



SLEEP MEDITATION + SUBCONSCIOUS INSTALL

MOTHER

THE INSTALL

SEPTEMBER 2026 · INSTALLING NEW BELIEFS

WITH KAYLEE JORDAN



I

WHAT GOES IN

The Belief Map found what is running in you. This is what replaces it. Thirteen territories, fifteen new beliefs in each, and a command to seal them in. The meditation says all of this over you while you sleep. This copy is for your waking hours, so the words are yours too.

AT NIGHT

Play the MOTHER meditation as you fall asleep and leave it on repeat. You do not need this page. The words find you on their own.

IN THE MORNING

Open to the territories that came up YES on your chart. Read the release line once, then the fifteen, out loud, slowly, one breath after each. Finish with the command.

SAY IT, DO NOT THINK IT

Out loud, present tense, no because, no trying. Your body hears your own voice differently than it hears a thought. Let the ends of lines trail off.

HOW LONG

One territory takes about two minutes. Three territories a morning is plenty. Return to the ones that pull at you until they stop pulling.

OPENING COMMAND · SAY THIS BEFORE SLEEP, OR LET THE MEDITATION SAY IT FOR YOU

Subconscious mind, as my body sleeps, you are listening. Everything you hear tonight, you accept as true. You release what is old, you install what is new, and you keep it. Every time I hear this, it goes deeper.

OI MY BODY

My body is on my side, and it knows the way.

RELEASE

I release every belief that *my body is working against me.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 My body is my home, my temple, and my oldest friend, and she has always been on my side.
- 02 I soften into my body and feel how beautiful it is to live inside her.
- 03 Every cell in my body remembers the way back to wholeness, and I let her lead.
- 04 Pleasure moves through me freely, and my body is a safe place for it to land.
- 05 I grow more radiant, more powerful, and more magnetic with every year I live.
- 06 When I rest, my body restores herself, and I wake renewed.
- 07 I trust the wisdom of my body more than any voice outside of me.
- 08 My body gently releases every memory she no longer needs to hold.
- 09 I am fully here, fully embodied, and fully alive.
- 10 I love my body out loud, and she answers by blooming.
- 11 My body is not a project. She is a masterpiece, already whole.
- 12 Softness is my strength, and my body knows how to hold me.
- 13 I move through the world in a body that feels good, and I let myself enjoy it.
- 14 I am safe inside my own skin, now and always.
- 15 My body is on my side, and she knows the way.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that my body is working against me. Install this truth: My body is on my side, and it knows the way. It is done.



02 MY WORTH

I am worthy now, exactly as I am.

RELEASE

I release every belief that *I am not enough as I am.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am worthy simply because I exist, and nothing can add to it or take it away.
- 02 I take up space with grace, and the room makes way for me.
- 03 I am chosen, first and fully, by myself.
- 04 My needs are sacred, and I meet them without apology.
- 05 Love, rest, and abundance flow to me without my having to earn them.
- 06 The more I am seen, the more deeply I am loved.
- 07 I receive praise, gifts, and love with an open heart and a simple thank you.
- 08 I have nothing to prove. I have only to be.
- 09 My presence is the gift.
- 10 I ask for more, and life answers yes.
- 11 I am irreplaceable, and the right people know it.
- 12 My confidence is quiet, rooted, and magnetic.
- 13 I no longer shrink to be accepted. I expand, and I am embraced.
- 14 Good things find me again and again, because I let them.
- 15 I am worthy now, exactly as I am.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that I am not enough as I am. Install this truth: I am worthy now, exactly as I am. It is done.



03 MONEY

Money moves toward me, and it stays.

