

5 WAYS TO

CLEAR YOUR ENERGY

01

5 MIN MORNING MEDITATION

WARNING: THIS WILL CHANGE YOUR LIFE!!!
SCRAP THE LENGTHY MORNING ROUTINE.
PUT YOUR HEADPHONES ON AND LET THIS
CLEAR YOUR ENERGY & FILL YOU WITH LIGHT.

02

UNIVERSE - HELP!

ASK THE UNIVERSE TO RELEASE ANYTHING
THAT YOU'VE TAKEN ON THAT DOESN'T
BELONG TO YOU. TAKE A COUPLE OF
BREATHS, FEEL THE WEIGHT LIFTING.

03

EMERALD GREEN

VISUALISE YOURSELF IN AN EMERALD GREEN
SPHERE. THIS CREATES A SENSE OF SPACE,
ABILITY TO BREATHE DEEPLY AND CALM.
BONUS POINTS IF YOU DO THIS IN NATURE.

04

WATER MAGIC

JUMP IN THE OCEAN, TAKE A SHOWER, STAND
IN THE RAIN, BATHE IN SALT WATER, DRINK
IT! SET THE INTENTION THAT THE WATER IS
CLEANSING YOU AND IT ABSOLUTELY WILL.

05

TUNE IN

STOP RUSHING, THE TO-DO LIST WILL WAIT.
DROP INTO YOUR HEART. TELL THE TRUTH
ABOUT HOW YOU'RE FEELING. BECOMING
PRESENT WITH YOURSELF CLEARS STRESS,
OVERWHELM & CONFUSION. TUNE IN TO YOU.