

**Removing  
YOUR  
Wall(s)  
Of  
Lack & Delay  
The Creative Way**

*©2009 Removing Your Walls of Lack & Delay. True Emotions Artwork PLUS*

©2009 **Removing YOUR Wall(s) of Lack & Delay**

A **Self-Empowerment Workshop** Created by Carolyn Shannon

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## Introduction

### What Makes Up YOUR Wall(s)?

- What ever YOU Perceive is Keeping YOU from Achieving Your Dreams &/Or Goals
- Whatever YOU Perceive is Holding YOU back from Accomplishing or Completing things in YOUR Life
- Examples: (Elaborate on what for in Wall Parts Below)**

- |                  |                        |
|------------------|------------------------|
| •Lack of Money   | Fear of Failure        |
| •Lack of Support | Fear of Success        |
| •Lack of Energy  | Fear of Self-Sabotage  |
| •Lack of Control | Fear of Letting Go     |
| •Lack of Time    | Fear of Responsibility |

In this e-workshop you will be going through the [Art from the Heart Adventures](#) process of releasing your emotional clutter before each step of :

1. Determining the “bricks” of YOUR Wall of Lack & Delay
2. Knocking Your Walls Down
3. Celebrating The Removal of YOUR Wall

### Materials Needed Before Beginning:

a few sheets of paper  
a set of markers  
a permanent black marker  
a pen, pencil and eraser

**You will also need a couple of hours without interruptions**

**Releasing MY Fear of Failure** *(Use Separate Sheet of Paper if you like)*

# Determining the “Bricks” Making Up MY Wall of Lack & Delay

**List The Top 5 – 8 Bricks You Wish to Let Go of in Your Life:**  
Then number them in order of degree of holding you back  
(1 = Most)

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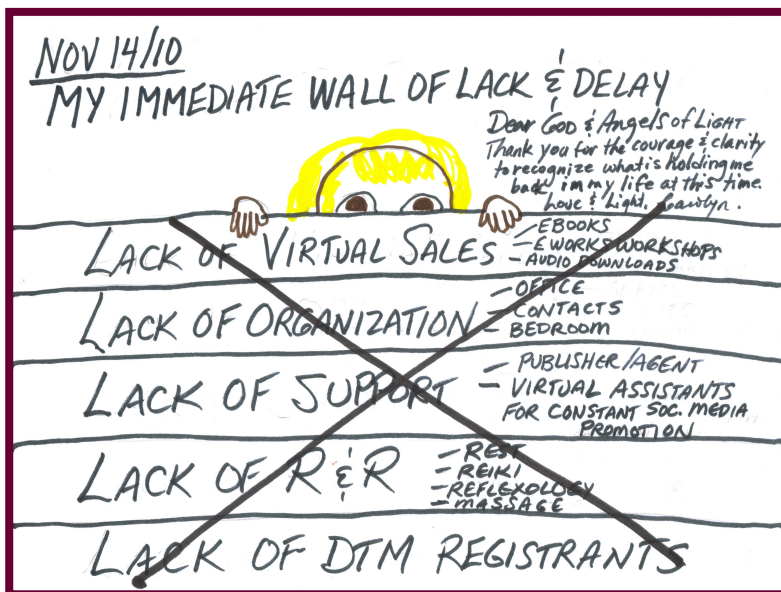
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## My Wall of Lack & Delay

Using List Create & Label Your Wall starting with Lack of or Delay in...  
Put Most Important On Top of YOUR Wall.  
Draw Yourself Peeking Out Over Your Wall  
(Add hair, glasses, etc to Reflect YOU)

See Sample Below:



If creating this drawing on separate sheet instead of using the one provided make sure you Date, Then Sign Your Heartwork with the following:

Date: \_\_\_\_\_

“Dear God & Angels of the Light, Thank you for the courage & clarity to recognize what is holding me back in MY life at this time.”

Love & Light, \_\_\_\_\_

\*\*\* **Either Way**, Finish by Drawing a Huge “X” over  
YOUR Wall

*(Make this Yours or Use A Separate Piece of Paper to Create Your Own - see sample)*  
**START EACH "BRICK" WITH: "LACK OF" OR "DELAY IN" ON LEFT SIDE**

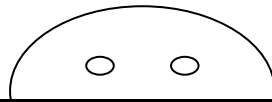
## **My Wall of Lack & Delay**

Date: \_\_\_\_\_

“Dear God & Angels of the Light, Thank you for the courage & clarity to recognize what is holding me back in MY life at this time.”