RELEASE

I release every belief that *money is hard to come by and easy to lose.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 Money flows to me easily, abundantly, and from every direction.
- 02 Making money is natural for me, as natural as breathing.
- 03 I am a magnet for wealth, and it feels so good to receive it.
- 04 Money loves me, and it stays with me.
- 05 My wealth grows while I sleep, while I rest, while I live my beautiful life.
- 06 I am paid generously for my gifts, and people are grateful to pay me.
- 07 Wealth is spiritual, and I hold it with grace and generosity.
- 08 The more I receive, the more I give, and the more I am given.
- 09 I am a wealthy woman, warm, generous, and completely myself.
- 10 I charge my worth with ease, and my offerings sell out.
- 11 Money arrives in ways I did not plan and could not have imagined.
- 12 I am calm with money, wise with money, and wonderful with money.
- 13 There is more than enough, and there always will be.
- 14 Money makes my life more beautiful, and I make the world more beautiful.
- 15 Money moves toward me, and it stays.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that money is hard to come by and easy to lose. Install this truth: Money moves toward me, and it stays. It is done.

04 LOVE AND PARTNERSHIP

I am easy to love, and love stays with me.

RELEASE

I release every belief that *love never lasts for me*.

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am loved deeply, openly, and without condition.
- 02 Love that lasts is my natural inheritance.
- 03 The more fully I am myself, the more I am adored.
- 04 I give and receive love in perfect balance.
- 05 I am held, cherished, and chosen, again and again.
- 06 I have love and freedom at the same time, and each makes the other stronger.
- 07 My heart is open, and opening it is safe.
- 08 I attract love that is steady, devoted, and kind.
- 09 I never have to shrink to be loved. My love expands with me.
- 10 Real love is easy, and it feels like coming home.
- 11 I am cherished for my softness and respected for my strength.
- 12 I let love in completely, and it fills every space in me.
- 13 I am whole on my own, and love only adds to me.
- 14 The love I desire is already moving toward me.
- 15 I am easy to love, and love stays with me.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that love never lasts for me. Install this truth: I am easy to love, and love stays with me. It is done.



05 SEX AND INTIMACY

My desire is holy, and I am allowed to want.

RELEASE

I release every belief that *my desire is too much, or shameful.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am a woman who wants, and my wanting is beautiful.
- 02 Pleasure is my birthright, and I receive it fully.
- 03 My body opens in safety, and I am present for all of it.
- 04 I ask for what I want, and I am met with delight.
- 05 My pleasure matters, and I let it lead.
- 06 I am wanted exactly as I am, in exactly this body.
- 07 My yes is sacred, and my no is honored.
- 08 Intimacy brings me home to myself.
- 09 I feel everything, and feeling is safe.
- 10 My sensuality is a source of power, joy, and creation.
- 11 I no longer perform. I simply feel, and it is more than enough.
- 12 My past no longer decides what I can enjoy. I am free now.
- 13 My desire draws the right love closer to me.
- 14 I honor every part of my desire as sacred.
- 15 My desire is holy, and I am allowed to want.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that my desire is too much, or shameful. Install this truth: My desire is holy, and I am allowed to want. It is done.



06 FAMILY AND INHERITANCE

I keep what serves me, and I set the rest down.

RELEASE

I release every belief that *women in my family do not get to have that.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am the woman in my lineage who gets to have it all.
- 02 I honor the women before me by living the life they dreamed of.
- 03 I set down what was never mine to carry, and I walk on lighter.
- 04 My healing flows backward and forward through my whole family line.
- 05 I love my family fully, and I am free to be myself.
- 06 My success lifts everyone I love.
- 07 I keep the gifts of my lineage and release the wounds.
- 08 I am the one who breaks the pattern, and I do it with love.
- 09 I belong to my family, and I belong to myself.
- 10 I am free to outgrow, to rise, and to be happy.
- 11 My mother's limits are not my limits. I am free to have more.
- 12 I cut every cord with love, and I keep only the love.
- 13 I create my future fresh, unbound by the past.
- 14 The pattern ends with me, and the blessing begins with me.
- 15 I keep what serves me, and I set the rest down.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that women in my family do not get to have that. Install this truth: I keep what serves me, and I set the rest down. It is done.

