



LETTING GO TO SUPERCHARGE YOUR LIFE WITH INTENT

SOUL RITUAL

ENERGY
MANAGEMENT
TOOL KIT

SOUL RITUAL

INTRODUCTION

Welcome to your Soul Ritual! Are you ready to vibrationally declutter?

You already do rituals in your daily life such as brushing your teeth, eating meals at certain times or even your daily cup of joe is basically a ritual.

Soul Rituals are spiritual practices that we form into our routine that help us condition the mind and start amplifying the rewiring process. If you've never done spiritual rituals, it's time to start because they are a lifesaver.

I always recommend if you are stuck, start doing some rituals and watch the energy start to move again.

This ritual ties into the **Tool - Getting Super Clear** because we're going to be dissecting our home life and what old energy that we still clinging onto in our lives.

It's bound to get you moving and it may also bring a wave of resistance saying

"I don't have time for this"
"What does it matter?"

It may even bring some emotions of discomfort or excuses as to why we keep putting things off. Regardless your soul is urging you to do it anyway and push through that resistance.

Let's get started

LETTING GO TO SUPERCHARGE YOUR LIFE WITH INTENT

Take a moment and look around you, your home is your energetic field.
This is your mind. Your Internal guide map manifested all around you.

Everything is connected through energy, this means the energy that you are inputting from your mind is generating and producing your external reality.

Nothing is separate from you, Your internal and external reality are linked as one mechanism because everything is a symbolic reflection of your mind.

You wouldn't exist if it weren't for manifesting the world or simulation outside of your mind. We exist through our thoughts, our thoughts create our experiences and they influence our reality all the time.

Your mind is the navigating compass creating and maneuvering your external world.

So when we stop a moment and really look from the inside out, you can see what your mind is really doing. Take a moment and really observe your home, your rooms, what are they saying to you?

What do your surroundings appear to say? How do they make you feel?

Are they filled with messy stacks of papers, magazines, books and trash on the floor. Disorganization is your middle name, Scattered messes compete throughout the house?

Are they a comfortable medium of mess and order but you also seem to generate too much stuff at the same time, resulting in hoarding tendencies?

Or are they clean spaces, organized, peaceful and everything seems to be in an easy organized flow for ease and accessibility?

Your Home is the biggest symbol of who you are as a soul but we tend to miss this because we are constantly living in the chaos.

The vast majority of us are living in the black hole thinking of the past and future.

The chaotic field of mess, disorganization, weeks old left-overs and absolutely no direction.

Is your home covered with messes, clutter, unclean dishes from three days ago and those items you may keep for “someday”?

Often times we keep these items for “someday” where you’re one day use them in the future or we keep them because we feel obligated to make our parents, friends or aunt Gertrude happy because they gave it to us as a gift. Think of those ugly dusty knickknacks or the old sweater that has holes in it but we keep it “just in case”

Or maybe you even feel guilty about getting rid of it because it’s an antique that sits in a dusty corner of your house. You get me?

Well all of these items are holding you back. They are the manifested symbol of your mental clutter.

This all comes back to one thing. **Stagnant energy.**

These items are stagnant energy and if they are no longer serving you, they are clinging to you as weeks old leftovers, past guilty items, dusty furniture, clothes in your closet you never use and useless knick knacks that no longer mean anything to us.

START YOUR SOUL RITUAL

We’re going to take some time to do an inventory of all the old items in your home that are holding you back.

Now normally rituals like this tell us to go drastic and clean up every inch of our house. However I have kids I know the illusion of perfection is just that so rather than focusing on being a cleaning control freak,

Focus on getting rid of all that old stagnant energy instead.

Cleansing the energy is one thing but **REMOVING** the energy is entirely another.

Getting rid of things is way more powerful than simply cleaning the home.

In this ritual we're going to dissect our mind by evaluating your home. In reality your house is some of your strongest symbols in your life. It's where you spend a lot of your energy, it's where you rest, engage with others, and make your spirit comfortable.

In this way if your house is chaotic, screaming at you through mess, useless items, clutter, overwhelm and hoarding tendencies your subconscious is trying to tell you something.

You cannot let go and you're afraid of change.

I often see this with a lot of people, we cling to the old, hoarding items from our past that often serve no purpose except memorabilia, **unable to let go**. These items can often haunt us, even carrying negative associations with it leaving an imprint on your subconscious every time you look at it.

These items are not serving you anymore which means you need to let go of them. Well Today we're going to change that.

Take an Inventory of all the old things in your life that you never use. Write them down on the lists provided below.

Then you're going to start releasing them either by throwing them away, donating to charity, or giving them away.

Here's the catch: Everytime you're getting rid of them, We're going to supercharge the energy with a powerful intention to release and let go of our past.

Say this intention everytime you let go of one of the items on your list:

I release, I let go, I uncreate, & destroy the past from my experiences.

