

Self Healing Invitation: Reclaim Your Power



If you are obsessing about a person, situation, or thing, use this simple and empowering 3-Step process to help you remove your time, focus, and attention from it and put it back on yourself. This exercise will help you turn negative energy that is holding you back into an energy of self-love and compassion.

Step 1: Visualize peeling your energy off the person, situation or thing. Sit quietly, close your eyes, and visualize peeling something off the physical part of it. Maybe it's a sticker or a banana peel.

Step 2: Put that energy back on yourself. Now place that thing you peeled off the other person or thing and stick it over your heart. As you do, imagine it turning into a vibrant ball of light, giving you nourishing energy. Picture it lighting up every part of you, rejuvenating and empowering you. As you breathe into this new energy, notice how your emotions shift. You're no longer the leech but a source of powerful feminine energy, feeling renewed, empowered, and a bit like a badass.

Step 3: Choose one thing you enjoy and focus on that. Visualize yourself living your best life and engaging in activities that bring you joy. Take yourself on a vision quest, imagining the life you desire. Afterward, start creating that life by taking one action, big or small, that brings you closer to that dream. Create a vision board and concentrate on one aspect at a time. Let it represent all you want, like a thriving career, a happy relationship, a beautiful home, a vacation in Greece, or a thriving community of friends.

