

Instructions

Similar to Fortuna Salvation, this is an accelerated version to help you to get rid of unwanted energies and things which are bothering you.

Remember as what Mr Jones shared, our energetic body is like a vessel. Only until you get rid of the negative or blocked energy, will you have room for the positive ones to enter.

This exercise will only take 2 minutes or so.

- Step 1: Find a comfortable position where you won't be disturbed...
- Step 2: Find a piece of paper and put it under the soles of your feet.
- Step 3: Take a deep breathe, and close your eyes...

Now, think of a moment in time, an incident, an event which is bothering you, or made you feel negative. It may be something big, or something small.

Picture it, feel it, hold it in your mind.

Step 4: What I want you to do next... is to see that negative thought flowing down into that piece of paper that you are stepping on.

Take 10 seconds to do so...

Step 5: See the piece of paper COMPLETELY filled with the unwanted energies. (Do so with eyes closed)

Step 6: Disconnect. Imagine a thread which connects your body with the negative energies, and imagine CUTTING the thread by using your hands like a X sign, totally removing it from you energetic body.

Step 7: Take another deep breathe, filling your body with new positive energies of wealth.

On the count of 3, you may open your eyes, feeling much better and you may crush the piece of paper and throw it away.
1
2
3
You may now crush the piece of paper and throw it away.
Step 7: Feeling lighter, free and a deep sense of knowing that answers will come your way.
Know that also new positive experiences, money, wealth and lucrative opportunities are about to happen in your life.
You are now done
Extra Note: Don't try to rush it. Make sure you actually feel the negative energy or thought that is bothering you to flow into the paper before you cut the thread and end the exercise.
You may use any types of paper, scrap paper, newspapers etc. After crushing the paper, you can shred it, or simply just throw it away.