

# *new beginnings* CLEANSING RITUAL



## STEP ONE:

Make a list of what you are leaving behind - what no longer serves you. Safely, light it on fire. Release it all into the universe and trust all is taken care of. I put the ashes back into the earth.

Crack open a window and get out your sage (or palo santo, etc.) and burn safely to cleanse the energy around you. I walk around my home letting the smoke clear the whole space and the negative stuff flows outside.

## STEP TWO:



## STEP THREE:

Next, fill the air with something positive. Burn a scented candle, diffuse some essential oils, or simply wear a perfume you love. Something that makes you feel high vibe.

Turn on some upbeat music and get your body moving. Body movement gets all that stagnant energy flowing right out of your body. Have a dance party, do some exercise, go for a walk...anything to get going.

## STEP FOUR:



## STEP FIVE:

Lastly, make a list of intentions, manifestations, or goals that you are calling into your life. Put on some meditation music and visualize these things as part of your reality. Really feel them happen for you..