

RECONCILING YOUR REBELLION

THIS IS WHERE YOU WILL SIT WITH EACH POINT OF REBELLION TO RECONCILE IT

SOME INTENTIONS TO GUIDE YOU:

'With love and presence, I reclaim my sovereignty by helping my 'inner selves' return to right relationship with their age.'

'The past does not equal the future.'

'I am a fierce, radiant Rebel of Light. I claim my power and breathe it into the present.'

GROUND AND CENTRE

1. INVITE THIS YOUNGER SELF TO SIT WITH YOU

Jot down immediate sense/thoughts if you have any

2. ACKNOWLEDGE, HOLD, LOVE.

'What is it you need me to know?'

3. PLUNGE. PLACE A BASKET IN FRONT OF HER.

'Unload anything that doesn't belong to you.' Watch her unload trauma, burden, pain, secrets, etc.

4. COMFORT, REASSURE.

‘I love you. I’ll look after you. I’ll protect you. It’s my turn, now.’

5. GIVE PERMISSION.

‘Let me know when you need me. Signal me when you’re returning to this pattern. I’ll remind you that I’m here.’

6. THANK HER.

‘I am who I am because of you.’

7. REFLECT WITH ANY NOTES