

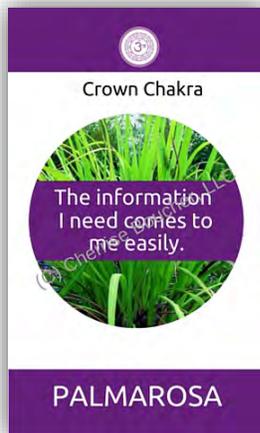


27 Energy Resets to Increase Productivity

By Cherrise Boucher, Momentum Strategist

Energy Resets with Affirmation Cards

These are short examples of my posts and one way my [affirmation decks](#) can be used.



Essential Oil Chakra Affirmation Deck
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Today let's bring our attention to the crown chakra at the top of our head.

Have a beautiful, protective selenite crystal handy and some palmarosa essential oil to inhale, diffuse or apply to this chakra.

Get ready by placing your feet flat on the ground and take a few deep, cleansing breaths to become calm and present. On each exhale consciously release tension, stress and negativity through your feet into the earth.

Take another deep breath in focus on the crown chakra and feel this violet energy expanding. Visualize a beam of white light connecting you to divine energy through this chakra.

Repeat this affirmation until you feel it to be true:

"The information I need comes to me easily."

Today be open to new ideas and information.



Crystal Chakra Affirmation Deck
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Today's focus is on the often overlooked, and my favorite, the foot chakra. This chakra is your actual connection to the earth and grounding and is one chakra shared by both feet.

I regularly use smoky quartz when working with this chakra.

Being outdoors is always ideal for energy work. So if you can go outside, kick off your shoes and put your bare feet flat on the ground. Set an intention to be present in this moment. Take a few deep breaths, holding each for a count of 3 and slowly releasing.

On your next deep breath bring your focus to the soles of your feet. Feel the connection to earth energy.

"I release all negative & stuck energy into Mother Earth."

Continue to breathe and on each exhale feel any stuck energy moving through your body & out.



Just For Today Affirmation Deck
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This deck is inspired by the 5 Reiki Principles. At times we can only focus on one day at a time and that is just perfect.

You can use the same practice I mentioned with the previous 2 examples or you can simply set this affirmation as your intention for the day. I still suggest taking at least a minute to sit quietly, center yourself by taking a few deep breaths, holding and releasing each slowly.

Repeat the affirmation several times to feel the intention, meaning and truth of it within you.

"Just for today I will see that I am in the exact perfect place for me at this time."

Then keep this card visible throughout your day. Repeat the affirmation as you are brushing your teeth, folding laundry, going for a walk. Pretty much anything at any time!

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