

5 Step Energy Transformation

How to give your subconscious power direction:

1. Recognize you're replaying a negative experience over and over in your head.
2. Stop the replay and evict that energy by consciously choosing to face the energy – observing it from this safe space.
3. Follow the breadcrumbs, to process through the energy and heal it – forgiving everyone involved, the event and yourself.
4. Infuse the people and situation – including yourself with Love Energy.
5. Set your intention to recognize when you start replaying that event over and over again in your mind – this is called, “take the situation back and play with it.” So, when you catch yourself playing with it again, repeat steps 2-5.