07 HOME AND BELONGING

I belong wherever I am, and I am rooted and free.

RELEASE

I release every belief that *I do not belong anywhere.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I belong, and I feel it in my body wherever I go.
- 02 My home is my sanctuary, beautiful, safe, and completely mine.
- 03 I am rooted and free, grounded and open.
- 04 I am welcomed everywhere, simply for being myself.
- 05 I relax completely in the place I live.
- 06 Belonging is my birthright, and I claim it now.
- 07 I deserve a beautiful home, and I live in one.
- 08 I am safe here. I am safe now. I am home.
- 09 I no longer change myself to fit in. I am the one who belongs.
- 10 The places I love, love me back.
- 11 My roots nourish me, and my wings carry me.
- 12 My home fills with peace, beauty, and light.
- 13 Wherever I am, I am at home in my own life.
- 14 I bloom wherever I settle.
- 15 I belong wherever I am, and I am rooted and free.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that I do not belong anywhere.
Install this truth: I belong wherever I am, and I am rooted and free. It is done.



08 MOTHERHOOD AND CREATION

I create with ease, and I hold it with grace.

RELEASE

I release every belief that *creating takes everything out of me*.

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am a creator, and creation flows through me with ease.
- 02 Everything I birth is held, supported, and blessed.
- 03 Creating fills me up and gives me more life than it takes.
- 04 My ideas are original, necessary, and divinely timed.
- 05 I finish what I begin, beautifully and with grace.
- 06 What I make is ready to be shared, and the world is ready to receive it.
- 07 I am supported in everything I create.
- 08 My best work is still ahead of me, and it is extraordinary.
- 09 Inspiration finds me the moment I begin.
- 10 I create from overflow, never from depletion.
- 11 What I create provides for me, now and for years to come.
- 12 I hold my creations with the softness of a mother and the strength of a queen.
- 13 My creativity is endless, and I trust its timing.
- 14 Everything I bring into the world carries my essence and my light.
- 15 I create with ease, and I hold it with grace.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that creating takes everything out of me. Install this truth: I create with ease, and I hold it with grace. It is done.



09 WORK AND PURPOSE

I am paid well for what comes naturally to me.

RELEASE

I release every belief that *my work does not really matter.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 My work matters, and it changes lives.
- 02 What comes easily to me is my greatest gift, and I am richly rewarded for it.
- 03 My offerings fill with the right people, easily and joyfully.
- 04 I always attract soul-aligned clients who love my work and value it.
- 05 My purpose is not something I find. It is who I am.
- 06 Success brings me more peace, more love, and more freedom.
- 07 My work flows, and it flows abundantly.
- 08 When I am visible, the right people find me instantly.
- 09 I am the real thing, and people feel it the moment they meet me.
- 10 I rest, and my business keeps growing.
- 11 I give myself full permission to be great.
- 12 No one does this the way I do, and that is my gift.
- 13 Doing what I love is my sacred work, and it pays me well.
- 14 I am exactly where I am meant to be, and I am rising.
- 15 I am paid well for what comes naturally to me.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that my work does not really matter. Install this truth: I am paid well for what comes naturally to me. It is done.

IO TIME AND AGE

I am right on time, and my best is ahead of me.

RELEASE

I release every belief that *it is too late for me.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 My timing is divine.
- 02 My best years are here, and more are coming.
- 03 Time is on my side, and it works in my favor.
- 04 Good things come to me quickly and easily.
- 05 Every year of my life has been preparing me for now.
- 06 I have all the time I need for everything I desire.
- 07 I can begin again at any age, and every beginning is beautiful.
- 08 I am exactly as far along as I am meant to be.
- 09 Change happens for me in an instant.
- 10 I am happy now, not later.
- 11 My age is a source of wisdom, beauty, and power.
- 12 What is meant for me waits for me.
- 13 My dreams have no expiration date.
- 14 I live fully in this moment, and this moment is enough.
- 15 I am right on time, and my best is ahead of me.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that it is too late for me. Install this truth: I am right on time, and my best is ahead of me. It is done.



