

Becoming Boundless

An awakened woman's journey to release old programs
& embody conscious living and loving on her terms.

HOSTED BY *Violetta Lazzi*

6 MONTH REBIRTHING JOURNEY



Session 2:

Identifying limiting beliefs and releasing them from the emotional body

Session Recap:

We identified where the old wounded story lived in our body. We cleared any lingering emotions from the emotional body that needed to be released. Then we opened the body to experience spaciousness for the NEW story that we are creating. Our vision that we created in the first session was anchored into this particular part of the body.

Note down in your journals, if you have not done so already:

- What part of the body did the old story live in? What is the emotion?
Go deeper into what part of the organ holds this story and emotion.
- What party of your body holds your new story and vision? What is the emotion?
Go deeper into what part of the organ holds this story and emotion.

With the new moon in Aquarius on February 9th, it is all about LIBERATION. We are RENEWING our minds to heal our minds and bodies to operate on a

new frequency. Aquarius represents frequency waves. This is a strong Aquarian New Moon which indicates a push towards freedom, innovation, and doing things differently. Aquarian energy wants to push boundaries and march to the tune of its own drum. Uranus, Aquarius's ruling planet, is also active under this New Moon, bringing waves of instability and shaky ground. Something may abruptly change or shift all of a sudden, causing us to have to think on our feet or change our plans.

Alternatively, we may feel inspired to make changes in our lives that can bring a greater sense of freedom or innovation. Whenever we have strong Uranian energy, it is always worthwhile remembering to go with the flow. In fact, that is one of the gifts that Uranian energy provides. It encourages us to release control, flow, and trust in the process. It wants us to embrace change, for when things change, we can level up.

No assignment this week! Allow the last two sessions to settle into your body and subconscious. Prepare and clean your pallet for session 3!