepted by loved ones and how you deserve acceptance from others.

Meditation

You are worthy of acceptance. You have people who embrace you. Allow that to resonate within you. How does it feel to be accepted by those you love? What emotions arise when you experience acceptance? Recall a recent instance of feeling accepted by someone in your life. What emotions do you notice?

Identify where in your body you sense these emotions. What do you feel? Is there a sense of expansiveness in your chest, a lightness in your upper body, or a tingling sensation connected with joy?

Notice all the areas of your life where you are accepted. Think of specific times you have been accepted. I invite you to see all the places where you are accepted and deserving of acceptance. Who warmly welcomes you? Who accepts you? Are there any communities that make you feel included? When are you accepting of yourself?

What occasions evoke feelings of acceptance? How do you feel when you are accepted by others? Notice the feelings and emotions you experience. How do these emotions resonate within you?



ELEMENTAL RHYTHM

Where do you feel these emotions in your body? What sensations do you notice?

Now, let's explore different life areas more closely. As we delve into each area, try to focus on the positive: find acceptance that is already present. Notice the qualities you exhibit that make you worthy of acceptance in each sphere. Give yourself permission to recognize, acknowledge, and feel this. As we explore the feelings of acceptance, a new experience can become rooted in the brain.

It's through this emotional engagement that these experiences become deeply rooted in your subconscious and nervous system.

We'll start with your career. Where do you experience acceptance in your professional life? Are there individuals who appreciate your chosen path and support you? Who backs you no matter what? How does this support make you feel?

Reflect on coworkers, past and present, who've made you feel accepted. Feel this experience.

Identify the qualities that make you worthy of acceptance in your professional life. Is it your hard work, how you care for others, your diligence, or your capacity to uplift and motivate? Notice what arises and the emotions they stir. Where do these emotions manifest within your body?

How can work to be more accepting of yourself and your career path?

What would it look like to be more supportive of yourself every day? How can you work to accept yourself in your career? What would it look like to support your personal growth? What would your life look like if you were more encouraging of your career? What can you do to improve your relationship with your career?

Lets consider your financial life, where do you experience acceptance? Who values and accepts you, regardless of your financial circumstances? No matter how much money you have, who loves and accepts you unconditionally?

Notice any emotions that come up as you think of those people that unconditional support you, no matter how much money you make. Feel these emotions in your body,



ELEMENTAL RHYTHM

notice the sensations in your body. How can you be more accepting of yourself despite your financial status?

Transitioning to the mental domain of your life, think of people who accept your thoughts, opinions, beliefs, and intellectual qualities. Who appreciates and accepts you for your opinions and beliefs? Is there anyone who made you feel like your thoughts were valid? Perhaps it might be a mentor, someone in your community, a teacher or a friend, or someone who supported you in the mental health area of your life.

Feel the acceptance emanating from these individuals. Who supports your opinions? Who accepts your ideas and stands with you? How does it feel to have their acceptance of your beliefs? Do you need more acceptance of your ideals and beliefs? How can you accept yourself more?

Who accepts you and your emotions? Who offers emotional support? Which friends, family, or romantic partners stand by you and value your emotional expression? How do they support you emotionally? What makes you feel most supported? Is it physical touch? Perhaps it's when someone makes time to be with you. When they take you to lunch or call you on a bad day. Perhaps it's when your partner hugs you and reminds you that it will all be okay when you are struggling. Imagine their gestures of emotional support. How do they make you feel?

Sometimes the people who make us feel emotionally supported are strangers or people we don't see often. It could be a coworker or neighbor that always shows up with compassion and kindness. Feel that supportive acceptance in your body.

Picture a time when you felt deeply accepted. Feel the emotional support in your body.

How are you supporting yourself emotionally? Are you creating space for yourself when you have big emotions? Are you journaling and allowing yourself to explore what is happening for you? How can you show up with empathy, compassion, encouragement and kindness when you are feeling emotional?

Place your hands on your heart and reaffirm, "I deserve to be accepted." Let these words resonate within you.



