

## ARIES SEASON: 5 DAY CHALLENGE: Detox & Cleanse

### ARIES/ Detox & Cleanse Challenge:

Aries season begins at the Spring Equinox, the official beginning of Spring in the Northern Hemisphere. With this shift into more light, it's a great time to cleanse any toxins or heaviness accumulated from the winter season. Cleansing includes more than just physical- this challenge is 5 days of detoxifying your whole self- physical, mental, emotional, energetic, and spiritual....

#### Day 1: Physical

Eliminate something toxic in your diet. Alcohol, caffeine, refined carbs, non-organic produce or protein, etc. Anything that you consume on a regular basis that might not be serving you.

#### Day 2: Mental

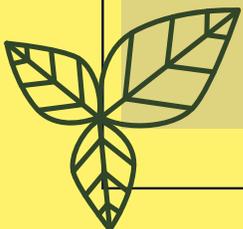
Reference this list of limiting beliefs. Identify one or more that you might hold and journal and/or meditate on the replacement belief.

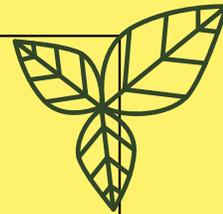
#### Day 3: Emotional

Take a day to cry. Sit with your deeper feelings of sadness, loss, or grief. Give yourself at least 15min of feeling completely. Do what it takes to get there- music, a movie, journaling, prayer, meditation... be present with all the emotional energy in your being.

#### Day 4: Energetic

Take a whole day to NOT watch any news or social media. Journal at the end, how you feel.





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### Day 5: Spiritual

**Cord cutting ceremony:** Identify something that still needs to be let go. A person/relationship/situation/memory/attachment.

Sit in a quiet space and take four deep breaths into the count of four and four deep breaths out to the count of four.

Relax.

Envision the person, situation, or place being right in front of you.

What kind of feelings arise? Notice them, feel them.

Let that old energy bubble up and let it move through you.

Where ever this feeling starts...be it at the heart, the chest, the eyes, push it out!

Imagine a big wave of bright white light coming in and flushing these emotions out of the bottoms of your feet.

Now, see a cord or cords going from your chest to that past issue. What do they look like? Are they chains, ribbons, cables, wires, threads?

Start pulling them out. Pull, pull, pull, pull, pull. Pull them out until they are laying on the ground at your feet. (This may take more time than anticipated)

What was at the end of the cord? Was there an anchor? Barbed wire? Was it simply a knot?

Now, see that cord, still attached to the other person and envision you have a pair of glowing golden scissors.

Take your scissors and cut that cord! Watch the cord and the situation dissolve and go away.

How do you feel? Do you feel lighter, happier, more at ease?

You can do cord cutting with any situation, place, person, or thing. Cutting a cord does not mean that person is cut out of your life, however, it does mean that you have detached from the negativity surrounding it!