II VOICE AND VISIBILITY

I am safe to be seen, and my voice carries.

RELEASE

I release every belief that *if I am seen, I will be attacked.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am safe to be seen, fully and completely.
- 02 My voice reaches the people who are meant to hear it.
- 03 When I speak my truth, I am received with love.
- 04 Being visible brings me protection, support, and opportunity.
- 05 My presence lights up every room I enter.
- 06 My story is powerful, and it deserves to be told.
- 07 I speak freely, clearly, and without apology.
- 08 The right people are waiting to hear exactly what I have to say.
- 09 When I shine, I give other women permission to shine.
- 10 I am seen, understood, and celebrated.
- 11 My truth heals, and I let it be heard.
- 12 I no longer hide to stay safe. I am safe in my fullness.
- 13 Attention feels good, and I receive it with grace.
- 14 My voice is a gift, and I share it generously.
- 15 I am safe to be seen, and my voice carries.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that if I am seen, I will be attacked.
Install this truth: I am safe to be seen, and my voice carries. It is done.



I2 SOUL AND ENERGY

My soul leads, my energy is mine, and I can trust what I feel.

RELEASE

I release every belief that *I am alone in this*.

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I am never alone. I am guided, protected, and held at every moment.
- 02 My intuition is clear, and I trust it completely.
- 03 My energy is mine, sovereign and whole.
- 04 Miracles happen for me, easily and often.
- 05 I am a clear channel, and divine guidance flows through me.
- 06 My field is protected, radiant, and strong.
- 07 The unseen speaks to me, and I listen.
- 08 I am allowed this much, and so much more.
- 09 My energy is constantly renewed by source.
- 10 I grow through joy, ease, and love.
- 11 When I let go, everything falls perfectly into place.
- 12 My soul lives in every moment of my ordinary day.
- 13 Something greater is working through me, and I let it.
- 14 The field is always arranging things in my favor.
- 15 My soul leads, my energy is mine, and I can trust what I feel.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that I am alone in this. Install this truth: My soul leads, my energy is mine, and I can trust what I feel. It is done.

I3 RECEIVING, EASE AND JOY

I receive with open hands, and what comes easily is mine to keep.

RELEASE

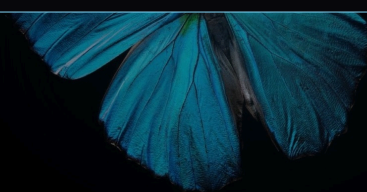
I release every belief that *if it comes easily, it does not count.*

INSTALL · SAY EACH ONE SLOWLY, ONE BREATH AFTER EACH

- 01 I open, and everything I desire flows in.
- 02 Ease is my natural state, and I return to it again and again.
- 03 Joy is safe, and joy is mine to keep.
- 04 Rest is sacred, and I rest without guilt.
- 05 What comes easily counts, and it is mine.
- 06 I let life be good to me.
- 07 Help arrives freely, with love and no strings.
- 08 The more I receive, the more I have to give.
- 09 I trust the good times, and they keep getting better.
- 10 Happiness is my natural state.
- 11 I receive beautifully, and life loves to give to me.
- 12 My joy is big, bright, and safe.
- 13 I let it be easy, and it is.
- 14 I let it be this good, and even better.
- 15 I receive with open hands, and what comes easily is mine to keep.

SAY IT OVER YOURSELF

Subconscious mind, I command you now. Release every belief that if it comes easily, it does not count. Install this truth: I receive with open hands, and what comes easily is mine to keep. It is done.



THE SEAL · AFTER TERRITORY 13

THIS IS WHO I AM NOW.

Subconscious mind, every belief I released tonight is gone. Every truth I heard is now mine. You keep it as I sleep, and you keep it as I wake. This is who I am now.

It is done.

It is done.

It is done.

Something amazing happens to me while I sleep.

XX KAYLEE JORDAN

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