



## REAL ENERGY 4 ALL

### **Magnet in the Lake exercise:**

Have fun with this exercise, pretend you are five years old and this will be very simple to do.

- Sit comfortably with your feet flat on the floor and arms and legs uncrossed. Take 2 to 3 deep breaths and allow your muscles to relax.
- Close your eyes and imagine a lake. Make the image as vivid as possible, what are the surroundings like? What colour is the water?
- Imagine that in the deepest part of the lake there is a powerful magnet.
- Allow the magnet to gently draw out of you anything that you no longer need i.e. negative beliefs, old programming, emotions, limiting beliefs and other people's energy.
- Trust that your unconscious mind will only release what is not of benefit to you.
- Whilst this is happening you may feel, see or hear things leaving you.
- Remember to have fun - you can imagine cartoon characters pulling the negativity out of you.
- If you do not sense anything, imagine that that you're removing whatever is blocking you from releasing the negative energy.
- If you still seem blocked remove what is blocking the block.
- If you still feel stuck remove the block that's blocking the block that's blocking the block!
- Now let the magnet do its work.
- You may now like to scan your body from your feet up to your head, allowing the magnet to draw any residue energy left in your body into the lake.
- You are in charge of the intensity of the magnet; you can turn it up or down; knowing that you can stop the magnet at any time you wish.

- When you feel you are finished, dissolve the image of the magnet and lake. Some people like to explode the image into tiny pieces that disappear into the air, other people send their image deep into the earth.
- When the image is gone imagine a golden ball of positive energy is hovering above you.
- Imagine that the golden ball is growing and sparkling with positive healing energy.
- Now allow the golden energy to enter your body and infuse every cell, filling up any gaps that are left from releasing into the lake.
- Then allow the golden energy to heal your body.
- Now allow the golden energy to enter your energy field, filling any gaps and healing you.
- At the end relax for awhile.