

LIGHT FREQUENCY RELEASE

Hi Gorgeous,

Please chant this energy clearing mantra, diva. At least once a week is great but daily if you're working with big groups or feeling heavy or overwhelmed. Hold sacred space for yourself and step into LOVE, LIGHT and your inherent power by reclaiming divine, juicy serenity.

Let's begin.....

Dear Creator of all that is...

Please release – with ease and grace – all cords, contracts, obligations, commitments, resentments, jealousies, fears, attachments, and responsibilities that are not mine, from the past – going way back to past lives – to the present, and into the future.

With ease, love and grace, I now send love to every single cell of my being, and I send radiant love out into the world. And in this moment, I drop any attachment that is not bringing me into my highest realm of consciousness. I am loved. I am whole. I am now glowing at the highest frequency of love and abundance.

Thank you.

LOVE & LIGHT AND CEO DIVA MAGIC,

Ingrid xo

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