

# Getting Energetically Clear

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And why it's important!

# First Things First

The Law of Attraction is real. Like attracts like. The universe wants to give you more of what you focus on, because that is what you are calling in energetically. So if you focus on chaos, hatred, scarcity... that's what you'll get more of. If you focus on gratitude, love, abundance, that's what you'll get. So, be mindful of your thoughts. You get to choose what you focus on. This doesn't mean everything will be sunshine and rainbows all the time, afterall, you need the rain to have a rainbow! It simply means you get to choose how you handle situations that arise. For example, if you didn't get that new job you really wanted, you can be angry, disappointed, and sad, OR you can get curious about what other opportunities will be available for you, view this as a learning opportunity, be grateful there are other jobs to be had, and take this as a sign to really focus in and make sure this is what you truly want. Life happens FOR us, not TO us. The sooner you realize this, the easier time you'll have navigating this experience called 'life'.

When it comes to manifesting, you want to make sure you are clear energetically, getting rid of all the negative or toxic energy that you may be carrying, because remember, LIKE ATTRACTS LIKE! I will share a few tips on how to work on forgiveness, releasing what is no longer serving you (including limiting beliefs), getting clear on what it is you want, and creating affirmations that will act as your target to aim your actions.

# 1. Forgiveness

Forgiveness does not mean forgetting, or allowing it to keep happening, it simply means you are ready to move on from the past. Buddha said, “Holding onto anger is like drinking poison and expecting the other person to die.” Forgiveness is acknowledging what has happened in your life, understanding that it may be holding you back because it’s keeping you stuck in the past, and then making the choice to move forward.

For this exercise, write down a list of people and/or situations where you have felt disappointed, betrayed, hurt, etc. (Not every single thing ever, just what’s currently coming up in your awareness that’s carrying a lot of weight and taking up space right now).

These difficult situations or experiences can make you second guess, lose faith, or simply not trust yourself or your decisions, which can lead to you turning your power over to someone or something else. This may be something that happened long ago or all the way up as recently as the present moment. It can be someone (yourself included) mistreating you, cheating on you, stealing from you... By forgiving, you are releasing these experiences and the negative energy and vibrations they carry with them.

# Forgiveness Ceremony

Once you have your list written out, imagine each person or situation one at a time in your mind's eye, surround them with a bubble, and send it on its way. I have also found pulling the feeling from my heart (literally pinching the area at my chest and pulling the feeling out of my heart) and imagine the wind taking it away works wonders, too.

When you have worked through your list, you can write out, "I forgive everyone who needs forgiveness, including myself. I am ready to let go and move on." Sign it and then release it either by tearing it into tiny pieces or finding a safe place to burn it. If it's a larger piece of paper and you don't have a firepit, you can tear up smaller pieces and burn them individually. By burning or tearing up this list, you are allowing these experiences to be transmuted into love. Please exercise caution and safety when dealing with fire!

If you're looking for extra 'forgiveness power', feel free to say the following out loud, "I forgive everyone and everything that needs forgiveness, including myself, from the past and all the way to the present. I am forgiven. The universe is love, I am love. Knowing this, I live in love and peace."

Say this out loud until you really feel it and then proceed to transmute your forgiveness list.

## 2. Gratitude

With forgiveness, you create space. Space that was once filled with anger, resentment, frustration, etc. is now free and waiting to be filled. For manifesting especially, it's helpful to fill that new found space with gratitude! I'd like to invite you to make a list of ten people, place, things, experiences that you are grateful for. A cool part about this is that what you forgave may well be something you are also grateful for. Maybe it was a learning experience that allowed you to grow. I definitely want to encourage you to stay in the positive here. For example, rather than saying, "I'm grateful I don't have to work THERE anymore", maybe say, "I'm grateful for the opportunity to work somewhere I am truly passionate about working!".

When you're making your list, feel free to keep writing! Once you start the gratitude ball rolling, it can keep rolling, and I say, let it ROLL!!

