



## Day 2 Challenge

1. Gather all of the items you identified yesterday that you want to work with into your declutter zone! This means everything out into the open! Give yourself a chance to really feel into the energy, the weight, substance, texture of the items. Give gratitude to the items for what they've provided and what they will help reveal.
2. Set up a Purification system to capture lower level energies that will be released in this process. Here are some examples:  
You can have a bowl of salt water (water with salt added) in your declutter zone. Salt is excellent for absorbing lower level energies, or  
You can place a bit of salt in the 4 corners of your declutter zone. You'll sweep or vacuum it up later, or  
You can use crystals like Selenite in your zone to absorb the lower level energies, or  
You can use a candle in your zone to burn off the lower level energies, or  
Any other method you like for this.

No matter the method, make sure you set the intention for your system to absorb the lower level energies.

You can stop here if you like. If you have time and would like to take the next steps, here they are!

3. Toss the easy stuff that clearly does not resonate with you (recycle, donate, sell, trash bins).
4. Work with one of the items where there was a hesitation to toss it using the steps in Video B. Hold the item and really take it in. Close your eyes and imagine someone taking it from you. Notice any tension or resistance that you sense. Allow the tension and ask what the emotion or pattern is that has you holding onto the item. What is your mind saying about this item and why you shouldn't release it? Write down what you notice and share in our FB Group.



5. Get into the high vibration state that you want your home to reflect (there's an exercise early in Video B to help with this). Is this item in alignment with what you want to create in your sacred sanctuary? Keep or Toss the item accordingly.

That's it! See you on Facebook and back here tomorrow!!