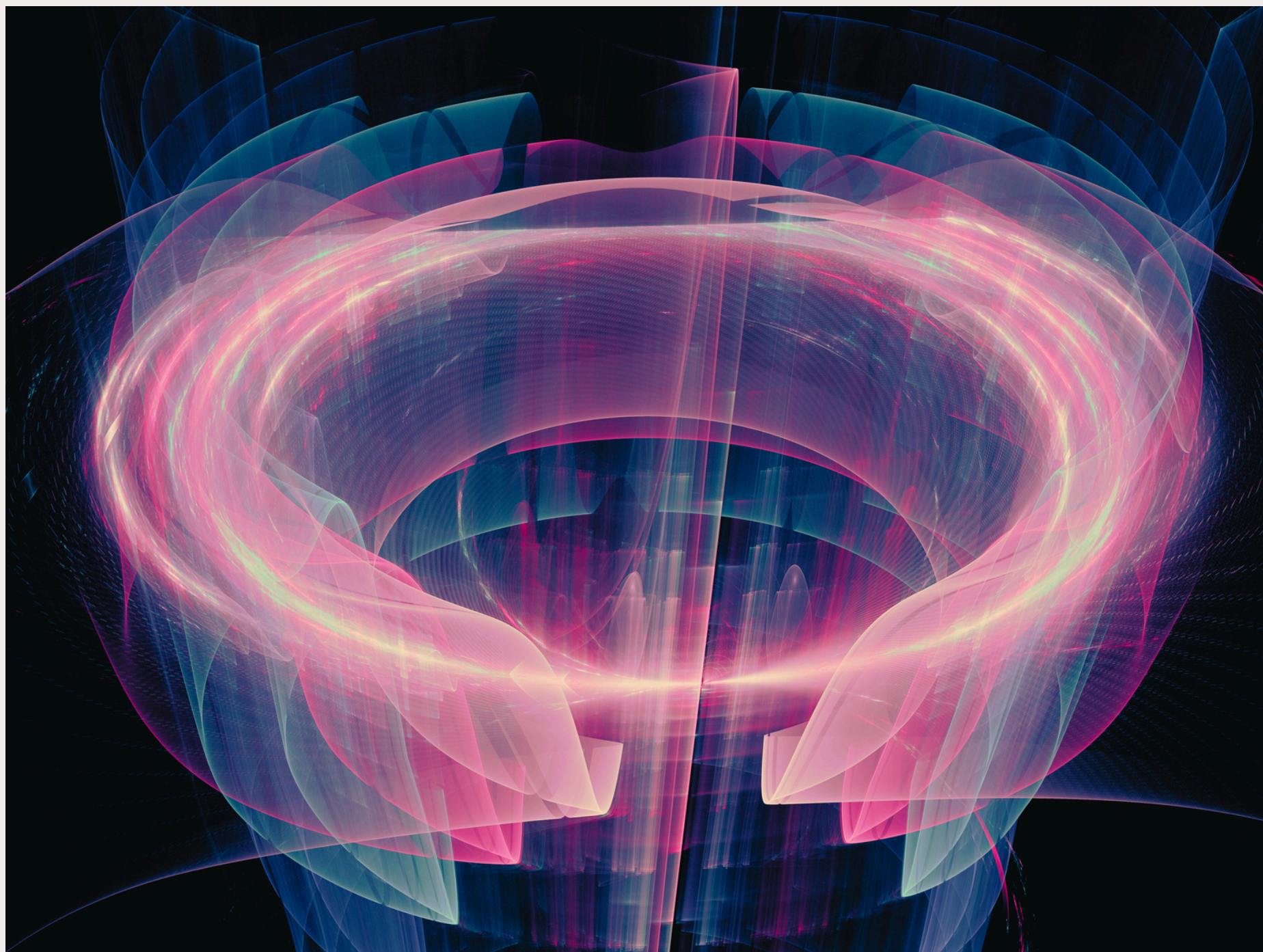


# Energy Field Mastery

## 30-Day Challenge



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## What is an energy field?

Your energy field is a layer of energy around your physical body. This layer is invisible to most people, although there are people who can see and/or sense energies. The energy field consists of vibrations (energy) that reflect your health, emotions, thoughts and overall well-being.


The energy field consists of the aura, chakras, meridians, nadis etc.

A strong and healthy energy field makes you feel empowered, confident and capable, while a weak and unbalanced energy field can make you feel drained, anxious and stuck in negative patterns.

A balanced energy field will help you take back your power and live the life you want to live.

