



NEGATIVITY DETOX

Negative thought forms consume an incredible amount of energy. Here at the Shamanic Academy, we invite you into this New Life Experiment. This exercise can help bring awareness into your life about just how much negativity many of us create, and how it impacts us. We all have the power to transform our lives when we stop saying and doing negative things.

The first step is to train ourselves to self-monitor what we do, what we say, and how we treat others. If you catch yourself using negative statements, you can pause and send out an intention to cancel it, or better yet, train yourself to catch it before and choose a different thought.

We suggest doing this Negativity Detox starting now until Shamanic Academy begins. But if you really want to watch your life transform, we strongly recommend taking it all the way through your Academy training. This Detox has the power to transform every area of your life!

NEGATIVITY TO CURTAIL OR COMPLETELY AVOID DURING YOUR “NEGATIVITY DETOX”:

- › Being judgmental
- › Being overly critical
- › Complaining
- › Whining
- › Being cynical
- › Creating reasons to be stressed
- › Making reasons to be anxious
- › Creating reasons to be unhappy
- › Making reasons to be angry
- › Making reasons to be overwhelmed
- › Making reasons to worry
- › Making reasons for self-doubt
- › Affirming negative feelings, such as ‘I’m depressed.’
- › Affirming negative thoughts, such as ‘I’m not good enough.’ or ‘I’m too old.’
- › Seeking out reasons to fight with others or enter into combat
- › Creating situations and identifying with lack and scarcity. Instead, replace statements such as ‘I don’t have enough energy’ with ‘I have plenty of energy.’
- › Creating chaos or drama