ELEMENTAL RHYTHM

Now, consider your spiritual life. Who in your spiritual community offers acceptance and support? Which friends do you have spiritual discussions with? How are you supported and accepted by God? How do your spiritual values make you feel acceptance? Which of your friends and family members support your spiritual growth and accept your beliefs?

Feel the acceptance present in your spiritual connections. Notice the feelings that come up as you think about receiving deep acceptance from others.

Now let's shift to the physical aspect of life. What parts of your body have you been rejecting? Think of all the things your body does for you. Instead of criticizing or shaming any parts of your body, accept that your body is supporting you. Your body is working around the clock to support you. Acknowledge its ceaseless works to support you. It detoxifies, digests and heals. It moves you from place to place. It works tirelessly to pump your blood and constantly regenerates itself.

I invite you to take a moment to accept and support your body as it is. Acknowledge all it does for you. Accept your body the way it accepts and supports you. Think of some part of your body that you judge. Allow your thoughts about this body part to shift. Instead of judging it, can you find its strength? Think of how much value this body part creates. Think of the beautiful things it does. It deserves your acceptance.

If you have been rejecting your body, take this opportunity to apologize to your body. Tell it you are sorry and commit to having a healthier relationship with your body.

Allow yourself to consider how you are experiencing acceptance in your relationships. Reflect on your qualities and traits deserving love and acceptance. What do your friends love and accept about you? Consider how you show up in romantic partnerships. Take a moment to think of the things that people compliment you on. Allow yourself to feel these wonderful things that have been said about you. What's the nicest thing someone has said to you in the last 10-15 years? Feel accepted and validated by these comments.

Allow the emotions it triggered to wash over you. Experience these expressions of acceptance.

Integration / Contemplation



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Consider how you can accept yourself more. Identify one area of your life where you can work to become more accepting of yourself. Make a commitment to acknowledge the acceptance you are already experiencing from others. Demonstrate self acceptance by holding your boundary.

Integration / Application

Write down three people who accept you for being you? What do they accept about you? What are a things you can do to feel more accepted? Write as many down as you can think of daily.



ELEMENTAL RHYTHM





ELEMENTAL RHYTHM

I am Bad > I am Good

Introduction

"I am bad." What a heavy belief to carry. This idea, when deeply ingrained in the subconscious, often leads to destructive behaviors and fears throughout life. They are often afraid of getting in trouble or being seen as bad by friends, family, or colleagues. They spend their whole lives trying to prove their goodness or innocence. They spend their energy trying to gain approval from others. They become people-pleasers. They are afraid of speaking up for themselves because it feels selfish. This is a heavy burden to carry and reduces our emotional energy.

Intention

Let's reframe this idea that you are bad; perhaps you are innocent. Try to let that sink in. What does it feel like to recognize your innocence? When you make a mistake perhaps it's not because you are bad.

Meditation

Think of a time when you made a mistake. Allow yourself to reflect on that moment. Pay attention to the feelings that arise within you. Perhaps guilt, shame, fear, or anxiety surfaced, followed by an urge to overcompensate. Notice what emotions come to the forefront as you remember that situation.

Observe how frequently this pattern emerges in your life—the inclination to prove your innocence, to go the extra mile, to overcompensate even for minor mistakes. Feel the weight of perfectionism that often accompanies it. Take a pause and genuinely attempt to see your own humanity. Humans make mistakes. It's how we learn. Strive to recognize your innocence even when you've made a mistake.

Visualize this version of yourself. Gaze into your eyes. Feel a deep connection with yourself. Try to remember what led up to this mistake. What were you thinking or believing that led you to make that decision? Was there an error in judgment? Were you acting in fear? Perhaps you were overwhelmed with emotion and were not able to make



ELEMENTAL RHYTHM

a clear decision. Maybe you were frustrated and felt unheard. Perhaps your actions were driven by a desire for attention and validation. Maybe you were trying to be heard and prove a point. What was happening for you when you made this mistake? Did you have any unmet needs that contributed to your decision?

Where did the thought patterns that led to this decision come from? Where did these painful thoughts or beliefs originate? Fear based thought patterns make it hard to make clear decisions. Is the mistake a coping mechanism you learned that doesn't work?

