



## **DAY 4 – CLEARING NEGATIVE BELIEFS WITH ARCHANGEL METATRON**

We tend to have a lot of negative beliefs about ourselves and about others, which holds us back in so many ways and keeps us from moving forward and reaching our dreams.

These beliefs are formed as we grow up and experience life, or we absorb them from others around us, or it is carried over from past lives.

Archangel Metatron is here to help us to let go of these beliefs, and as these beliefs are cleared, you will feel a sense of renewed clarity and confidence to live life again, filled with abundance, joy and peace.

### **JOURNALING EXERCISE**

First write out all the beliefs that come to mind why you feel stuck or held back in any area of your life, e.g. Health, Relationships, Money, Career, Spirituality, Self Improvement, Family etc.

Next to each belief you can also write why you think you are feeling this way. With each one you write down, ask Archangel Metatron to clear this negative belief or thought from you.

Next, write down and read the new positive belief that you want to replace it with, and ask him to help you imprint the new belief into your body, mind, and energy field.

Feel how the new energy of it expands and creates a new feeling in your body, where you before felt heavy and fatigued, you now feel light, with more energy and a new sense of purpose.

With **Money** you can write down all the negative beliefs that you have around it, such as: I never have enough money, or money doesn't come easy to me. Then next to each one you write the positive belief: I always have enough money, money always comes to me easily, I deserve to have money etc.

Some more examples:

**Health:** I am always sick/tired/depressed vs I am always healthy and happy. I am now searching for new ways in which to get healthy. I am now taking back control over my health and wellbeing.

**Relationships:** I am never happy with my partner / My partner never satisfies me / Relationships scare me vs I love having my partner around, I am always feeling satisfied in my relationship, I love being in a relationship / I love giving in my relationship / I am now in a balanced and happy relationship.

**Career:** My career does not fulfil me currently vs I would love to write/paint/become a healer etc. I am now becoming xxxxxx (new career path), I am now taking the new steps to reach my goals / dreams.

**Self Improvement:** I hate myself when I do this vs Even though I do what I do, I am still loveable in all ways.

