

# Release What's Not Serving You and Reset Your Energy process

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You can use this simple yet powerful process to reset the energy on a circumstance, a physical location like your workspace or home, a speaking engagement (as you prepare or when you arrive), the relationship space with a person or group, etc. Get creative!

1. Draw a simple symbol that represents what you want to release and reset.	2. Take a deep breath and give your symbol a grounding cord to the center of the earth (draw one on the symbol you drew at left), and give your physical body a grounding cord from the base of your spine to the Center of the earth.
	3. Release whatever is not serving you. Write below what you are releasing (e.g. frustration, anxiety, pain, suffering, etc.)
	4. Reset / bring in the energies that you choose. Imbue the symbol and your physical body with those energies. Write below what you are bringing in (e.g. clarity, certainty, compassion, ease & flow, etc.)
	5. Notice what's different physically, mentally, and emotionally and write it below (e.g. No more tightness in my throat, I feel lighter and more hopeful, etc.)
	6. Write what inspired actions will you take based on what you noticed and what shifted during this process.