



Daily Spiritual Practices

To Transform Your Energy & Your Life

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About

I'm Michelle Capper-Fay and I'm an Energy Healer, Soul Coach, Spiritual Mentor, International Teacher and the creator of **Inner Uprising®**; a transformational program of healing, self-discovery and personal expansion.



My clients come from all walks of life and all corners of the globe; heart-centred soul seekers, creatives, business entrepreneurs, *Soulpreneurs*, actors, writers and fellow *Lightpreneurs*; and all looking for the same thing, a life guided by the callings of their Soul. **I help each and every one of them, to come into a place inner alignment, so they can achieve outer success.**

One of the core things I do to help people achieve that inner alignment is to open them up to **daily spiritual practice**, so they can enter a relationship of '**Divine Reciprocation**' with the Universe; deliberate communication with the **Soul, Higher Self** and **Spirit** as a daily spiritual practice, to receive support, guidance and divinely orchestrated opportunities in return.

I hope you enjoy these daily spiritual practices immensely and that you delight in achieving the **inner alignment and outer success** they bring into your life.

Heartfelt wishes,

Michelle

Introduction

I believe spiritual practice can simply be a *conversation* between us and our energy, as well as our Spiritual Support Team; our Soul, Higher Self and Spirit. I also believe we need only intend or ask our Spiritual Support Team for help with aligning and protecting our energy and we will receive just that in an instant. This is also an intention-based Universe, which means any choice we state with conscious intent through our feelings, thoughts and words puts the Universe on notice that we want Universal light energy sent in that direction. In other words, where intention goes, energy flows!

Changing Your Energy With 2 Simple Daily Spiritual Practices

To follow are 2 easy-to-do, intention-based, daily spiritual practices which take only minutes to do and yet immediately lift, shift and align your energy, enabling you to ground, centre, contain, protect, connect and cleanse your energy each day at a moment's notice and without any pomp or ceremony.

The beauty of an intention-based practice is you can literally do it anywhere and at any time. So unlike most spiritual practices, there's no need for soft music, candles and incense to set the stage, only a conscious statement of intent. You just state your intent and Universal light energy will immediately flow in that direction.

The Morning Practice

The morning practice sets your energy up for the day by grounding, centering and setting your energy boundary and protecting you energetically, as well as, connecting you to your Soul, your Higher Self and the Universe to open you up to their powerful spiritual guidance, support and direction throughout the day.

The Evening Practice

The evening practice will literally cleanse away the day, clearing your energy of any low level energies you've inadvertently picked up throughout the day, as well as prepare you for a beautiful night's sleep that facilitates spiritual growth whilst you slumber.

The Morning Practice

First thing in the morning, take a moment to consciously connect to your heart by just bringing your awareness there and then state the following 5 powerful intentions to align your energy for the day.

Ω Protection:

"I choose and intend that I be surrounded and submerged in the True White Light and that only the beings and the guidance that comes from the highest level of love and light, may pass through this energy." [The True White Light, is a powerfully protective energy which will calibrate to your unique needs. It cleanses, balances and heals your energy as it moves through you.]

Ω Grounding & Stabilising:

"I choose and intend to drop a Grounding Cord from the back of my Sacral Chakra (for Women) or the back of my Base Chakra (for Men) down to the True Heart Centre of Divine Mother Earth" [This will ground and stabilise your energy.]

Ω Centering & Strengthening:

"I choose and intend to connect to my Dantian Point (just below the navel) and I choose to stay connected to this powerful energy point throughout this day". [The Dantian Point is an important energy centre. Connecting to it enables you to access a tremendous bank of Life Force Energy for vitality, mental clarity and strength.]

Ω Boundary Setting:

"I choose and intend to pull my Auric Field in to 2 feet from my physical body to set a healthy energy boundary around me throughout this day." [This helps you to stay within your own energy field throughout the day and ensures you are not needlessly losing energy to others nor picking up the energy of others. You can even bring it in to just 1 foot around you in busy or stressful environments and situations.]

