

Recycle & Renew Emotional Energy

Think of a conflict or an uncomfortable situation in your life? What feeling comes up for you? What is the single phrase or thought that pops into your mind? Is there a single emotion surrounding that experience?

1. State the feeling or say the phrase that no longer serves you. Notice, where do you hold tension in your body when you think of that phrase or feeling?
2. Now that you have located the feeling in your body, reach in with both hands and pull that energy out of your body. Hold it in your hands out in front of you and imaging what it looks like. Does it have a shape or a color? Notice what it looks like, sounds like, and feels like.
3. Is it moving or is it stationary?
4. Now, cause it to move in circular motion. Faster and faster. Now, slow it down.....stop it.....and now reverse the spin.
5. Continue spinning it faster and faster until finally it is sucked down into the earth where it will be recycled and renewed. Once it is renewed, open your hands and have them ready to receive back the recycled energy. Notice, when you look at your hands now you will have a new image. You may or may not hear a new message along with the image.
6. What does it look like now? What new message does it have for you? Has the feeling shifted to a more positive feeling?
7. Repeat if needed until you have a positive feeling.
8. Now tuck that new positive message back into your body. Back into the same place where the old energy came from and cause it to radiate this new positive message through all parts of you.