

The ABC's of Energy Clearing

A Guide to Clearing Your Energy and Living in the Present.



Awareness

First, identify and define your fears to bring them into conscious awareness. Only after we are conscious of a fear, can we easily resolve and use the energy of that fear to step into our own power.

Say, "The truth is, I feel..." Insert how you're feeling.

Breathe

After acknowledging how you feel, breathe in deeply through the nose and out forcefully through the mouth.

Pay attention to where in the body you feel strong negative emotions. Breathe deeply into that place.

Take four cleansing breaths.



Connect

Relax.

Lean away from the negative energy you breathed out.

Create a space for positive energy.

Connect to spirit - whatever higher power that is for you.



Learn to transform your energy so you can create what you desire effortlessly.
Visit www.succeedonpurpose.com for more information.