You did not ask for this programming. You did not ask for limiting beliefs. You did not ask for your needs to be left unmet. You didn't ask to live in fear. These are all result of a prior imprint. They come from traumatic events you didn't ask to be apart of. YOU did not ask for programming that would cloud your mind, making it difficult to make sound decisions.

Take a moment to consider that you were innocent. You didn't ask to be impacted in this way. These programs are based in trauma. These old programs are maladaptive and lead to mistakes. You didn't choose any of it.

Imagine that you are a character in a movie watching your life unfold around the time of the mistake. How would you feel about the choices the character made? Now consider if you see the whole movie. See the way you grew up. See the challenges you faced. See the imprints from parents, teachers and other relationships and their impact on you. See how these relationships impacted your internal programming. Would this longer view of yourself help you have your understanding and compassion for yourself? Would this perspective help remind you that you made a mistake, like any other human being.

Imagine that every time you made a mistake, everyone knew all parts of your internal programming, your history, upbringing, and understood how it impacted your decision. Would people be faulting you in the same way?

Is it possible that others would see your innocence if they truly understood you? If they truly saw and heard you? Take a moment and recognize all the pain and sorrow beating yourself up has caused. Think about all the times you called yourself bad. You were very critical of yourself. The way you spoke to yourself was mean. Notice the heaviness that lives in your body as a result of the core belief, "I am bad." xxxxx



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What does that feel like in your body? Imagine that every time you made a mistake, you saw your innocence and had compassion for yourself. What would that feel like instead? Notice the shift, the lightness, the feelings of resolution. Save time and energy to solve the problem of the mistake instead of losing that time and energy on beating yourself up.

Recognize how the belief "I am bad" feeds into perfectionism and the fear of making mistakes. Acknowledge the energy it takes to be terrified of making a mistake. Walking on eggshells isn't living.

Notice how much more productive you would be, how much better you would feel on a regular basis. Take a moment to feel intentional compassion towards yourself.

Picture what it might feel like to replace self-criticism with self-compassion every time a mistake is made. How would this shift in approach feel? How might it affect your emotions and overall energy?

Take a moment to consciously direct compassion toward yourself. Recognize that making mistakes is part of the human experience. Strive to feel compassion for yourself during those moments.

Remember that you can return to these thoughts whenever needed. Commit to maintaining self-compassion, gentleness, and kindness toward yourself.

Take a moment just let yourself know that you're sorry for engaging in these thoughts.

When you do make mistakes, what is it that you need from yourself? Do you need more compassion, understanding, and empathy in the relationship to yourself? Making an error in judgement is painful. How do you want to be supported? What can I commit to doing in the relationship with myself every time I make a mistake?

See you treating yourself like you would treat someone you loved and respected. Notice your innocence, have compassion and empathy for yourself.

As you open your eyes, remember you can come back and access these feelings anytime. Make a commitment to be compassionate, gentle, this kind to yourself.

Contemplation / Reflection



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In the future, when a mistake is made, remember the significance of self-compassion. Instead of falling into self-criticism, strive to understand what led to the mistake. Focus on addressing the root cause rather than lingering in self-blame. Visualize this process in your mind, where you embrace your innocence, offer self-compassion, and take responsibility to address and resolve the issue.

Visualize yourself taking action. Embrace your innocence, offer self-compassion, and take responsibility to address and resolve the issue. Apologizing when necessary.

Integration

What are 3 things you can do to give yourself more compassion or see your innocence whenever you make an honest mistake



ELEMENTAL RHYTHM



I AM
UNWORTHY
TO
I AM WORTHY



ELEMENTAL RHYTHM

I Am Unworthy > I Am Worthy

Introduction

“I am unworthy.” This is a very detrimental belief to have about yourself. If we carry this belief around, we are likely to put ourselves last on the totem pole, forget to take our own feelings and needs into consideration when making decisions. You feel guilty very easily for speaking up or taking up space, and even self-sabotage different areas of our lives over and over again because of the belief that we don't deserve more.

This belief impacts our behaviors more than anything else. The lack of self-care, the lack of speaking up, the lack of valuing our own thoughts, feelings and opinions is why it is so important to reprogram as it can spill into every single one of the seven areas of our lives.

We're going to go through the different areas of life and we're going to talk about what you can do in each area to treat yourself like you are worthy, what actions you can take, how you can show up better in the relationship with you.

The more we imagine, visualize and feel our worthiness in each area of life, the more we anchor this belief into ourselves, and the more it takes shape.

We need to start treating ourselves like we're worthy. It is important to speak up and allow yourself to actually take up space in the world, without feeling guilty. We decide to show up and allow ourselves to be a human being, with needs and opinions.

Intention

Set an intention to allow yourself to feel worthy. Regardless of how you feel right now, set an intention to explore your worthiness and see the truth about yourself.

Meditation

Imagine what it might feel like to feel worthy in your life. How would you carry yourself differently? How would you respond to challenges and obstacles?



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Take a moment and imagine what it would feel like to believe you are truly worthy. As you imagine feeling a sense of self-worth, what emotions do you feel in your body, and what sensations accompany them?

Let's look at the career area. First and foremost, why are you worthy of being a human being who has feelings, needs, desires, qualities or characteristics you have that make you inherently worthy.

Notice what comes to mind. Take a moment and ask yourself how you can start behaving in a way that makes you feel more and more worthy on a daily basis?

This could be things like speaking up in group meetings, honoring your own ideas and opinions, and recognizing the challenges you overcome in this area of life.

Recognize all the challenging circumstances you've made it through. You have skills of being more positive and encouraging, and your internal dialogue as it relates to projects you're working.

Take a moment and try to feel what you can do on a daily basis to treat yourself like you are worthy. As you imagine these things, try to engage your emotions in this process as much as possible.

Now let's look at the financial area of your life. How do you rob yourself of feeling worthy in this area? Do you always pay for everybody else at your own expense? Do you always take on the financial burdens of others? Do you refuse to ask for help or support when needed? Take a moment and just notice what takes away your worth in this area. It could even be beliefs you have about yourself being incapable of making more money, an ongoing scarcity that lingers throughout your thinking.

Ask yourself what you can do in this area of my life to allow myself to behave as though I'm more worthy? It could be setting financial boundaries with others and allowing yourself to receive support. Take a moment and notice what comes to mind. It's important to actually visualize doing this; imagining you had no fear and speaking up for yourself to set boundaries.

Try to think of how you could behave in a way that is you treating yourself like you are worthy and notice what emotions you feel as you think about this. Is there any action



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you can commit to in the career or financial area of your life that would help you feel more empowered, more worthy, specifically because of the way you were choosing to treat yourself?

Let's bring our awareness to the mental and emotional areas of your life. How are you when it comes to treating your opinions, your ideas, your own morals and values as if they are worthy of being heard, expressed and understood by others? How do you treat yourself when you're emotionally dysregulated? Do you bear down on yourself and criticize yourself, or do you support yourself, care for yourself and have compassion towards yourself as if you were a worthy human being?

Take a moment and take inventory of the mental and emotional areas of your life, and the behaviors you have and how they determine your own feelings of self-worth.

Imagine that you treat yourself as though you are completely worthy and deserving of self-care, of empathy and compassion. How would this feel for you?

Next imagine that you truly valued your ideas, your opinions, your morals and values and that you stood behind them and expressed them as though you were 100% worthy of being heard and understood. What would this feel like for you?

Next bring your awareness to the physical area of your life, where you treat your body with love and care.

Imagine you ate food that really supported your body and made you feel recharged, re-energized. Imagine you felt worthy of nourishment and appreciation. Imagine you appreciated every part of your body for all of the functions it provides and in ways that support you. What habits would you have in the physical area of your life if you felt 100% worthy? What thoughts would you have about your body if you felt 100% worthy and appreciative of everything it does for you? What self-care activities would you take part in to truly value your physical health and well-being?

Next we will explore our relationships. How would you treat yourself on a difficult day? Perhaps a hard day at work with challenging relationships, how would you show up for yourself if you felt that you were worthy and deserving of love, compassion, support and acceptance? How would you treat yourself in all your relationships? How would you



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treat your own needs, your own beliefs, your valuable time and your valuable emotional energy in all the different relationships you have if you felt that you were truly worthy?

