

## Soul Genesis Release & Clear Meditation

This is one of my favorite daily hygiene tools:

- 1. Read every night for 21 nights just before retiring. If you miss a night, you can begin again. If you feel like lighting a white candle or essential oil to clear your thoughts, or create a ritual do so, but it is not necessary, just breathe deeply... focus ... mindfully and read aloud.*
- 2. Saying the words "release and clear" every night thereafter will activate the entire program in your subconscious, or like me you may prefer to continue reading the entire clearing. You may alter the words however you wish as it develops into your own personal cleaning ritual. (Even after 5 years I still prefer to recite the entire clearing, when I don't then SH\*T happens instead of SHIFT, and I lose momentum. I prefer to stay in flow so I use my Energy Hygiene tools.) Here you go:*

**So relaxed ... so relaxed ... slowly drifting into a most satisfying state of relaxation. Relaxing is good for me ... I release every last ounce of useless tension as I rest contentedly, to awaken when I must, feeling refreshed and invigorated. I am alive with the feeling of freedom, of promise, of exhilarating positive expectations. My mind is clear, my body recharged and my past deactivated and left behind me.**

**As I relax I release every unhappy experience of the past ... and everything connected with each of those experiences. I find it easy to let them go ... I am part of life...as are we all... and we all move, live and think as we have the right to. Life goes on, and so do I...growing rich in every experience ... and in my capacity to achieve. My positive experiences supply me with a directness to meet all the challenges in my life. All I must do is use the amazing power of my**



**unconscious mind ... I am using that capacity now to disengage me from every negative... destructive...and harmful impression ever made upon me. They fade...fade...fade out of my life forever ...I am grateful and thankful for every experience of the past.**

**I know out of every experience good must surely come. I know that each supposed or perceived mistake is a stepping stone to greater understanding, greater opportunity, and greater achievement. There is no failure, only feedback.**

**I grow stronger with each experience, and I AM stronger than anything life can offer...I am preparing myself to meet life's challenges directly...free of negative conditioning... I am more than any challenge, for I possess the power and ability to channel any experience into a rich and rewarding way of life. I now fully release the past and all its effects on me. I am free... free of the past...free to be me...entirely... I accept myself completely...I am a valuable and talented human being...I am always aware of my innate worth...there are things to be done by me ...that are done better by me ...than any other human being! ... every word ...every movement...every gesture of mine preserves my unique stamp on life... for as long as time has been and ever shall be... there is no one who can exactly duplicate me...**

**I am pleased... I accept myself and I love myself... I am grateful for my new level of understanding. My acceptance releases me from negative self -dislike and so now I am free to change that which must be changed... to improve that which can be improved... to let go of that which is inhibiting or destructive... my self-acceptance now allows me to accept others as they are... I accept even those who are unacceptable as unacceptable and go on my way.**

**I am fulfilling my nature...I am supplying myself with those priceless qualities and feelings... acceptance, love, and forgiveness and now I have them to share. I**



**feel the excitement of building a new and rewarding life. A firm quiet sense of self love and determination dominates my every waking and sleeping hour. I am ready to release, and do so this night...clear ...clear ...clear...**

*You may find that you get to know it so well, you can just say Clear ...Clear...Clear and it is so. I however, prefer to go through the ritual of saying the entire Meditation.*

*So you can keep track and build a practice, check off the days you complete the clearing before bed for the first 21 days. You may find like me, you choose to continue and keep it up indefinitely ...*

<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							
Week 15							
Week 16							
Week 17							
Week 18							
Week 19							
Week 20							
Week 21							
More...							

Let me know what ease you experience. If you are experiencing some specific challenges that do not resolve, consider having a Soul Profile & Karmic Clearings to put you on a more successful and easier track. Blessings XOXO

