

# The Anger Purge Ritual

If you are truly ready to change your life, one of the most powerful things you can do to is an Anger Purge Ritual.

This process is magickal and powerful. And it only takes 5 minutes.

So why should you do it?

## WHY PERFORM AN ANGER PURGE RITUAL?

- According to Gestalt psychology theories, Anger is the top of the emotional hierarchy chain and is the fastest and easiest way to open up some energetic space and get things moving

*(Want to learn more about Gestalt theory on emotions? Join my online Rewrite Your Story class and dig deeper into the role of emotions in your life!)*

- Anger is the emotion connected with your boundaries, which means it is directly tied to your sense of self and space and place in the universe. Which means keeping that energy moving will prevent stagnation in your Self and in your other rituals

- Anger is the one emotion that we all feel regularly but hide from ourselves which means it is powerful and often hidden in our Shadow

- Anger is a powerful communication from your Unconscious Mind which is a conduit of your Higher Self



## HOW TO DO AN ANGER PURGE IN 3 EASY STEPS:

### **STEP ONE: Set your space and pick your Anger tool**

There are a variety of tools you can use: Punch a pillow - Strangle a towel or washcloth - Kick a pillow - Scream into a pillow - Smash paper cups...

Get creative! And stay safe.

### **STEP TWO: Set a timer for 2 minutes then go to town!**

In the beginning you may not feel anger. You may not feel anything at all - and that's totally okay! Whatever happens is perfect for you so just KEEP GOING. Punch, kick, strangle and scream for the full 2 minutes. Feel free to mix it up and use multiple tools in one session. You may find yourself laughing or crying or feeling like a complete idiot. THAT'S OKAY!

### **STEP THREE: Reset your timer for 3 minutes and write**

After you have physically purged your cells of the emotions it is time to connect with your Higher Self and let it flow. Simply grab your journal or a note pad or even just a piece of paper, put your pen on the paper and keep it moving for the full 3 minutes. Write whatever comes up - even if it makes no sense. This is known as Stream of Consciousness writing and it can reveal some pretty profound truths that will help guide you.

NOW RELAX... and take a moment to notice what is different for you.

You have just taken the first step towards connecting with yourself more authentically. As you continue this process you will find yourself feeling lighter. The voice in your head will begin to shift and you may even adopt a brand new perspective on things.

## Ready to continue your journey?

If you are ready to take your journey to a new level, I invite you to explore my Bridging The Gap: Intuitive Development Course. Learn everything you need to know to begin to develop your intuitive powers and work with universal energy.

From altars to chakras, from sigils to crystals, this course is designed to teach you how to safely and effectively begin to work with universal energy to empower your Self and create big changes in your life.

View the full course curriculum at [www.livelifeyunbroken.com/bridge](http://www.livelifeyunbroken.com/bridge)

## Share your experience and get support

I invite you to share your journey with me in my Live Life Unbroken group on Facebook.

This is a closed group so anything you post will stay in the group and it's a great place to get coaching and support from me as you begin to open up and get the energy moving again in your life.

