

Breaking the Pattern



Yellow-Orange Rose

The “breaking the pattern” essence

To assist with breaking out of the old pattern(s), seeing the illusion of the old habits, the “same old, same old....”, laying aside old programming, and making room for the new to come forth.

Helping us to lay aside all that pertains to the “old energy”, allowing space in our lives for the “new energy” to come in.

Affirmation: “I now step out from the old patterns and blossom forth in my new identity.”

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