

# CLEARING BLOCKS



tool 3

WHAT WOULD IT *FEEL*  
LIKE TO HAVE FLOW IN  
YOUR LIFE?



**mrsV**  
by Scarlett Vespa

# YOUR BLOCKS

## THE 3 TOP BLOCKS

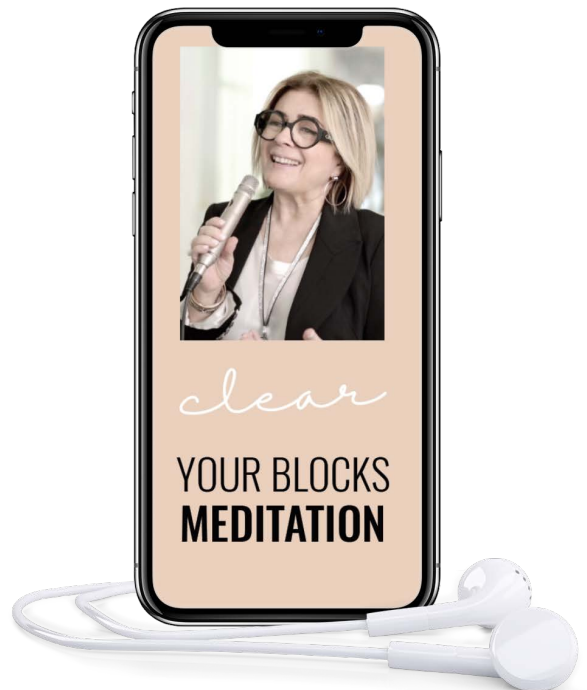
Clearing your blocks is about getting in touch with yourself and allowing what is there to surface.

Giving space to allow yourself to find a consciousness to arise from stillness and focus will allow great change and transformation.

I have created a meditation that shifts blocks and opens opportunity as well. Do it as many times as you need and at least ONCE before our next step.

Write down anything that comes up and gives you insights about yourself.

Enjoy!



---

---

---

**‘Clear Your Blocks’ – GUIDED MEDITATION**

*Well done! You are now onto the next step!*



# Next Step

Clearing blocks is always an ongoing journey, it's about managing them in our lives. Getting good at clearing them and understanding them is the most important part of this process, they teach us about our journey.

Any questions, then don't forget to sign into the CLOSED FACEBOOK GROUP to ask any questions or just share what's happening for you – it always helps.

If you need some more help, then I offer 'unblocking sessions, personal brand sessions and much more, check it out below...

**FIND OUT MORE**

INFO@MRSV.COM.AU  
MRSV.COM.AU