



PURE · THE DEEPENING · OCTOBER 2026

GROUND EXPANSION

LEARNING TO LIVE IN THE OPULENCE OF YOUR LIFE.

HER TRUTH

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BEFORE YOU BEGIN

Expansion that never *leaves the body.*

The word of this calibration is **support**. The frequency is **grounded expansion**: being deeply rooted in your body and expanding all the way out from there. A lot of people think expansion is ungrounded, that to get bigger you have to leave yourself, float up, get lighter. It is the opposite. Real expansion starts in the body and never leaves it. The deeper you are in yourself, the further out you can go.

The peony is potent frequency medicine for this companion.

There are four places in everyone's life where expansion gets quietly stopped, or suppressed. Not by circumstance. By limiting beliefs around the relationship you have with survival and scarcity, with worthiness and receiving, with authority and sovereignty, and with hierarchy. This deepening walks you through each one. Take it slowly. Pen to paper.

HOW TO USE THIS

Read the page. Breathe into your body. Muscle test the question if you work that way. Then write, without editing, until the pen stops. What you write is the expansion happening. Let it be easy.

Survival & Scarcity.

The first expansion is your relationship to survival. Survival is the oldest program in the body: stay safe, stay fed, stay warm, stay in the tribe. It kept you alive. But survival only knows scarcity, and scarcity leaks into everything. It is in the way you say yes too fast. It is in the offer you make before anyone asked, the rate you drop before anyone pushed, the way you hold your breath when the money conversation starts. People feel it in you before you ever say a word.

It lives in the body as the clenched stomach, the money you cannot let yourself spend even when it is there, the backup plan you keep for the day everything fails, the rest you cannot fully take. The belief underneath is simple and old: there is not enough, and what I have can be taken.

Here is what nobody tells you about survival. Underneath the fear is a hunger, and the hunger is not the problem. When you come out of survival, that hunger does not disappear. It turns into desire. The same part of you that was grabbing becomes the part of you that wants, clearly, from the body, with nothing to prove. And you can live from there. So the question is not how to want less. It is: what are you actually hungry for?

Scarcity is survival's voice. It is the story the body tells when it has not yet learned that it is safe: not enough time, not enough money, not enough of me. The expansion here is not getting more. It is letting the body feel provided for right now, with what is already here, so that scarcity has nothing left to say.

- 1 What is my relationship with survival and scarcity? When I think about money, food, shelter, being provided for, what happens in my body?
- 2 What limiting beliefs do I hold around survival? Where do I settle, grab, or say yes too fast because I am afraid there will not be another chance?
- 3 If I were completely safe, what would I be hungry for? What do I actually desire, from the body, with nothing to prove?

Worthiness & Receiving.

The second expansion is your relationship to worthiness, and it sets the size of everything that is allowed to reach you. You can hear it in how you talk about what you do. Whether you can name your price and then stop talking, or whether you follow it with a reason, a softener, a discount nobody asked for. Whether you can say what you are worth and let it stand, or whether you bend yourself, your tone, your words, your whole shape, into something you think is more likely to get picked.

Most of this is not a choice you remember making. It is a shape you learned early, to be loved, to be let in, to be safe, and you have held it so long it feels like your personality. It also shows up as brushing off the compliment, saying you are fine when you are not, not asking, and the quiet certainty that if your life got that good, something would come to take it back.

There is no other shoe. The only thing that limits what you receive is what you have decided you are allowed to hold. Worthiness is not earned by being good enough for long enough. It is a decision about how much you let yourself have, and it can be made again, right now, on this page.

Receiving is worthiness in the body. It is the exhale when the money lands, the compliment you let all the way in, the help you accept without paying it back in the same breath. You can believe you are worthy and still brace every time something good arrives. The expansion is in the brace. Soften it, and let it reach you.

- 1 What is my relationship with worthiness and receiving? What do I believe I have to do, or be, before I am allowed to have more?
- 2 What is the best thing that could happen to me this month? And what is the very first thought that comes after I imagine it?
- 3 What do I decide to let myself have, now?

Authority & Sovereignty.

The third expansion is your relationship to authority: whose word is final in your life, and how much you trust your own. You can hear it in how much you talk after the point has already been made. The extra sentence. The proof. The list of reasons you are qualified to say what you just said. Real authority does not argue for itself. It is felt in the room before you open your mouth, and the more you try to prove it, the less of it there is.

It also shows up as waiting to be given permission, asking three people before you decide, dimming your own knowing because someone with letters after their name saw it differently, and handing the biggest decisions of your life to whoever sounds the most sure.

Authority is not volume. It is not a title, and it is not winning the argument. It is the quiet in you that has already decided. When you trust your own word, you stop needing anyone to co-sign your life, and you stop shrinking it to fit what they would approve of. That is when it gets to grow.

Sovereignty is authority with nothing left to prove. It is the woman who no longer asks, explains, or waits. She decides, and the room arranges itself around the decision. You are not working toward it. You are remembering that it was always yours.

- 1 What is my relationship with authority and sovereignty? Whose word is final in my life right now, and where do I catch myself proving instead of simply knowing?
- 2 Where am I still waiting for someone to tell me it is okay?
- 3 What do I already know, that I have been pretending not to know until someone else confirms it?

Hierarchy.

The fourth expansion is your relationship to hierarchy: where you believe you stand among others, and how much that placement runs your life. It shows up as the pull to match the people around you, to agree, to blend, to sound like the room. The feeling that you have to have an opinion on whatever everyone is upset about this week. The way other people's thoughts get into yours until you cannot tell which ones you actually think.

It also shows up as checking who else is doing it before you let yourself do it, softening your price because someone bigger charges less, shrinking your language so you do not sound like you think you are better than anyone, and measuring your month against a stranger's highlight reel.

There is no ladder. There is only you, in your own life, completely. The moment you stop measuring where you stand, there is nowhere left to climb, and everywhere to grow.

- 1 What is my relationship with hierarchy? Where do I believe I stand among others, and who decided that?
- 2 Where am I blending in, agreeing, or staying quiet so that I do not stand out, and what is it costing me?
- 3 What would I create if no one was watching and no one was ranking it?

Soul.

The fifth expansion is your relationship to your own soul, and it holds the other four. Survival and scarcity, worthiness and receiving, authority and sovereignty, hierarchy: every one of them is a place where you hand your power to something outside of you. The soul is where you take it back. It shows up as how much of your life you are actually living from the inside, and how much of it is being run by what you think you are supposed to do, be, want, or fear.

When you are led from the soul, the ground gets steady on its own. The having gets easy. Your word becomes final. The ladder disappears. This is the expansion that does not need effort. It needs permission.

- 1 What is my relationship with my own soul? When was the last time I let it decide something, and what happened?
- 2 Where am I still outsourcing my power, to a person, a plan, a fear, a rule, and what would it feel like to take it back today?
- 3 If my soul were carrying me completely, what would I stop doing, and what would I finally allow?

THE COMMAND

Read this out loud, or write it in your own hand, every morning.

I allow myself to be supported on every level. I let it all in. I let my life be gloriously easy and extraordinarily good. Thank you.

CARRY THESE WITH YOU

I am supported on every level.

I let it all in, and I let it be easy.

I live in the opulence of my life.