

Week 3 – Introduction

-Cleansing our Environment-

This week we focus on cleansing our environments. Our homes, work, or establishments we frequent. Everything holds energy. We release stagnant energy and surround ourselves only with our highest potential. We learn how to self-care in all environments.

As an intuitive we are in a constant state of transformation. Our beliefs and thoughts are transformational. We are always changing and shifting. Nothing remains fixed.

Similarly, our environments are always changing. Made up of vibration, the energy of places and things shift every day. In addition, these places and things attract energy of a similar vibration. Likewise, if we want to shift ourselves it is helpful to shift our environment.

In the coming week we explore how our physical world affects our vibration and what we can do to shift our environment and ourselves simultaneously.

We look at the places we frequent such as workspaces, businesses, classrooms, etc. and learn how to take care of ourselves in these places. We are looking at how we travel and what to do to take care of ourselves in private and public transportation. Also, how to practice self-care in unfamiliar spaces such as a new restaurant, hotel rooms, or visiting friends and acquaintances. We will spend time cleaning clutter from our home and hidden spaces such as drawers and closets. This will also include our refrigerators and pantries.

Overall, as we take care of ourselves by being aware of the energy around us we assume self-empowerment over our lives. Once we realize how things can affect our vibration, we accept nothing less than high vibration environments and experiences meant to bring in elevated states of being for ourselves and those closest to us. Living the life of an intuitive requires an elite awareness of subtle energy. Making these changes will help our decision-making skills, higher level thinking, our careers, relationships, finances, and practically every facet of life.

Prepare yourself for more changes this week. Continue to give yourself extra time to contemplate and carry out some of the strategies offered. Remember, returning to these lessons is always an option. Do what is possible and keep these concepts on the forefront of your life. Small changes every day grow into large shifts of consciousness.