Love & Light, \_\_\_\_\_

Now Draw a Huge “X” over YOUR Wall




## Honouring MY Wall & Wall Parts for Serving In MY Personal Growth

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Thank you for being a part of my life and serving me well. You have helped me to become wiser, stronger and clearer about what I no longer need in my life.

NOW, from this moment forward I am ready to let you go you so that I may be open to and gain the clarity necessary to focus on the new blessings and opportunities coming my way.

I will always love & appreciate how much you have helped me grow during this part of my journey.

Love & Light, \_\_\_\_\_

**Releasing MY Fear of Success** *(Use Separate Sheet of Paper if you like)*

# It is Time To Create YOUR Knocking Down Wall Heartwork

Tells the Universe YOU Are Ready To Do What Needs to Be Done to Remove YOUR Wall

Use a Separate Piece of Paper to Create This Drawing OR Fill In the one on the Next Page.  
Pencil in first, then use Markers to Outline & Color it in adding hair, glasses to represent You.  
Lastly, **Date, Thank & Sign it.** (Angel helping is optional)

SAMPLE:



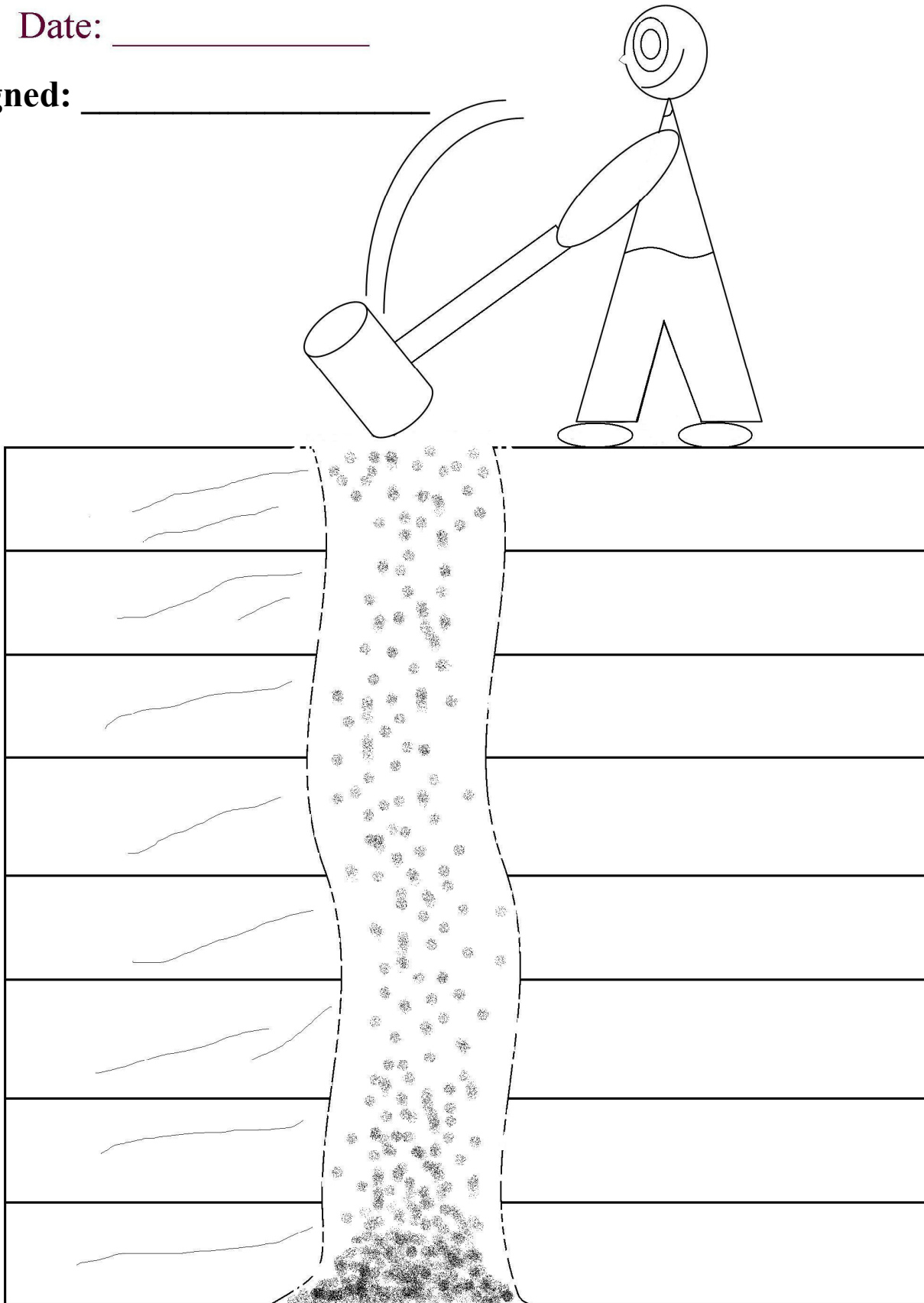
As YOU Create YOUR Knocking Down YOUR Wall Drawing BE SURE to End UP with the “LACK of” or “DELAY in” Being Broken Off or Away from The Rest of Each “BRICK”

