

Mid-Year Release

A guided session to release what no longer serves and invite emotional freedom



1. Ground Yourself

Apply Correct-X to your cuticles, then your heart space, setting the intention to open and heal.



2. Reflect

In your journal, or on a piece of paper, ask yourself:

What am I ready to release?



3. Release

When you feel ready, safely burn or tear up the paper



4. Inhale Clarity

Diffuse or inhale doTERRA's *Endless Summer*[™] and layer with a drop of Lemon

Create space to reset your energy and choose what you carry into the season ahead.