

The Allowing Activation Guide

Shift From Wanting Into Allowing

- What am I trying to control right now, and what would soften if I released pressure?
- What fear comes up when I imagine receiving what I want?
- If I fully allowed this into my life, how would my energy shift?
- What part of me already feels ready, even if it's small?
- What does allowing feel like in my body today?

Receptivity Check-In

- Where do I feel open and spacious?
- Where do I feel tense or guarded?
- What can I do in this moment to help my body feel safe to receive?

Allowing Intention

- What intention supports my openness today?
- How can I gently remind myself that I don't need to force anything?