



# LETTING GO OF 2020

Alchemize 2020 to create an incredible 2021

Workbook 1

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REVIEWING

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CLEARING

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ALCHEMIZING

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# REVIEW, CLEAR, ALCHEMIZE

## WORKBOOK 1



### **What a year.**

2020 is one for the history books all throughout the world. We know it's been an incredible challenge. For everyone.

But what story will we tell about this year 5 years from now, 20, 50?

Will we speak only of collapse, sickness and suffering? Or will we tell tales of challenges overcome, transformation and magic?

Now's the time to write the story we want to tell.

In this event, we're going to be doing just that. We're taking our power back from the events out of our control, reviewing the past year with a clear eye and deciding how the story gets to unfold from here by clearing and alchemizing what is still stuck. The end result? A 2021 we're proud to live.

# REVIEW

## WORKBOOK 1

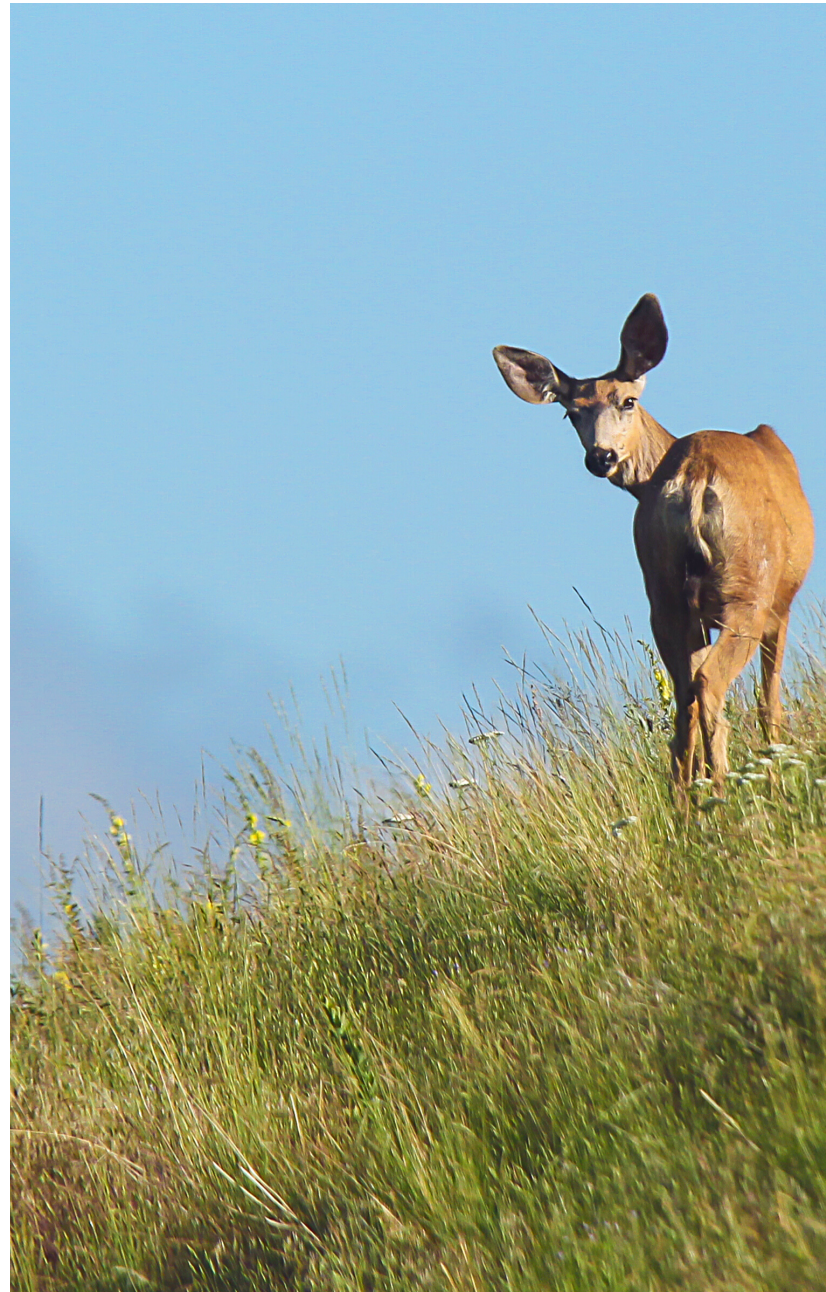
When life gets tough, it's a natural response to close our eyes and go back to sleep. We might want to focus on what's right in front of us just to get through the day.

If you've used this strategy quite a bit this year, that makes two of us. I've found it quite helpful myself, but at the tail end of the year, it's time to reVIEW, to look at the year with a new eye, with a fresh perspective and call our power back from all the places we've gotten frozen.

### What to do:

(1) Take out a journal or fresh document and set a timer for 10, 20 or 30 minutes.

(2) Write about the year. Write what you remember. Write what's stuck. Write what sucked and what was awesome. Write what you're afraid to look at. Write about what illusions you bought into and what clarity you gained. There are questions to the right to help prompt you further.



## QUESTIONS TO USE AS PROMPTS:

- What had been my intentions for 2020?
- How did I initially handle the pandemic?
  - What changed for me this year?
- Where am I stuck/frozen/looping?
- Which feeling tones did I get really familiar with this year?



# CLEAR

## WORKBOOK 1

Now that you wrote that out (and I commend you on your courage, that may have been the hardest part!), the real work begins.

Let your attention get soft and kind.

The events of this year may have been straight-up traumatic, low-grade traumatic or not traumatic at all for you and judging any of it is completely unnecessary. Decide to look at yourself and your year as you would a dear friend who you know has done their absolute best this year. See yourself with grace.

### What to do

Look at your list, and start asking and answering these questions:

- Where did I hide and what am I ready to face head-on?
- What requires my healing love and attention at this time?
- What am I ready to let go of?
- What is most in the way of letting go?
- Where do I need help? What kind of help?





# ALCHEMIZE

## WORKBOOK 1

Alchemy is the process of turning the energetic lead in our systems (or sh\*t) into gold.

If there's ONE thing I've learned in my 8 years of working as an energy healer, is that this alchemy can be incredibly difficult and scary, or it can be simple and easy, but it is ALWAYS magnificent and worth the trouble.

This process IS easiest with a guide (for me too! Get in touch for a session or two and come to the zoom meeting!), but these questions most definitely help.

### What to do

Based on your answers from the last section, ask & answer these:

- What might be possible for me if I were to alchemize these difficulties/patterns?
- What reality COULD be at the other side of all this?
- What if I could let go of that which is in the way of me letting go?







## ABOUT INGE

Thank you for being here and doing this work! I firmly believe that each one of us doing our healing work is creating a vastly better future for ALL of us.

Inge is...

an energy healer and spiritual teacher who is passionate about taking the sh\*t life hands us and turning it into incredible works of art.

Exceptionally, in the cadre of this program, she is accepting new 1:1 clients for smaller commitments, so if you want to gift yourself some help, don't hesitate! .

WITH A BIT OF CURIOSITY AND A LOT  
OF LOVE, EVERYTHING IS POSSIBLE.

INGE BROER