What would you do differently? I want you to take a moment and think of something you can commit to on a daily basis, perhaps even multiple things, that are you honoring the relationship to yourself and you honoring your own self-worth. It's from this that true confidence arises. From truly treating ourselves as though we are worthy.

Contemplation

Take a moment and think of a commitment or multiple commitments you can set out to take part in daily that support you and expand your own feelings of worth. And I want you to imagine five years into the future, after you've taken part in these daily habits and produced more and more self-worth, what does your life look like then? What do your relationships look like then? What is possible for you then that doesn't feel possible for you now? I want you to take one last moment, put your hands on your heart and let yourself know "I am worthy and I'm worthy of treating myself in a way that demonstrates this." I want you to repeat this three more times and when you are ready you can open your eyes.

Integration

What are 3 behaviours you can change to treat yourself as if you're worthy. Set boundaries and follow them through. Communicate your needs or how you are feeling to others. Honour yourself - Identify areas of your life or things you have that you feel undeserving of and let yourself know that you are worthy.



ELEMENTAL RHYTHM



I AM UNSAFE
TO
AM SAFE



ELEMENTAL RHYTHM

I Am Unsafe > I Am Safe

Introduction

“I am unsafe.” This is a very difficult belief to carry and can be the result of any number of childhood traumas. Even adult trauma that we've gone through have made us feel extremely unsafe and unsettled in our lives. It is a common belief that the more we carry the more likely we are to stay in a sympathetic and nervous system mode. You feel out of control of our own feelings and have difficulty relaxing. You go down the rabbit hole of catastrophe in ways that can become detrimental to your daily life. The aim here is to get in touch with what it would feel like to actually feel safe in your world, in your body, and in your day-to-day experiences.

Intention

Let's set an intention to embody what it would feel like to be safe.

Meditation

Can you imagine what it would feel like to be safe? Think of a time you experienced the emotions of safety, grounded, feeling whole, complete, and relaxed. This can be anytime that comes to mind, no matter how long ago it was.

Often we don't realize that we feel safe when we're really immersed in something we're doing; a painting, book, hobby, deep conversation. Think of a time when you experienced feeling safe. What do you notice in your body? What emotions and sensations are existing for you right now? Before really looking for where safety exists in your life, notice that you are safe in this moment. You have a roof over your head, you're sitting in a comfortable position or perhaps laying down in a comfortable position, you are safe right here in this moment.

Take a deep breath and relax all of your muscles in your face, your jaw, your shoulders and the back of your neck, your arms, your torso, and all the way through your legs. Just imagine all the muscles in your body getting heavy and feeling very relaxed. Just drop all of your muscles into the couch or bed that you're laying in and just relax.



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Take a deep breath and as you slowly exhale, repeat to yourself three times your mind, “I am allowed to feel safe.” Take one more deep breath and let yourself know it is safe to feel safe.

Let’s take a moment and look at where you are safe in life. Look at the different things that currently exist which bring you safety. This could be job security, financial security, safety in your ability to regulate your emotions and work through things. This could be safety in your physical health and well-being, and safety in the different relationships you have in your life.

Take a moment and notice things in your life that currently bring you some form of feeling safe. As you think of the different little things that bring you some sense of safety, notice what sensations you experience in your body.

Take another moment and practice intentionally calming any sensations you feel in your body. The best way to do this is with a slow extended exhale. As you relax, allow your muscles to feel heavy, anchored and relaxed. Take a moment to remind yourself “I am safe right here, right now.” Let yourself know it is OK to relax, it is OK to feel safe.

We’re going to take inventory and look at all of the different ways you have safety in your life, and I mean the daily physical things that bring us safety. Do you have a lock on your door for example? Do you have a roof over your head? Do you have the ability to speak up and ask for help or support from your loved ones? Do you believe that you have the ability to set a boundary when needed to keep yourself safe? Will you have meals today to feed yourself and for the rest of the week? Is your health currently in good standing? Just take some time now and think about all of the little things that you have to bring safety into your life.

Let’s remind ourselves one more time. It is OK to feel safe. I am safe to feel safe. I am allowed to feel safe. At this moment I am completely safe.

