



MOMENTUM

Day 3

Learn

Fire Horse does not support stagnation. Broken items, stuck structures, and stagnant energy, broken items block your momentum. This can be physical objects and structures in your home, it can be energetic areas of stagnation in your home.

Today we are doing a Fantastic Five Minute clearing. Our focus is solely on finding any broken or stuck items, or pockets of stagnant energy, and removing them.

Broken items can be discarded in the trash, recycling, or taken to a repairer.

Stuck items like drawers and doors can be cleaned and/or sanded.

Stagnant energy can be cleansed with sound, I recommend clapping your hands, or smudging or spraying a healing essence.

Choose one or more spaces or rooms depending on your time, energy and bandwidth.

Do

Remove broken or stuck items or clear an area of stagnant energy. Places like your freezer, pantry, utility drawer, bedside table, bookcase or entryway.

- Take a Before photo of your space.
- Set your timer or play your fire horse song for five minutes.
- Scan your space and remove any obviously broken items, or
- Scan your space and fix any stuck areas, or
- Scan your space and remove any stagnant energy.
- Take an After photo.

Share

Share a photo on your social media of one or more of today's actions.

Daily prizes

Complete today's share task and tag me (kerrysimmonscoaching) on your socials to go into the drawer to win a space clearing kit with a sage smudge stick and an Australian Bush Flower essences mist.

Outcome

By removing stagnant energy you are creating a new beginning and supporting momentum.

