

## Clearing Space



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their intuition?

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*I release the energetic chords  
that are no longer serving me.*

1. Where on your body (e.g. energy centers, chakras) do you sense chords of energy extending out to others?
2. Who are they connected to? Invite an image, or a name to come to you. Do you want this connection at the moment?
3. Can you sense, or see, the direction in which the energy within the chord is flowing? If yes, is it flowing away from you, toward you, or both? Does it feel freer to release these chords? If yes, read the above mantra.

C - 8

*I release any hold on my  
creative expression.  
My presence is important.*

1. How would it feel if people treated you as if you were invisible?
2. In what ways do you feel like you are hiding your gifts/talents, or holding back from expressing who you really are?
3. What if there was nothing to fear about shining your light and experiencing your full creative potential? How would that feel? How can you gift this feeling to yourself today?

C - 7



