

# *Cultivating Your Garden of Life Workbook*

## 1-6C *Energetic Protection*

Begin with:

- A SMILE
  - A Breathing Exercise / Vagus Nerve Activation
  - I AM
  - Reversed Polarity/ Anti-Anxiety Exercise (if needed)
  - Quick Grounding Technique
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Reread the lesson and set your energetic protection daily.

1. If I encounter some difficult energy or believe I will during the day, what can I do to add another level of protection?

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2. What are the benefits of energetic protection?

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