

VOCAL CONFIDENCE

with Meera Allen

MODULE 1

IDENTIFY - Know your WHY & Clear the Block

GROUNDED FIRST STEP - RED

- Stop and reflect - Be grounded in your feet
- Identify when the first block formed what age
- Discover where and why you are vocally blocked
- What was the limiting Belief?
- Where did you lose safety & security to express yourself?
- Go to the root cause of the physical block
- Where do you feel the actual physical sensation in the body?
- Repeated Patterns of suppression - Neurological Rewiring
- Unblock and pain or trauma through sounding techniques and breath-work
- Breath-Work and Boundaries combined to say NO
- Learning Ujjayi Breath
- Clear the limiting Belief!!
- Go into the shadow that you may have avoided - allow the emotions to flow
- TAKE FULL RESPONSE ABILITY! The Ability to Respond with clear Boundaries

****Please note that many things may come up for you and must be gentle with yourself. You may need to come back to Module 1 repeatedly especially if you feel the block is still there with you. You are here because you are READY. Remember this module is the shadow - Which often we don't want to see and it will be brought to the surface. Please go at your own pace.***

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JOURNAL PROMPTS

WHAT WAS THE INCIDENT?

WHO WAS THERE?

WHAT HAPPENED?

HOW DID YOU FEEL?

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DEVELOP BOUNDARIES - Saying No!

JOURNAL - Based on the points above to Identify the and clear the block.

For one week what experiences have you been given to have better boundaries and say "No"?

USE THE WORD NO - *Without apologising!*

How did it feel in the Body? *(Do you need to stretch, move, hydrate, shower or exercise?)*

How did it feel in the Mind? *(Do you need to write, meditate or sleep?)*

How did it feel in the Heart? *(Do you need to cry, scream, laugh or swear?)*



Breathwork - Do the Practice!

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Please complete these modules consecutively as best you can and observe what appears in your reality over the coming 12 weeks.

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