



The New Truth About Speaking: How to Re-pattern Your Subconscious

Say these words out loud to yourself, record yourself and play it back, put music behind your words, create a video, however you do this, use your creativity in a way that feels fun to you! In time, you will feel a shift in your belief about speaking, until you simply embody your new belief and speak it as an expression of your new reality.

Say this everyday and *feel into* what a fearless speaker feels like! Then visualize being pulled out of the collective consciousness and into your truth as you say these words...

"I cancel the false belief that I have any fear, limitation, doubt, or insecurity of public speaking. This is not the truth about me. The truth about me is that I am a fearless speaker—full of confidence, wisdom, and native inspiration that I was born with.

Now, in this moment, I permanently activate my limitless power to speak in ways that awaken minds, ignite dreams, and burst hearts wide open. There is no end to my confidence, there is no end to my charisma, there is no end to my ability to move people and shift energies with my speaking. The only limitations are the ones that people who live in fear of speaking have led me to believe. When I speak in public, I feel a harmonious balance of fire and water as inner peace, calm, flow, detachment, passion, power, and presence all flourish within me.

With the power invested in me and the help from my angels and archangels, I now release myself from the collective consciousness belief that fear of speaking exist. As I release myself from this belief, I release others as well. And so it is!"