

Energy Clearing is a lot like housekeeping. It needs to be maintained to keep the energies clear and open to possibilities. The questions are divided into different categories to represent the different areas of your life. You may feel led to use one or more categories as they feel personally relevant. However, make sure you do not neglect the other areas of your life.

How to use these questions:

- Repeat Daily or as required
- Record yourself saying them and play it back daily or as required
- Write them on stickynotes or posters to remind yourself of your potential as a creator.

## Physicality

- What would it take for my physicality to be in perfect balance today in every way? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What awareness can I choose to create and generate of my physical needs for flexibility, nutrition, attention and fitness? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take for my senses to be open and receptive to full conscious awareness? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Emotional Intelligence

- Any emotional energy I have chosen to hold, store, encompass or hide within me that is not mine, what would it take to release it fully on my next breath out? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- All emotions and heaviness which are not mine, I now send back to the sender with consciousness and healing balance. Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to receive my emotions with perception, divine intelligence and awareness to create and generate a magickal day? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Relationships

- What would it take to uncreate the patterns of behaviour in my relationships which no longer serve as a positive contribution to me, my life and my living? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to release all oaths to karmic debt, ties, contracts and decisions so they may be released with ease? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- Who do I need to be today to create balance relationships as a positive contribution to me, my life, and my living? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Time and Space

- What time, space, consciousness and awareness can I choose to create and receive today as a positive and balanced contribution to me, my life and my living? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- How can time be manipulated, created and utilised to its best potential for me today? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to manage my time effortlessly through perceptive choice and awareness? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Talents and Gifts

- What talents and gifts may I choose today to create ease, joy, fun and productivity for me, my life and my living? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to create and choose a purpose-filled, satisfying and magickal life as a positive contribution to me, my life, my living and the Universe? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- Everywhere I have chosen to be un-purposeful or requiring a purpose to BE, I now choose to release all complications, incomprehension and judgement as to the word PURPOSE and ask the universe: What would it take to BE ME with ease, fun, joy and glory? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Abundance

- Everywhere I've chosen to be in want, I now revoke, recant, release and return my energy to its original and abundant origin. Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to receive abundance, in all its forms with ease, joy and allowance to receive? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- How can I use my financial, physical, emotional and spiritual abundance to create limitless possibilities for more? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to create, generate and receive the energy of replication, multiplication and procreative abundance? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to conceive, perceive, receive and believe in abundance in all its forms, energy and choice? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## Spirituality

- What universal awareness of energy, time, space and dimension can I choose to be today to create joy, fun and productivity for me, myself and my living?

- Who, what, when and where can I be today to help me understand WHY? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- What would it take to be a living breathing positive contribution to myself, my family, community, country, world and universe? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.
- Everywhere I've chosen to cut myself off from, turn away from or ignore the awareness of my spiritual giftings, abilities and connections, what would it take to CHOOSE my TRUTH with ease? Whatever doesn't allow that, times a gazillion, in perfect love and perfect trust, reveal, release, reset, revitalise.

## General

- What else is possible?
- What can I choose next?
- Whatever Caithe would say...
- What choices am I not seeing?
- What's right about this that I'm not getting?

Male 2015 a magickal year where you PLAY with energies and have some fun!

In perfect love and perfect trust,

Caithe