

## **Ten Steps Towards Releasing and Regaining**

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You can use these 10 steps anytime of the day but before bed or first thing upon waking may work best. Take a deep breath and...

1. Close your eyes. Imagine a disc of white light at the base of your spine.
2. Imagine it expands to the width of your hips.
3. Imagine a line, tree trunk, tube, or other image that comes to mind that connects and extends from your hips to the core of the earth.
4. Give a mental “tug” so it's snug.
5. Allow anything not serving you in present time to be sucked down this conduit and recycled into the core of the earth.
6. Take notice of your breath. Imagine that with each out breath, negative or black energy is following the line of energy down to the earth and going into the earth’s core.
7. With every in breath, imagine that the disc of white light around your hips growing bigger and bigger as you release the negativity into the earth and breathe in light energy from the earth.
8. As you continue to release dark things that aren’t serving you into the earth and accepting good, light energy into your body, imagine the white light around your hips spreading up into every upper part of your body.
9. Let the energy spread into your stomach, your heart, your throat, your head. Keep breathing, deepening your breath as you go.
10. When you are ready and you feel you have released all negative thoughts or things not serving you, and are filled up now with white light, you are done. Open your eyes, slowly wiggle your toes and feel the effects.