

Sigil Phase 1

Detox Preparation (Sacral Clearing)

- Duration: 3 days
- Placement: Under your bed
- Purpose: Clears energy from one chakra to prepare your system for detox. Removes outdated energies, especially from the sacral.
- Additional Step:
 - Burn your old schedule or written intentions outside the house with gratitude.
 - This clears any lingering sacral energy linked to old patterns.
 - Release Instructions: On Day 3, remove the sigil from under your bed and release it from your space with a gratitude prayer.