Regular everyday choices and actions can balance and strengthen your energy field. This 30-day challenge will assist you on your journey.

Let's begin!



## Week 1: Awareness and energy field mapping

**Goal:** Identify your patterns and unconscious programming.

DAY 1

Journal for 5 minutes. Where are you leaking energy the most?

DAY 2

Spend 10 minutes in silence. No phone, no music. Just feel your energy field and physical body.

DAY 3

Track every social interaction today. Who fuels you? Who drains you? Note this in your journal.

DAY 4

Do a short body scan meditation and identify where you hold tension. Write this in your journal.

DAY 5

Say this out loud at least 5 times today: "I'm not my past. I am present now."

DAY 6

Say no to something that's out of alignment, even it's a small thing.


DAY 7

Do a mirror exercise. Look into your own eyes for 3 minutes. No judgment, just awareness.

**BONUS  
ACTIVATION:**

This is optional but it will show your results. Every day, record a 30 second video of yourself saying "This is who I am becoming. This is who I already am."

Save the videos, since you will watch them on day 30.





## Week 2: Cleansing and releasing

**Goal:** Cut bonds, release unwanted baggage, reclaim your energy.

DAY 8

Write a letter to someone you want to cut bonds with. Release what's stuck. Don't send the letter.

DAY 9

Take a cleansing shower or bath. Speak out loud what you're letting go of.

DAY 10

Do a breathwork session called box breathing.

DAY 11

Everytime you feel an emotional trigger that you wish to release, say out loud "This ends with me!".

DAY 12

Think of something that you want to let go. Cry, scream, move. No judgment.

DAY 13

Burn, rip up or throw away something that represents your old identity,


DAY 14

Unfollow five accounts on social media that drain you. Make room for higher frequencies.

BONUS  
ACTIVATION:

Buy some balloons and write what you want to let go of on the balloons. Then let them go with the wind!

You can also write it on a piece of paper and let the paper go with the wind.



### Week 3: Amplification and new programming

**Goal:** Lock in a new level higher frequency.

DAY 15

Visualize your future self waking up in the morning. What does your day look like?

DAY 16

Create a playlist that matches your next level energy. Listen to it and move to it.

DAY 17

Take a moment to reflect on the good in your life and feel the gratefulness in your heart.

DAY 18

Rearrange something in your home that no longer matches who you are.

DAY 19

Walk as if your energy field is made of gold. Observe how people react.

DAY 20

Dress and move like you already got the life you're calling in.

DAY 21

Write out your energy field blueprint, your new default state. What kind of energy do you want?

**BONUS  
ACTIVATION:**

Incorporate regular elements of nature into your life. Spend some time in nature or in a park. Keep plants or fresh flowers in your living space. Use natural essential oils, or decorate with earth elements like crystals and stones.





## Week 4: Embodiment and field integration

**Goal:** Make this your new normal.

DAY 22

Spend time in solitude. Do something you like doing. Disconnect to reconnect.

DAY 23

Help someone without taking credit for it. Feel your energy field expand.

DAY 24

Smile at yourself before sleep. Say “We did well today.”

DAY 25

Ground yourself barefoot in nature, if possible. Say “Thank you” for no reason.

DAY 26

Repeat “I am magnetic. My energy field speaks before I do.” throughout the day.

DAY 27

Celebrate a small win, even if no one else sees it.

DAY 28

Speak your boundaries clearly today. Hold your higher frequency.

DAY 29

Watch your favorite scene from a movie that makes you feel powerful.

DAY 30

Write a letter to yourself from day 1. Read it out loud. You’re not the same person anymore.



**BONUS  
ACTIVATION:**

Watch all the videos of yourself from the past 30 days. Notice the shifts. Do you feel the change? It’s already happening. Give yourself a pat on the back and keep up the good work!

## Body scan meditation

This can be done lying down, sitting, or standing. Close your eyes and take some deep breaths.

First focus on your feet to up the legs to hips/pelvic region. Then abdomen, chest, arms, shoulders. Then neck, head and face. And finally, the whole body.


Notice how your physical body and energy body (energy field) feels. Are you relaxed? Are there any blockages? Where do you feel the energy?

## Box breathing exercise

There are four basic steps:

1. Inhale through your nose for four counts. Expand the belly and ribs to ensure a full breath.
2. Hold for four counts without inhaling or exhaling.
3. Exhale through your mouth for four counts, emptying the lungs and allowing the belly and ribs to return to their normal position.
4. Hold with empty lungs for four counts.

Repeat for at least 2-3 minutes, or as long as you wish.



Got any questions?  
Feel free to contact us:

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