



## Journal Prompt

Is this mine?

If you experience a sudden shift in your emotional state that is unwarranted by some “fight or flight trigger” of your own simply ask yourself the following questions internal, out loud or through your journaling:

What am I feeling?

Is this mine? Yes or no?

If it is yours, go through the feeling and find out the core emotion and use your go to release strategy.

Feel the feels!

If you determine that those feelings are the "white cat fur" residue of someone else then simply in your mind's eye send it out of your four body system or through the core of mother earth who is always available and willing to compost that unwanted energy.

Clearing energy that doesn't serve you energetically is a powerful practice.

It's like taking an energetic lint brush and clearing away all the fuzz and stuff! Returning to your heart center with three simple breaths in through and out your nose will center you within your divine loving heart.