

A SIMPLE PRACTICE TO ACTIVATE FLOW & CLARITY IN YOUR HOME

A simple 10-minute practice to help your home support the life that is ready to unfold.

STEP 1: CHOOSE ONE SMALL AREA

Select a place you see often, like:

- your bedside table
- your desk
- your entryway
- a kitchen corner
- a windowsill

Pause for a moment; take a slow breath.

Ask inwardly:

What wants to shift here?

Trust the first thing that comes.

STEP 2: CLEAR ONE THING

Remove just one item that feels:

- outdated
- heavy
- distracting
- unfinished
- no longer aligned

Even a small release **creates movement in the energy** of a space.

STEP 3: ADD ONE INTENTIONAL OBJECT

Place something that represents the direction your life is opening toward.

For example:

- a candle for clarity
- a plant for growth
- a meaningful stone
- a photograph that carries warmth
- a written intention

Let it be **simple and sincere**.

STEP 4: SPEAK A QUIET INVITATION

Stand or sit near the space and say (silently or aloud):

I welcome clarity ✨ ✨ I welcome support ✨ ✨ I welcome alignment with my true path

Pause. *Notice what shifts.* You may notice a new idea arriving, a conversation opening, a decision becoming easier, unexpected support appearing or a sense of calm returning.

Your environment is always listening. **When your space changes, your path responds.**

If something shifted while doing this practice — explore creating sanctuary within and around you and continue the journey here:

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