Everytime you let go of an item, cross it off your list.

This is a great activity to start learning and observing your resistance patterns, watch what comes up.

Now go Room to Room with the intention that you are purging your soul of the old energy, you're breaking up the stagnation in your life and your subconscious means business.

PREPARATION & INSTRUCTIONS

Get your soul prepared to Let go, Get rid of the past like ripping off a bandaid. Be brutal. Be honest and push through that resistance. Each room is a sacred place connecting to a different aspect of your mind. This is a test of the will power.
It's time to let go of the old.

To Prepare:

- ☐ Get Cleaning Supplies if necessary
- ☐ Grab a few garbage bags or boxes
- ☐ Be Brutal and Open minded {Don't talk yourself out of it}
- ☐ Notice what Resistance comes up during the clearing process

INSTRUCTIONS

- Print out this guide.
- Spend some time, walking through each room of your house and observe the stagnant energy.
- Get a Pen & take an Inventory of all the old things in your life that you don't use Write them down on the lists provided below.
- Start Releasing them by:
Throwing them away, donating to charity, or giving them away.
- **IMPORTANT PART** - Don't forget everytime you're getting rid of them, we're going to supercharge the energy with a powerful intention to release and let go of our past.

Say this intention everytime you let go of one of the items:

I release, I let go, I uncreate, & destroy the past from my experiences.

Everytime you let go of an item, cross it off your list.

This is a great activity to start learning and observing your resistance patterns.

Watch what comes up & let that energy move again.

YOUR KITCHEN

THE PLACE OF ALCHEMY. YOUR MANIFESTING CORNER.

The Kitchen – The Heart of Real Alchemy. Think about it, this is where you create things on the daily! The kitchen is a symbol of manifesting and destroying. Are there leftovers, cluttered cabinets, tools you never use, sticky spots, lots of old food, dirty counters and dishes piling up? I find the kitchen is the hardest place to tackle but one of the most important.

OLD ENERGY I'M READY TO GET RID OF

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YOUR LIVING SPACE

THE CORNER OF SOUL ACTIVITY & RELAXATION

The Living Space – Your soul hangout! Does Your living space look relaxed, friendly and open? Are your bookcases filled with books you'll never read again, how dusty are those knickknacks? Are your decorations resonating or are you tired of them?

How do you want it to feel as this is the room you visit and see the most.

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YOUR BEDROOM

THE BIG KAHUNA - YOUR INTIMATE CORNER OF LOVE

The Bedroom – This is the intimate corner of your mind, The place of self-expression and love. It is the sacred space for your soul to recharge, make love and have meditative thoughts. Is your room a mess, is there clothes all over the floor, how does the closet look? One of the easiest habits to help open up the bedroom flow, start making your bed every day and pick things off the floor. Crazy, right?

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YOUR WORKFLOW

THE PLACE OF WILL POWER & MOTIVATED ACTION

The Workspace – Your productivity space to communicate ideas and take action.
What does your desk, office or official work space look like?

If you have a messy desk, cluttered drawers or space filled with unnecessary items of trash and junk you may just find yourself in an unproductive, unmotivated funk.

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YOUR EXTRA BEDROOMS

YOUR SOUL COMPANY

The Extra Rooms – This is probably the space you're least likely to think about but if say, it's your kids rooms or a guest room, getting rid of the old broken toys, the creepy stuff at the bottom of the toy chest, the mixmatched socks or even the funky bedspread that gets thrown in a closet, might come in handy to start a nice purging process for your soul company or Ask them to help you too

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YOUR STORAGE SPACES

WHERE THE SOUL HOLDS ON THE MOST

The Storage Spaces – Your extra storage closets, the garage, attic, the linen closet that gets stuffed with odd things you never use in 10 years or more . I remember my parents had an entire tub of sheets from the 70s in the garage, it's still there. Why? Think about what is necessary to keep and what is just absolute clutter taking up precious real estate in your personal space.

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YOUR BATHROOM & LAUNDRY

THE PLACE TO CLEANSE THE SPIRIT & EMERGE ANEW

The Bathroom & Laundry – Both are where you cleanse the spirit & cleanse the identity [your clothes]. This is the place where you come out like a new woman or man fresh and ready to take on the day! How's the medical cabinet, the extra towels that are now rags, do we need those really? What about old makeup, old razors, eww, you never know what you'll find in the laundry cabinets.

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MISC - SPACE CLEARING ITEMS

FOR ALL THE LITTLE EXTRA EXTRAS

Misc. Clearing Items – This is for all the extra spaces that you can think of maybe your car, the mancave, the basement, the pet area or those hard to reach spots we often forget about...

Inventory it all to start creating new space in your life.

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CONGRATULATIONS

You just took Aligned Action and told your soul:

I am ready to start putting order back into my life!

Watch how the energy starts shifting in your world now that you started breaking up all that resistant energy.