

# Inhale & Exhale – When I'm Tired Of Unworthiness & Self-Doubt

BY AUDREY WOJCIECHOWSKI

*A Life Force Of Love*

I'm going to linger in the exhale  
Spend some time completely empty  
Tired of unworthiness  
No longer willing to let self-doubt and uncertainty back into  
my body or mind  
Days overloaded with unnecessary commotion in the daily grind  
Nights bursting with dreams and desire that cease to ever be

I'm going to take some time to feel my weight on this world  
To connect with the burning love at the core  
To be supported by the solid ground below  
To be held like a mountain by the Earth, majestic and  
expanding  
To be held like roots in the soil, nourishing and growing  
I'm going to take some time to feel instead of fill  
I'm going to linger in the exhale  
In this emptiness, I'm going to feel my weight on this world,  
to feel supported, to ground myself in worthiness and love.

I'm going to be mindful of my inhale  
To fill with tenderness and be full  
Each breath in will make me rise  
Filling my lungs up and expanding like the sky  
I will only draw in the deepest love and starlight  
I will beware of the darkness and how it can take over the sky  
I will anchor myself with the moon

The light will shine into my heart and guide

I will fill with worthiness  
Saturating in every sip of gratitude and grace in this life  
Allowing myself to feel full of vitality and insight  
I'm going to be mindful of my inhale  
In this fullness, I'm going to expand into light, love and  
settle in the purest energy of life.

Each breath will be my conviction to create a force of love  
existing in every moment  
To invite love in and to let love go  
To sink deeper into pauses of existence  
Always knowing my purpose and moving from wholeness  
Never grasping out of desperation  
To let the light in my heart move my feet on the ground  
To connect with everything above and everything below

Every moment will be an opportunity to offer myself to this  
life  
My essence in the air will be lifted by the breeze and will  
find a home in hearts and in trees  
Lingering in that connection and allowing love to radiate in  
Each complete breath will be my gift to life and life's gift  
to me.

*For more self-study, [The Urban Howl](#) recommends [Courage: The Joy of Living Dangerously](#) .*

***Sip a little more:***

**[Exhale: Surrender To Shadow Goddesses & Dwell In Places Of Discomfort](#)**

**[Exhale Deeply & Completely: Because You Are Already Powerful, Holy & Enough](#)**

{You are meant to be here}  
This is the only story  
the ancient story  
the only story that needs  
telling—so find your way out  
of the fray and into the marrow  
of living, for tomorrow  
will always bring another  
new beginning

S a m a n t h a W a l l e n

THEURBANHOWL.COM



**#THEURBANHOWL**

HOWL WITH US  
ON [FACEBOOK](#), [INSTAGRAM](#), [TWITTER](#) & [PINTEREST](#).

SPREAD THE MAGIC: