

The Energy Clearing Formula

This process will help you clear lower energies, emotions and frequencies that you may encounter in your life. Left to run on their own, negative energies and emotions can affect literally every thought and action you experience. They affect how you feel, your finances, your confidence, and even your health.

But now, with this simple exercise, you can clear these negative energies with ease.

Note: Make sure you have the Thieves and Valor blends ready while you do this exercise.

1. As you begin this process, ask yourself how you feel right now

Just tune in and breathe...

2. If the feeling is other than peace, open the bottle of Thieves and place 1-2 drops in the palm of your hand. Then take your fingertips of your opposite hand and draw a circle three times with the oil clockwise.

This "activates" the oil and begins to move the energy of the oil through your system.

3. Now take several *slow deep breaths*

Breathing the essence of this oil *all the way into your cells*. From the top of your head to the tips of your toes and everywhere in between. (this is a key step)

4. Notice the difference in *how you feel...*

5. If you feel at peace, simply feel grateful for this moment and breathe

If you feel lack of peace, take time to do the above process slowly until you feel a shift. Be patient with yourself, there is no rush. There are gifts that will be revealed to you in this process.

Part 2

(this is where the fun really begins :-)

1. Think of a challenge in your life.

It could be in your career, relationships, finances, how you feel, etc.

2. Ask yourself how you feel about this issue.

What word describes how you feel?

3. Then ask, "what is the word that represents what I prefer *instead of* this challenge?"

In other words, what is the **polarity**? (The opposite of how how you're feeling.)

Examples of polarities:

Not enough/Enough Sad/happy Disconnected/connected

Take a moment and write down the polarities for the challenge that come to you.

4. Once you have the pair of polarities, take 1-2 drops of Valor

oil into your palm and rotate three times (clockwise) to activate.

5. Breathe in the essence of Valor and think of both polarities

that you wrote down - both in the same moment. Breathe slowly and surely.
With grace and ease.

6. Taking all the time you need, notice how you're feeling.

What do you notice that's different when you think of the polarities?

If you feel they are now combined into oneness, your process is complete.

If you still notice they are separate or not quite integrated, continue the above process until you notice a shift.

(it may take a few minutes or longer, but be patient and just breathe in the essence of Valor. Your intent is the key. If you choose to be at peace, you will feel peace.)

How this process works

This process combines the following steps and modalities:

1. Your intent
2. The power of the oils
3. Tuning in to the energy of your feelings
4. The power of polarities (and the gift they hold)
5. Activation and connection with your Higher Self
6. The integration of the negative polarity

This process is a **master step** in getting and staying clear because polarities are a key issue in all our lives. Even without your conscious awareness, the polarities within us often dictate your very thoughts and actions. But when you feel anxious, unsettled or lack of peace, your subconscious is trying to communicate that there's a polarity that's "bouncing around" in your mind. (and seeks resolution).

As you practice this powerful process, you will begin to integrate the polarities that once caused unrest in your mind and body and you will feel the peace and clam that results.

May you be blessed with peace and stillness,

Aloha,

Paul

