



Dropping Negative Attitudes Once and For All

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Identify what residual belief or attitude you need to completely let go of because you know it reducing your power to achieve the life you want at this time. You must be fully convinced that you truly wish to let that go now. Your guides will help you with the timing.

- Go into your Inner Garden.
- Set up your circle of power within the Wheel of Life Balance in the garden.
- *Anchor the Light.*
- With your guides, set up a healing fire within the circle.
- Now call in a sniffer dog.
- Greet this old friend of yours and tell it you want it to “fetch” the residual problem belief or attitude.
- Throw a fetch stick out into your Wheel of Life.
- Your dog will chase the stick and then circle your Wheel of Life sniffing where it has buried itself in the ground.
- It will dig deep and bring out an object that symbolises the problem.
- Take the object from the dog by commanding: “Drop!”
- Toss the object into the fire and watch it dissolve.
- Give your dog a treat.

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