



Video Transcript

Meditation To Release Doubt

Hello and welcome to Emotional Release. Releasing self-doubt. When you hear the word release, often I believe we're hardwired to think about negative things. But I like to look at releasing as a clearing, as a making space for, to receive. I attach blessings with clearing with releasing. I also want to invite you to invite things that no longer serve you to exit your mind, your body, your heart. You don't have to push out things that don't serve you. If you visualize a fly,

An unwanted fly in your home. You absolutely can run and try to swat it. Or you could simply open the door and invite it to leave. Have you ever had those moments where you just simply open the door and the fly just somehow knows to go? That's what I want you to do with any amount.

of self-doubt, trauma, pain, fear. I want you to invite it to leave just as graciously as you would perhaps invite me to your dinner party or your birthday party, right? Graciously invite self-doubt to exit.

Some of you may say, it is not that simple. Well, what if it were? What if you identify and meet your self-doubt straight on? Hey, how you doing, self-doubt? You are no longer welcome here. I have left open your suitcase. Your lease has ended. Please pack your things.

The door is unlocked. I even left it cracked. When you finish packing all of your things, please exit and do not come back. Set a boundary with your self-doubt. You know, they say meditation sometimes needs to be seated or with your eyes closed or standing with your eyes open or moving while meditating.

Do what you want and what you need with this time, your time. I invite you to have a seat, to feel your sit bones beneath you, to lengthen your spine, drop your shoulders, close your eyes and smile. Visualize your heart. How's your heart? Inhale white light and allow that white light to surround your heart 360 degrees.

Feel that warm light radiating out of the front of your chest and out of your back. Your heart lives in the front and the back. It's three-dimensional. Take a deep breath and just allow all of that fresh breath to fill every piece, every crevice of your body. Send that fresh, warm breath on a mission.

It's a fine to scope out any self-doubt, any pain, any trepidation, anxiety. Just a nice little clearing. Look at it as a fun activity, like a scavenger hunt. You know, kids are so excited to do a scavenger hunt or an Easter egg hunt. I want you to have that same excitement about identifying your doubt.

Question that story. Do you doubt you or do others doubt you? Really think about that. Are you doubting yourself? Really and truly, you're a beautiful goddess, talented, gorgeous, smart, capable of thinking your own thoughts, dreaming your own dreams. So are you doubting yourself?

Or is that the people that surround you? Is that what you learned in school? Who taught you to be comfortable with doubt? Question and undo that narrative. Replace it with, I love myself. I love my ideas. I love my dreams. And I'm going to see it through. I'm going to dream big and follow through.

and give myself permission to change direction, to bring a dream to a close, and to have a new one, and embark on a completely different path. You have every right to be the queen of your castle, to decorate it as you desire, to delegate, to work hard, and to rest.

to love and to play. Open the door to your heart and to your mind and just visualize a rushing river. Imagine a little boat. Perhaps some of you need a big yacht and place all of that self-doubt in that little canoe or that big fabulous yacht and just let it swim downstream. Don't even make it swim upstream. That's too much work.

Just let it flow right out, right on down, right on out. Take a deep inhale and sigh. Place two hands on your heart. Another deep inhale. Vocalize your exhale. Roar, cry, scream, giggle, laugh. Do whatever you have to do to release. Doesn't it feel nice to feel lighter, to flow? to be free, to be happy. You deserve to love all of you. Make a commitment in this moment to release doubt, to embrace confidence, to keep your shoulders back and down, your chest lifted proud, and your crown intact. Move through this world as the empowered queen that you are. Blessings to you goddess. Have a beautiful day.