

SACRED Practice

Quick Reference Guide

- **STRIP** off all of your jewellery and crystals, so you can feel YOU. Feel how your energy flows naturally, and notice where your 'edges' are.
- **ALIGN** your energy, using simple practices to remove anything that isn't yours or that no longer serves you. Bring yourself back to your centre and connect with your own truth.
- **CONNECT** with your Higher Self, your inner-most knowing, to receive any messages it might have for you (and help you to trust anything you receive).
- **ROOT** into your true essence, so that you're grounded and present.
- **ENCIRCLE** yourself with your energetic shield, supporting your boundaries to keep out whatever isn't yours and protect whatever is.
- **DECIDE** what you want to experience during the coming day / week / month, and then draw that to you with powerful, aligned intentions.