

TODAY I CREATE A CLEAN SLATE.

DAY.27

TO CLEAN MY MIND

When we are focused on achieving our goals, we can be distracted by things that are on our minds, but we don't want to think about. Gradually, this list becomes longer, and it **negatively affects our productivity and our energy levels**. It's like a bucket that is too full, and nothing new can be added, nor old can be reached. First, we need to clear out this top layer of unfinished task(s) before we can move forward.

TO BE AT A HIGHER FREQUENCY

Our hearts are surrounded by a 1.5m energy field. Our energy frequency is influenced by our emotions and thoughts. Positive emotions & thoughts are a high frequency. Negative emotions are low frequency. The law of attraction means that **we literally attract what we are**; so our frequency is key. When we have things on our minds (or in our lives) that give us **feelings of worry, guilt, shame, anxiousness, uncertainty** etc. this lowers our frequency and attract more negativity in our lives.

TO BE KIND TO ME

Perhaps it's the ultimate act of kindness towards ourselves to do the things we don't like to do, but are on your mind as **"i should, I still have to, I would like to"**. If we intentionally make time to fix these things, we will worry less afterwards. Even something we don't like to do, can be rewarding if we do it with a clear intention and our full attention. Using an alarm clock can help to motivate us to stay focused for 60 min on the task at hand for example. Or to put away our phone to finish the task without interruption. Or play our favourite music meanwhile. Because **the less we like a task the more our mind will look for interruptions & reasons not to do it. Stay focused. Finish it, for you.**

DAY.27

Phrase of the day: 'Today I create a clean slate'

Write this phrase in your journal.

PRACTICE #1

In which area do you need more space? Create some physical space in your life and start by decluttering a closet or a room. Or some mental space by doing administrative tasks you might have been avoiding. *Allocate time today to get it done.*

During the day, take some time to think about what you want to let go. It can be a behaviour, a repetitive story (bad memory), an emotion, or even a friendship or relationship.

Visualise your life free of these unneeded things. How would you feel?

PRACTICE #2

At the end of the day *write on a piece of paper* what you want to let go. Visualise your life free of these unneeded things. As if it already happened. Take a minute to feel how that makes you feel inside the body.

Before you get rid of the unneeded, take some time to thank this experience for making you who you are today, and say |thank you for the lessons, I don't need you anymore.

Take the paper.

Fold the paper 4 times, in the direction away from you.

Optionally: Go to a park, lake or to the sea, or a fireplace, and throw this paper away.

End your day with a long shower (scrub with sea salt) before you go to bed. **The salt is cleansing the energy body and the water can be programmed with your intention to wash off your system anything that you don't want anymore*

Feel great pride in what you did for yourself.