

4 step process to
Awaken
Your Spiritual
Gifts



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Dear One,

Do you feel stuck? Uncertain? Confused? Struggle to connect to your inner wisdom, knowing & guidance?

Sabotage your efforts and refuse to receive your good?

Need guidance for how to integrate disowned parts of yourself? (like anger, sexuality, sensuality)

If you are a highly sensitive person, empath, intuitive, psychic, or a mother, healer, counselor, teacher, massage therapist, or you work around a lot of people, you could be picking up on other people's energy and thinking it's *you*.

If you'd like to know what you feel like and quickly and easily remove foreign energy from your space and feel certain, centered and grounded, then I'd love to serve you!

These tools, taken from ancient wisdom, will help you to replenish your energy so you can get unstuck and get into action now.

As an added bonus, they'll help you clean and cleanse your chakras, so you can develop a deeper connection to you, awaken your spiritual gifts, heal yourself, and feel good!

Today, I'm going to share the tools I used to change my energy and change my life.

I went from working a 9-5 job I didn't like, and having unfulfilling relationships, to owning my power and my soul's gifts, creating a business that I love, and being at peace with my money-
attracting more than I ever imagined possible in surprising & delightful ways!

I attribute these changes to using the tools I'm going to share with you today.

Do these exercises, and I promise, you'll feel calm, clear, uplifted, energetic and more connected to your own divine guidance system.

These powerful tools can help you transform any area of your life.

TOOL #1: Grounding Cord

Grounding is the most basic tool in your toolbox.

Grounding allows you to release energy from your space, especially energy that is not yours. It also helps to keep your own space and balance through your day or in stressful situations.

Before you try anything else- try grounding!

Grounding is making a secure connection from the base of your spine to the center of the earth. You can see this connection as being a tree trunk, a beam of light, a tube, a waterfall, a rope, or anything else your imagination can conjure up!

Let this cord be as wide as your hips, and see that it connects to your root chakra at the base of your spine and goes all the way to the center of the earth.

Allow (intend) that any energy that you are ready to release go down this cord and into the recycling center in the middle of the planet.

Example: You are feeling unsafe on the road due to bad weather conditions. Being grounded will help you feel rooted, safe and will help you to see what is right in front of you.

TOOL#2: Running Earth & Cosmic Energies

Earth energy nourishes your body and keeps in you in alignment with Mother Earth.

You can get it by opening your feet chakras and calling this energy up from deep inside the planet. Let it flow up through the arches of your feet into your ankles, calves, knees, up the thigh, through the hips and into the first chakra, located at the base of your spine.

This energy then cycles back down your grounding cord to give you and your cord a good flush.

Cosmic energy comes to you from the universe and is the energy that connects you to the divine.

You bring it in from the edge of the universe to the top of your head, Earth/cosmic energy mix happens when you combine, in

your first chakra, a little bit (about 10%) of the earth energy with a lot (90%) of the cosmic energy and start to run this mix up the front side of your body.

Let it come through the navel, solar plexus, heart area, and when it reaches the throat, let some split off and run down your arms and out of your hands to flush your creative channels.

The rest of the energy continues up from the throat to the top of the head and out the crown chakra. Let it fountain out into your aura to give it a healing and to give you a sense of peace and well-being.

TOOL # 3: Set Your Auric Boundary

Setting your aura can benefit you in many ways.

You can choose to set your space at a color and a distance that feels good to you.

Fill your aura colors that feel good to you + give it a good cleaning with golden, soapy bubbles. Then, tuck it in to your grounding cord, three feet below you.

Example:

You're outside, in nature- expand your aura out to be as big as feels good! Enjoy that positive energy!

However, if you're in a bustling city or around someone who is an energy vampire, pull our auric boundary in to an arm's length all the way around you + above + below.

TOOL # 4: Gold Suns

Gold Suns are used to replenish and fill in all the areas that you released energy from.

It is important to consciously fill in with your own energy or you might unconsciously fill in with the energy around you, which might not be what's best for you at that time.

It is more beneficial to fill in with the energy of your choice. Visualize a golden sun above your head and start to call back into this sun your own essence from anywhere you might have left it: the grocery store, work, talking with your friend, the airplane, etc. (You can pretend that it's a big magnet.)

You can also fill in the sun with anything you want for yourself and your life, like love, joy, abundance, validation, certainty, fun, or anything you can think of.

Then, let that gold sun pour into every space in your body and all around you, so you are emanating the golden energy into your aura.

Example:

You have just spent an hour consoling your friend whose boyfriend just broke up with her and now you're feeling drained. Bring in a gold-sun to re-energize yourself.

Thank you for taking the time to review the four steps!

To your soulful flow!

XO

Rachel Claire