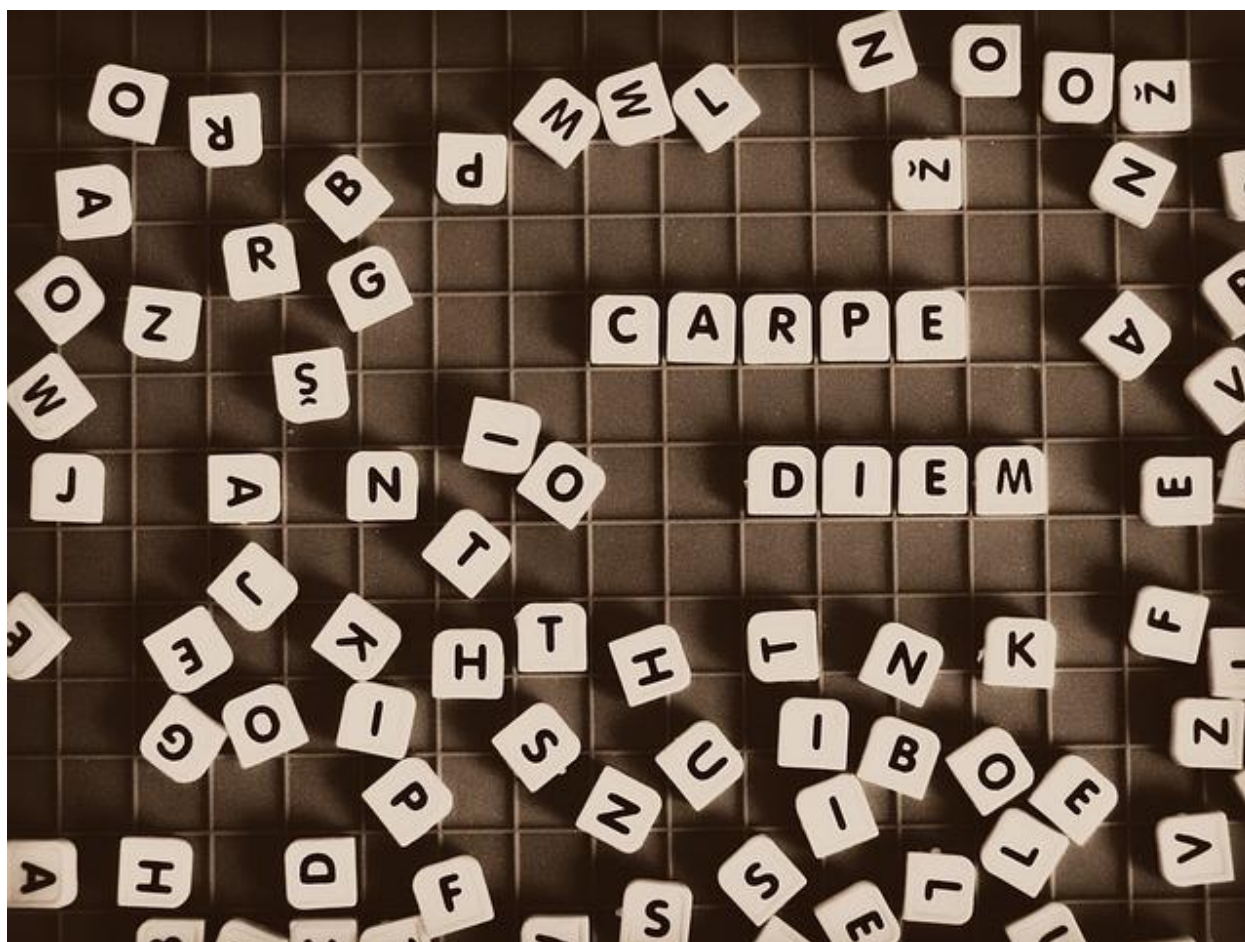


## **Reframing your language**



**“Mind is indeed the Builder . . . what is held in the act of mental vision becomes a reality in the material experience. We are gradually builded to that image created within our own mental being.”**

**– Edgar Cayce**

**Edgar Cayce, American Mystic and Akashic Records Reader**

### Exercise

Following the first two examples, print off the next page, or write in a notebook and reframe each sentence.

[For more information about reframing your language, here's the related blog post>>](#)

## New World Energetics Akashic Records Readings with Sarah

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Sentence	Reframe
Trying to please everyone	Learning to please yourself
Fearing change	Accepting change
Living in the past	
Overthinking	
Being afraid to be different	
Beating yourself up over mistakes	
Sacrificing your happiness for others	
Thinking you're not good enough	
Thinking you have no purpose	

Also consider other phrases or sayings that you may find yourself repeating, either internally or externally.

How would it feel to reframe those too?

I hope you enjoyed your New World Energetics exercise! Any further questions, feel free to [contact me here>>](#)

*To have an Akashic Records reading or a Rune Reading, you must be over 18 years of age.*