Ω Connecting To Spiritual Support:

"I choose and intend to connect to my Spiritual Support Team; my Soul, my Higher Self and Spirit so they may guide my communications with others throughout this day and I invite the Higher Self of all I will come into contact with today, to be present in each of our interactions". [This ensures you are communicating from a place of love, wisdom and understanding, as well as opening up to moments of spiritually guided answers and creative solutions. It is also particularly beneficial, when you are engaged in meetings, workshops or difficult negotiations, to invite the Higher Selves of each participant into the room to support the most positive outcomes.]

Ω Finish by stating: "Thank you, it is done, it is done, it is done".

[This puts an energetic stamp of completion on your intentions.]

The Evening Practice

At the end of each day, take a moment to consciously connect to your heart by just bringing your awareness there and then state the following powerful intentions to cleanse and reset your energy, as well as prepare yourself for a restful night's sleep filled with spiritually guided insights.

- Ω Cutting Energy Draining Cords & Cleansing Your Energy Field:**
*“I ask Archangel Michael to cut any **Energy Cords** that have attached to my energy during the day and I ask that he run his Violet Light through my body and Auric Field to cleanse and purify my energy and the energy around me.”*
[This will clear anything you have inadvertently taken on during the day that has the potential to interfere with your energy and state of balance.]

- Ω Setting Up A Restful Night's Sleep / Opening Up To Insightful Dreams:**
“I choose and intend that I only go to the highest level of love, light and spiritual knowledge while I sleep tonight and that I receive insights in my dreams that assist me in my life.” [You can also name a specific situation you are needing help with and ask for insights that will support a positive outcome.]

- Ω Finish by stating:** *“Thank you, it is done, it is done, it is done.”*
[This puts an energetic stamp of completion on your intentions.]

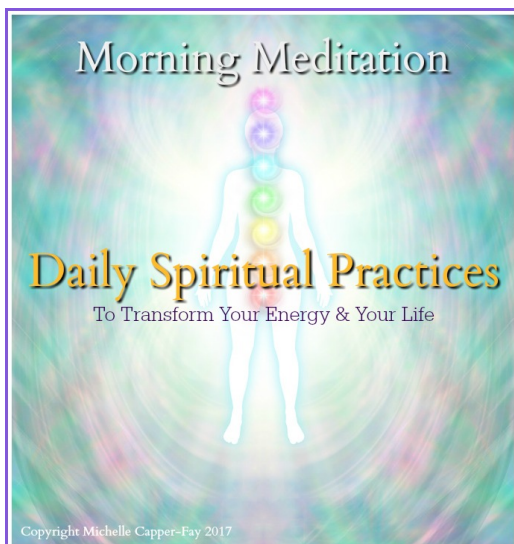


Do you want to experience an Inner Uprising® of self-belief, empowerment and awaken to your Soul's purpose?

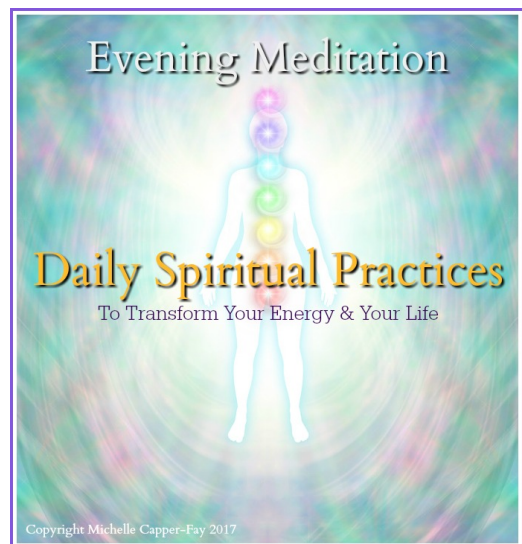
I'd like to invite you to have a wholehearted conversation with me about what your personal **Inner Uprising®** journey of healing, self-discovery and personal expansion might look like and how we can work together to release the emotional debris of your past and align you to your Soul's purpose.

[START THE JOURNEY](#)

As a special bonus, these **Daily Spiritual Practices** are also available for you as a guided meditation. Download your free meditation here:



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