CLEARING JOURNAL PRACTICE

TEACHING

Whatever stories you took on through your ancestral line or in the early years of development can be shifted when you choose to let go.. Clearing energy is as natural as breathing. You inhale oxygen and exhale carbon monoxide your entire life. You have natural elimination systems perfectly designed to support the ongoing process of detoxification.

When you align your emotional healing process with the natural ways of clearing, you have an opportunity to walk with a new way of being in the world and create the life that you choose in alignment with the evolution of your own soul.

AFFIRMATION

I LET GO OF EVERYTHING AND ANYTHING

THAT NO LONGER SERVES ME

SELF - INQUIRY

What stories were passed on to you that do not serve you...

From your parents?

From school?

From friends?

From relationships?

About money?

ACCESSING EMOTIONAL PATTERNS

What emotions come up around stories...

From your parents?

From school?

From friends?

From relationships?

About money?