Let’s also take a look at the different people who bring you a sense of safety in your life. Is there someone you can call on, rely on, or reach out to? Do you have people who support and protect you? Take notice of what comes to mind. As you take inventory, try to notice the feelings you experience in your body as you think of the different people in your life who bring you a sense of safety.



ELEMENTAL RHYTHM

What does it feel like to know that somebody has your back, that somebody is looking out for you? How do you feel when you think about this, and as you experience this, what sensations do you feel in your body, what do you notice?

Next we're going to look at how you feel safe in the relationship with yourself, and the way you choose to think about situations. Think about your ability to develop your skills in your career, in the mental or intellectual area of your life that can further enhance your sense of safety or empowerment. Notice what comes to mind for you.

Notice how you are developing a deeper sense of safety everyday, through your ability to regulate your own emotions, through the awareness of your needs, the understanding of boundaries and being able to speak up for yourself, protect yourself, communicate. Notice how you are finding a greater sense of overall emotional safety in your life.

Notice the emotional area of life where you have more and more safety. Take a look at your physical health and notice you have an opportunity to bring yourself a greater sense of safety and well-being. This could be that you already feel an abundance of physical health, or it could be that you trust yourself to learn and research things that will continue to expand your physical health. Know that the body has the innate ability to heal itself when it is in the right environment.

Ask yourself is there any part of your spiritual life that you find a sense of safety? Do you believe in something greater than yourself or do you stand behind morals and values that are true for you that give you a sense of empowerment and control? Where do you find a sense of safety?

Take one final deep breath and slowly exhale and let yourself know "It is safe to relax. I am safe to feel safe. I'm safe, completely safe, right here right now at this moment."

Contemplation / Reflection

Where do you sabotage your own feelings of safety? Are you exposing yourself to things that are creating the opposite feeling in your life like on social media or scary or stressful shows on TV? In the workplace or in relationships?



ELEMENTAL RHYTHM

What are you doing in your life that is making you more secure every day? Are there habits or a structure and order in your life that gives you a sense of security and control? Are you showing up for yourself more often? Are you aware of yourself more often? Does this bring you a greater sense of security knowing that you will show up to protect yourself? Are you learning to relax, to calm your nervous system, to give yourself permission to rest and through those moments and experiences of doing so, do you allow yourself to feel safe in the present moment? Now I want you to take a moment and ask yourself, what is one thing I can do daily to help myself feel protected? What is one thing you can commit to?

Integration

What are three commitments you can do on a daily basis to teach your body and mind you are safe. Ex. Breathwork and meditation. Practice embodying the feeling of safety.



ELEMENTAL RHYTHM

I AM UNSEEN,
UNHEARD AND
MISUNDERSTOOD
TO
I AM SEEN,
HEARD AND
UNDERSTOOD



ELEMENTAL RHYTHM

I Am Unseen, Unheard and Misunderstood > I Am Seen, Heard and Understood

Introduction

“I am unseen, or I am unheard.” This can be a very frustrating core wound to carry that can create feelings of helplessness, resentment and even repression in life. Often when someone feels unseen or unheard, they also feel confused, angry, hurt, insecure, and carry feelings of self doubt. It's very important to be able to reprogram this core wound if you want to live an empowered and fulfilling life, if you want to feel deeply connected and understood by others around you.

Intention

Let's start by setting an intention to find where we are seen and heard. The more you see it, the more momentum you will build, and the more you will feel worthy, and valued. Being seen and heard will naturally feel more comfortable when you express your own emotions, opinions and beliefs.

Meditation

Start by building this belief “you are seen, you are heard.” What would it feel like to experience this? What would it feel like to know that the people closest to you in your life will see and hear you completely. They will understand what you need and how you operate. Imagine the feelings of connectedness, safety and closeness you would feel. Imagine you felt completely safe to be vulnerable. Imagine it feeling normal to be seen and heard.

Vulnerability will feel more comfortable when you feel you are worthy or deserving of being seen and heard.

I want you to think of a time when you did feel seen and heard by someone else, a time when you felt deeply understood by someone else. Imagine a time or think back to a time where this occurred. What emotions did you experience in that memory? As you reflect on that time, what sensations do you experience in your body?



