



BREAKING THROUGH THE CLOUDS EXERCISE

What do the clouds in front of your sun look like? Are they thin and wispy? Or thick and heavy? Are they dark or light? Are they filled with rain or air? Get clear on your clouds and begin to radiate the sun from your solar plexus to burn them away. Place your hand on your manipura, and go deeper into the visualization.

What are your clouds made of? Excuses? Laziness? Memories of past failure? A limiting belief? Or a sense of fear over making a shift? By drilling deep into the answers to these questions, you will start to transcend your blockages. We can do this by simply answering the 10 questions of the *Breaking through the Clouds Exercise*.

What's a current issue or disturbance that is challenging me right now?

What is the impact that this issue or disturbance is creating in my physical life?

What is the impact that this issue or disturbance is creating in my emotional state?

What is the impact that this issue or disturbance is creating in my material world?

What is the impact that this issue or disturbance is creating in my relationships?

What is the impact that this issue or disturbance is creating in my spiritual life?

What happens if I do nothing?

What would I like to see unfold?

What are the top three characteristics, core traits, skill sets, or strengths that will best move me through this challenge?