



New Earth Priestess Module 3 Elemental Clearing

Earth Physical Realm

- May need physical ceremony
- Burying something
- Clearing physical space
- Give away old objects with memories attached or clear well

Water Emotional Realm

- Take a clearing bath, epsom salts, sea salt, clay, essential oils
- Feel your feelings, cry
- Dance with your feelings
- No matter what you are feeling be careful not to make it about others

Air Mental Realm

- Journal
- Clear old beliefs
- Deep breathing
- Dance to release old beliefs
- Meditate
- Call on the priestess oversoul
- Call on unseen help...Goddess, Nicole, angels, guides, etc

Fire Action Realm

- Dance, Dance, Dance, DANCE!
- Dance to release anger, fear, self-doubt, energetic blocks
- Safely burn paper or old items
- Light a contained candle

Spirit Realm

- Old spiritual messages
- Notice, how is it influencing you?
- Clear
- Archetypal influences
- Goddess/God pieces
- Express your essence to clear

- Make art, dance, sing, drum, collage, call on the divine