

# Monica Owsichek: BONUS - Clearing Meditation

[00:00:00]

This meditation is going to walk you through clearing your energy.

Clearing your body. Your mind. Your soul. Of anything you no longer need. Of any energy that is not yours.

Begin by settling into a comfortable position.

Gently close your eyes or keep a soft gaze looking down.

Tune into your breath. Not trying to change it. Simply observing the rhythm of your breath.

Imagine a screen starting at the bottom of your feet.

We are going to pull this screen up through your body.

It's going to pick up anything you no longer need.

Imagine it [00:01:00] moving up through your feet.

The screen is gathering anything your cells, your tissues. Your body. Your mind. No longer needs.

It's moving up through your lower legs.

Gathering any thoughts? Feelings emotions. Judgments. Expectations.

All being gathered by the screen. Moving up your upper legs up your hands. Your lower arms.

Sifting through your hips, your stomach. Your lower back.

Gathering anything you're ready to let go of. [00:02:00] Any low vibration energy. That's yours. And the energy that is not yours, that you're ready to let go of.

The screen is moving up your waist. Your upper back.

Up your upper arms, your chest. The screen is gathering everything you don't need.

Slowly moving up through your shoulders. Your neck.

Imagine your mind, your body. Releasing. Letting go.

Screen's moving up through your head slowly [00:03:00] and gently.

Now you have this screen filled with everything you're ready to let go of. And it's right above your head. We are going to take a deep breath in together. And when we let it out. We're going to release everything we just gathered.

Take a deep breath in.                      And let it out.

Imagining everything floating away. Transforming transmuting into pure loving energy. It's all returning to where it came from and that pure loving form.

Now take a moment to feel into this newer lighter. Freer energy. [00:04:00]

When you're ready. Slowly open your eyes. And come back to the room that you're in. And to your surroundings.