

Recharge Your Energy

Call your energy back to the present

Golden Sun ☐

1: Visualize a giant golden sun above your head. This sun is a magnet for your own unique frequency of energy.

2: Call your energy back from all the people, places, and things that you have given your energy to. Especially call your energy back from the past and from the future, so you can have all your personal power available to you in this present moment.

3. Poke a hole in the bottom of the sun and allow the freshly neutralized energy to fill you in completely.

