***Manage Your Divine Energy***

**Week 2 Handout**

Before you reach out to people, you want to be sure you are in the best space possible for connection. Here are some suggestions on how you can do that.

* **Do consistent energy clearing and mindset prep** by:
	+ Listening to the ***Divine Client Attraction*** affirmations
	+ Listening to the ***Heart-to-Heart*** visualization
* **Ground yourself**
	+ Breathe deeply 4x
	+ Get present
	+ Surround yourself with light – see it flowing into and out of your body
* **Connect with your intuition** and ask:
	+ With whom should I connect today?
	+ Who is needing/wanting to hear from me?
* If you feel nervous about reaching out to connect, use these very good techniques before a call to get you in the best energetic space possible:
	+ **Tap** on your feelings
	+ Do the **Figure 8 Energy Technique**
	+ **Say a prayer**
	+ **Affirm**:

*People want to connect with me; they want to hear from me.*

*It is of service to them that I am reaching out to them.*

*This call is not about me; it’s about connecting.*

*I can easily do that.*

* + Get into a space of **gratitude for being able to do the work you do**
	+ Remember why you are doing the work you are doing – so you can serve your people and help them transform.

What other energy techniques do you know that you can use? Write them below:



Divine hugs,

Anne

**Rev. Anne Presuel**

***Your 6th Sense Guide to a 6-Figure Business***

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