

Free Guidebook

ENERGY CLEANSE

Energy is your number one priority

Stand in your light.



What's to come

Energy Cleanse

This is an an experiential way to come back into alignment with your SELF.
To purify and cleanse your energy. To reinstate or start new rituals

Your Energy is your currency. It should be your number one priority.

This energy cleanse can be used daily, weekly, monthly, quarterly or
however it works for you!

We love to reexamine our daily rituals on a regular basis.

They are ever evolving and expanding.

xo Jen + Andrea The Inner Circle

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01

MORNING RITUAL

Meditation
Tarot/Oracle Pull
Affirmations
Visualize (Pray Rain)
Journal
Movement

How to use:

Wake up 15-60 minutes early to take time for yourself in the morning. Choose all or some of the above, or add in your favorites!

The key to your success lies here.

RAISE YOUR VIBE

Drink Water

Use Essential Oils

Get your beauty sleep

Take an epsom salt wth those essential
oils ;)

Breathe!!!

Meditate!!!

Ground yourself by taking a walk,
standing in the grass with bare feet or
connect with nature!

Set super clear intentions.

Clean up your diet.

Have impeccable energetic boundaries

Call on and work with guides!

01

DECLUTTER

- >Create Spaciousness in your life
- >Figure out what is really important to you
 - >Donate or sell your possessions that no longer bring your joy.
- >Think about how you are embodying your future Self. BE her now.
 - >Bring in new clients
- >Allow your desires, the space to arrive
 - >Lifestyle freedom=Simplify
 - >Makes cleaning simpler!
- >>Go get rid of 27 things<<

02

SACRED SPACE

Create an intentional space to meditate, pray and give devotion.

Use crystals, incense, sage, palo santo, essential oils. Bring in your favorite Tarot or Oracle deck.

Hang your fave pics of friends + family, angels, + dieties . Make it your own.

There is no wrong way!

01

BREATHE

Create Space
Become more Alkaline
Increase your Focus
Engage your parasympathetic nervous
system
Increase Immunity
Great for your digestion!
Decrease anxiety
Decrease blood pressure
Calm down more quickly
Oxygenate your cells!



02

BEST LIFE

Get a new journal. All bright and shiny :)

Write one page per day

Write as if your future has already occurred

Focus on the benefits, the gratitude, the
FEELING of it ALL!

DREAM BIG!!!!

YOUR EXTERNAL WORLD IS A REFLECTION
OF YOUR INTERNAL WORLD

LET GO + TRUST= RECEIVE

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03

LIGHT BATH

Access your palm chakra on your hands.
Create energy by rubbing palms together.

Rub yourself all over with this beautiful
energy that you have created like you are
giving yourself a bath.

BRUSH AWAY WHAT IS NOT SERVING YOU

LIGHT+ CLEANSE= CLARITY



04

REIKI PRECEPTS

Just for today I will not worry

Just for today I will not be moved to anger

Just for today I will do my work with integrity

Just for today I will show love and respect for
all things.

05

JOURNAL PROMPTS

What makes you feel alive and
vibrant?



06

JOURNAL PROMPTS

What about your life makes
you feel so proud?

07

JOURNAL PROMPTS

Jam about your Soul's purpose
are you safe? Do you feel
connected + grounded?

LET'S CHANT

Choose an area in your life that you want to focus on or change and create a new belief that you can then repeat to yourself as a pattern interrupter and anchor.

For Example:

I AM peace.

I AM LOVE

Do you LOVE all of these tips?
STEP INTO MY CIRCLE

Get into ALIGNMENT with and HARMONIZE your
relationships (with Self, Source, Universe)

get to know your Self

