



Burning Bowl Game Plan

Tools: Paper, pen or pencil, something to burn in and with and your desire...

Burning Bowl Process:

- 1) **Importante!!!** NO Blame, Shame or Guilt is written or expressed when going through this process. This is all about Being an *owner of yourself* and seeing how *Wonderful it was* that you experienced whatever, in order to receive more *Greatness of who-you-are and what life is about for You.*
- 2) **Write ALL about what you have a desire to let go of and how much you Appreciate.**
 - Use as many papers as you want to, writing on the front and back (you'll be burning them). No need to be neat either.
 - Write until you have nothing more to say.
 - Sometimes writing to the Self works really well.
 - Make sure to include all the *icky yucky stuff* and what you know you learned from it
- 3) ****Write at the end of each letter: 'And now include all the rest of what's here for me to release (or create, for the new year letter) that I may have skipped.' ****
- 4) **Get ready to burn...**
 - a. Crumble the paper(s) up.
 - b. Go to burning place.
 - c. Take 3 deep breaths, letting go of what is ready to be burned to the Universe.
 - d. Light paper(s) – one at a time if needed.
 - e. Drop in fire pit and watch them burn.
 - f. Continue enjoying deep calming breaths as the words dissolve away.
- 5) Next **ALLOW** the energies and vibrations to settle for a while that night.

Added Bonus: The New Year's Letter - On New Year's Day write up all the desires and feelings you have that you want to bring into the New Year. This will allow you to be consciously inviting newness into your world of Greatness. *Create! Create! Create!*

Process: Use the instructions above with the exception of having the intent of *New Energies* coming to You now. *I Love the feeling of burning and releasing!*

Have a Blast!!!!

Welcome to a New Year!

Feel the Love!

Nancy Kroner, aka *The Energy Lady*

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