*(Make this Yours or Use A Separate Piece of Paper to Create Your Own - see sample)*

# **Knocking Down My Wall of Lack & Delay**

Date: \_\_\_\_\_

Signed: \_\_\_\_\_



**Releasing MYFear of Self-Sabotage in Letting Go & Removing MY Wall**

*(You may do on separate sheet of paper if you like)*

## Celebration Heartwork

Now is the time to Create YOUR Celebration Heartwork!  
(Do YOU Feel like YOUR Wall is already Gone?)  
Make sure YOU are standing in FRONT of YOUR Wall Debris



Either Fill in the Picture Provided to Reflect YOU  
OR  
Use a Pencil to Create YOUR Drawing on the following page  
Whichever One Use Markers to Outline & Color It  
Date, Thank & Sign With Pen  
Enjoy!!!!



**Joy & Celebration of Successfully Letting Go & Removing MY Wall**

*(You may do on separate sheet of paper if you like)*

# What Happens Now?

Be patiently vigilant yet expect, recognize and acknowledge all that the Universe sends to YOU as signs that YOUR Wall of Lack & Delay is being broken down.

It may come as pieces of information, people appearing to help or support YOU or as new or returning opportunities for the energy necessary to help YOU in this process.

## How Often Need YOU Revisit/Change?

We recommend you go through this process at best every 3 months although it can be sooner if needed (when 1-3 things pop up that need to be removed)

Or once a year changing & re-prioritizing the “bricks” of your wall as they are removed or YOUR life circumstances change.

If every 3 months or less...

Name it, “My Immediate Wall of Lack & Delay” or “My Wall of Lack & Delay Right Now”

## 3 Important Things to Remember!

1. **“X” Out ANY Thoughts** That Allow Wall to Rebuild
2. **Acknowledge / Thank Every Little Sign** of Breakdown or Removal of Wall
3. **TRUST** It Will Be Removed **When The Time is Right for YOU**

## **Recommended Resources**

**Debt-Free & Prosperous Living** Book /Course  
by John M. Cummuta (Best Course I have ever taken!)

**Millionaire Mind** Book / Seminars/ Meditations by T. Harv Eker  
[www.millionairemind.com](http://www.millionairemind.com) (Life Changing Info, Declarations & Methods)

**Effortless Prosperity** Book / Seminars / Meditations by Bijan  
[www.effortlessprosperity.com](http://www.effortlessprosperity.com) (Daily Lessons/Insight into Life's Miracles)

**The Power Within** Seminars / Speakers / Books  
[www.powerwithin.com](http://www.powerwithin.com) (Inspirational)

**40 Days to Prosperity** Book / Meditation by John Randolph Price  
(Excellent Insight into Money as God / Universal flow)

**The Secret Door to Success** by Florence Scovel Shinn  
(My All Time Personal Favorite)

**All Books / Meditations by Louise Hay**  
(Excellent & Effective for Healing!)

**The Sacred Self** Book by Dr. Wayne Dyer  
(Great Self Discover & Empowerment Book)

**Feel the Fear And Do It Anyway** Book by Susan Jeffers, PhD (Says it all in the Title)

**Colour of Trust** Meditation by Douglas Stuve  
(Great when going through difficult situations)

**The Avatar Course** [www.avatarnorth.com](http://www.avatarnorth.com)  
Giovanni (John) Ruicci Teaches the How of the L of A

**Prosperity Blessing** by Veronica Hay  
A Magazine of People & Possibilities (Inspirational)

**A Prosperity State of Consciousness Meditation** from **On Wings You Connect Cd**  
by the Angel Messenger [Gloria@gloriamessenger.com](mailto:Gloria@gloriamessenger.com)  
(Discover the place where your prosperity thrives)

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