



# Empowering Tips to Survive & Thrive in 2021

**1**

**Your energy is your power.**

Now more than ever, practices and tools that help you align with the cosmic energy shifts are where you thrive. Specifically maintaining balanced exchanges of energy is key to feeling empowered and at peace. When someone or something takes your energy without offering energy in return, it is depleting. Over the past year it has become painfully clear where energy exchanges are out of balance individually and collectively. Your power is activated by choosing how and with whom you exchange your energy.

**2**

**Be ready for more of the unexpected, unpredictable AND synchronistic. Root down to stay centered. A few ways to cultivate grounding:**

- 1) Breathe deeply, imagine your inhale going all the way to the base of your spine.
- 2) Stand barefoot on the ground, touch the Earth with bare hands, or soak your feet in warm water with a few drops of essential oil (peppermint is energizing, lavender relaxing)
- 3) Lean into or hug a tree. Imagine its roots are your roots. Firmly creating a foundation that can withstand storms, anchor your energy and support your spirit thriving in your body.
- 4) Let your emotions move to transform. Write them down. Paint them. Dance them.

**3**

**You may feel depleted, low-energy, overwhelmed, or tapped out. Use energy tools to refuel, stop energy leaks and banish vampires. Thrive with these simple visualization steps:**

- 1) Call YOUR energy back to yourself from people, projects or life demands that are taking energy from you. Imagine your reclaimed energy filling you up, from your head to your toes.
- 2) See a bubble around your body. It's your aura bubble. Imagine painting it a calming, energizing or beautiful color to clearly define your energy boundaries.
- 3) Picture fresh roses on the outside of your aura bubble in six directions sentinels of high vibe protection - in front of you, behind you, to your right, left, above and below.

**4**

**Notice your resistance, use it to breakthrough what's stagnant or stuck.**

Your soul has a path it wants to align to. When it's out of alignment you feel something is "off." Rather than let the push-and-pull dynamics in the world decide if you get to be on your soul path -- see the resistance or limitations as a signpost back to your path. Then call in alignment with the Create Your 2021 Breakthrough 3 Day Ritual guide.