ELEMENTAL RHYTHM

Let's take a look at the different places in your life where you are seen and heard. This will help you to feel safe, build the belief that it's possible and continue to build momentum in this direction. As we go through some of the following areas of life, I want you to give yourself permission to really look at when you are seen and heard,

Let's begin with your career. What in this area of your life allows you to be seen and heard? Is it a skill, talent, a trait or behavior, an understanding of your needs through a co-worker or friend? Take a moment and try to recognize where you are seen and heard, no matter how big or small. As you reflect on this, try to feel what it feels like when you are seen and heard.

Do you feel seen through acknowledgement and recognition? How does it feel when someone validates your opinion, perhaps brings it up in the meeting and shares what a wonderful idea you had. What makes you feel seen and heard, and what do you feel when you're having that experience? Is it pride, connection, or safety? What comes to mind for you? Try to really anchor that feeling into your body, really engage the sensations you're experiencing in relationship to the idea you are seen and heard.

Do you allow yourself to be truly seen and heard? Do you speak up, do you share vulnerably, do you express your needs? What is something you can commit to daily to empower yourself to be more seen and heard in this area of your life?

Let's look at the emotional area of life. Do you see and hear yourself here, for if you do not see and hear our own emotions, you are perhaps in a state of repression, avoidance or dismissal of your emotions. In this state, it is next to impossible for you to feel truly seen, heard and understood by others.

If you don't know that you feel down, sad, frustrated, how could you possibly express this effectively to others and be understood? Do you show up for yourself and see and hear yourself in the emotional area of life? How can you be better at this? What can you do more of? Perhaps you need to express more vulnerably, perhaps you must engage more in the experience of your emotions and increase your self-awareness? What comes to mind for you?

Think of a time where you did feel seen and heard when you expressed the emotions that you were experiencing. Who made you feel this way, a friend, family member, or



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romantic relationship? How did this person make you feel seen, heard, and understood? Was it through acknowledging your emotions, understanding your needs, how did they do this for you?

What emotions did you experience when this took place, a sense of connectedness, safety, gratitude, what did you feel? How can you give this to you, exactly what that person did, whether it was the acknowledgment of your needs, the reassurance of your desires, validation of your feelings. How can you give that to yourself on a more regular basis?

Who in your life do you want to see and hear you more? Who do you want to understand you better? Are you expressing vulnerably to that person? Do you open up, do you communicate your needs consistently, do you express boundaries to that individual? How can you do more of this?

Visualize 1 person who sees you and understands you for who you are.

Think of that moment they made you feel truly seen, heard or understood. What emotions did you experience at the time? What sensations did you feel in your body? How did you operate in the relationship with these three people you thought of in a way that allowed you to be seen and heard? Were you more vulnerable with these people? Did you speak up more often? I want you to affirm to yourself, "I am worthy and deserving of being seen, heard and understood." I invite you to make one last commitment to yourself. What is one thing you can do on a regular basis to allow yourself to be better seen, heard and understood by others?

Contemplation / Reflection

Where do you feel yourself saying yes and meaning no when you are not in touch with your emotions in real time?

Where are you not in touch with your emotions in real time and not realize it until later?

From 1 to 10 I'd like you to give yourself a rating for how much you feel that you make yourself seen and heard.



ELEMENTAL RHYTHM

Now try to see, hear, and understand your emotions, your needs, your desires. What would you like for your future boundaries, morals and values to be?

How well do you show up in the relationship with yourself in each area of life? How can you increase this number from one to 10, by 10%, 20%?

Think of one person who makes you feel seen and heard. Think of a specific time they made you feel this way. What emotions do you feel when you think about that individual?

Think of another person who also makes you feel seen and heard?

Let's think of one last person that makes you feel seen and heard. What do they specifically do that makes you feel this way? It can be recent or from a long time ago, it doesn't matter.

Integration

Think of 3 people each day that either see you, hear you or understand you. It can be the same or different people to remind yourself of how you are seen and understood by others so you can see and understand yourself better. You can think of people in different areas of your life.

What are 3 ways you can connect to yourself and feel seen and heard?