

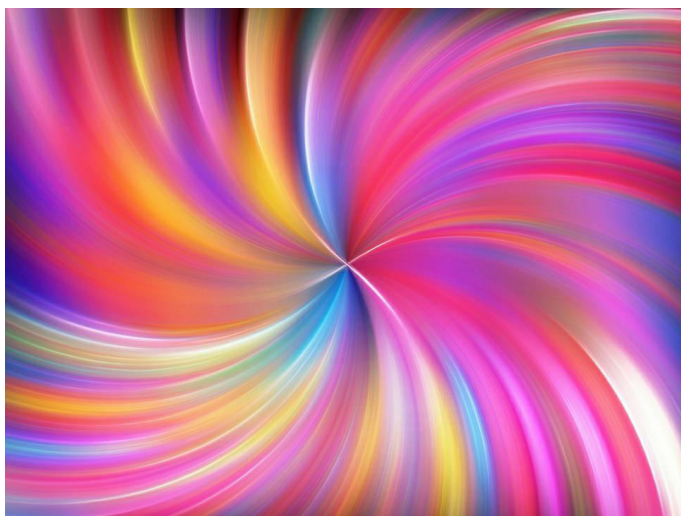
Drink in Rose Beauty



Take a rose in any color. Put the single rose in a small vase. We are going to use all our senses for this. Feel the rose petals, smell the fragrance, gaze at the rose for a minute or two. Now, try to feel the energy of the rose. How does it feel to you? Fragile? Strong? Playful? Mysterious?

Visualize the rose energy filling your mind and spirit. If thoughts come, let them. Let the rose clear your mind and energy. Do this for as long as you wish. This exercise is a great way to clear your energy, ground yourself, open your senses up and allow your intuition freedom to roam. Do this anytime you need to relax or get centered.

Playing in money energy



Close your eyes and visualize money as energy of light. Pick whatever color that appeals to you in relationship to money: gold, green, etc. The energy of money comes to you in any way that it's comfortable to you. It can rain down or swirl around you. You can visualize swimming in the money energy. Play in the money energy as long as you like. If there is music, that makes you feel wealthy or prosperous, play it. Do this exercise especially whenever money fears rise up for you. Remember money is energy. When you are done with this visualization, affirm the money is coming to you right now.