

Clearing Space



What if everyone you met trusted
their intuition?

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*I release that which is no longer
serving me and welcome
receiving...(see Filling Space
card).*

1. Set an intention to identify an area in your body that is vibrating at a frequency that differs from the frequency of who you really are. Where is this area in your body?
2. What are you feeling emotionally? What emotion wants to flow and be released?
3. How does this area in your body respond to the questions: "What is your purpose? What is your helpful message for me?"

C - 3

*Everything is working out
perfectly. I am free to
experience this adventure as
Divinely guided.*

1. What is a practice/ritual/ceremony that you can employ to honor and praise your ancestors and their wisdom?
2. What is a belief that is holding you back from experiencing new adventures, or expressing your creativity?
3. If you knew these beliefs were no longer true, what choices might become apparent to you?

C - 2

*I release the status quo and
honor my courageous
vulnerability.*

1. Is there an area in your life that seems frozen? If yes, in what ways does it appear frozen?
2. What is a practice/ritual/ceremony that you can employ to honor your courageous vulnerability?
3. Radiating love and light can melt the frozen energy. What is the difference between radiating love and light vs. sending love and light to others?

C - 1

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I release the need to soothe others, and notice my Light's glowing edges as I intend to do my best.

1. Recall a time when you were worried, or concerned for someone else's safety, or well-being. Where do you feel the essence of you? Where is your power?
2. When it comes to clearing space, why is it important to know where your essence and power is located?
3. Take a few breaths at your low belly, and ask yourself, "What do I need to care for myself?"

C - 6

I am free to say what I want, and don't want, to experience. My voice is important.

1. What do you need to say "No" to, in order to say "Yes" to the momentum?
2. What do you fear will happen if you say "No, I want to... instead"? What do you say to yourself?
3. In what ways might you take someone's power away when you'd rather say "No" to them?

C - 5

I am free to change direction, and choose a different path.

1. How do you know when your nervous system is scanning your environment for danger? What signals does your body give you?
2. Some environments can prompt your body to protect itself. What is the cost for this protection - to self and others?
3. As you explore different paths, how will you know which one is yours to take? What signals will your body give you?

C - 4