

Release the Doubt

March 2025 Insights

Insights (*noun*) – Your list of items - confidence, inner strength, and trust to release the doubts and negative emotions that no longer serve you.

ENERGY

The glowing feather Cleo put in your hand symbolizes the energy of inspiration and creativity. This feather represents the limitless possibilities that await you. Use it to soar to new heights and create the life you desire.

Lesson – Trust in yourself and know that you have the power to manifest your dreams.

GUIDES

Merlin asks you to inhale and imagine a golden light filling your body, dissolving self-doubt, fear, or uncertainty. Cleo reminds you that within you lies a wellspring of creativity and power. Trust in your abilities and know you can create your desired life.

Lesson – Visualize a brilliant, radiant light emanating from your heart, spreading throughout your entire being. This light represents your unique talents, passions, and dreams. Embrace this light and let it guide you on your journey.

MINDSET

To release self-doubt, you must first recognize that it is an illusion - a shadow that clouds your true self. Breathe deeply and let go of any negative thoughts or feelings that hold you back.

Lesson – Trust and feel that the negative emotions leaving your body are replaced by a sense of confidence and inner strength.



My Insights Journal

Journal your experiences for this month below.

ENERGY

GUIDES

MINDSET