### 3. Get Clear On What You Want

Choose your biggest goal and break it down into at least 5 manageable steps you can take towards it.

It's amazing to have super lofty goals, but when it comes to manifesting, it's nice to take it in steps you truly believe in... and then maybe trust a little bit more to move into the realm of possibility! For example, if you're currently sleeping on a friend's couch, the likelihood of manifesting a mansion this month may not be in the cards. Work up to your dream. In this example maybe it's your own room, then your own place, then a starter home, then your dream home. It's important to take the inspired action steps you need to reach your goal rather than just expecting a miracle to happen just because you made a wish.

By taking steps, you are focusing your attention on what it is you want, and the universe loves to give you more of what you are focused on (so be mindful of what you spend time thinking about!). Every time you take inspired action, you are aiming in the direction you want to go and you will start to see how you can manifest your goals. Take the time to do the work, **YOU ARE WORTH IT!!**

# MY BIG GOAL & My Action Steps

**My goal is:** \_\_\_\_\_

Step 1 – the first step I can take in the coming 24 hours towards my goal is:

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Step 2– the step(s) I can take in the coming 3 days towards my goal is/are:

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Step 3 – the step(s) I can take in the coming week towards my goal is/are:

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Step 4 – the step(s) I can take in the coming month towards my goal is/are:

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Step 5 – the on-going inspired action I need to take towards my goal are:

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## 4. YOU ARE WORTH IT!! You have to KNOW THIS!

If you don't feel in alignment with this statement, it's important to recognize the limiting beliefs you've held and why you need to know you ARE worth it.

Think about what others have told you and/or what you have told yourself that makes you feel less than? Do you believe these comments? You will need to filter through the negativity that is holding you back and the truth that you are here to shine, to be happy, and to be loved. Say it with me, I AM WORTH IT!

We are moving beyond limiting beliefs. What is the limiting belief you have that has been holding you back? And if that's BS, then what is the truth?

The truth is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Turn Your New Belief Into An Affirmation

An affirmation is a short but meaningful statement that helps remind you what it is you are choosing to remember. Affirmations are meant to be written down and said out loud on a regular basis. They are best written as if they have already happened. For example “I love myself and treat myself with respect”, “I am love and my life is filled with love.”. Again, stay in the positive, and leave out phrases like “I want to” or “I hope to”, remember, present moment as if it has already happened. You are attracting what you are focusing on. So if you are focused on what you hope to have, you’re focusing on hoping to have it, rather than actually having it.

Write your affirmation down and sign your name at the bottom. Make a pact with yourself to repeat it multiple times a day! Again, being clear and concise will help you remember it and repeat it.

## 5. Creative Visualization

Now that you have your affirmation, I want you to imagine your dream life or your dream come true. Close your eyes and really picture it. What do you see, what can you smell, what sounds do you hear, do you taste anything, what does it feel like, are you smiling?! You definitely should be smiling if your dream has come true!!

Ok, grab a piece of paper, or your notebook or sketchbook... maybe you already have a Journey Book going! I want you to take your vision and draw it out! Don't worry if you "aren't an artist", stick figures, magazine clippings, or even words will do, it's a matter of bringing your dreams into the physical world. The more effort you put into your dreams the better.

If you are someone who wants to manifest multiple things, it may be easier to lay them out in a grid pattern, or perhaps a route, one after the other along the path to where you want to be.

# Putting It All Together

You have worked on your forgiveness list, your gratitude list, limiting belief, getting clear on what you want, creating an affirmation, creating a creative visualization... How do you feel? More energized, excited, passionate? Maybe you still have some work to do? That's perfectly fine, too.

It's important to remember this is an ongoing process. I encourage you to continue checking in with where you are NOW, and take inspired action with where you want to go. This may change, and that's ok. Remember that you get to choose where you want to focus and what energy you embrace. You will get more of what you focus on, and that's the truth.