



## Tolerations Clearing Process

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By releasing what you are tolerating, you will free up blocked energy and raise your vibration.

### **tolerate** |ˈtæləˌrāt|

verb [ with obj. ]

- To bear something unpleasant or annoying, or to keep going despite difficulties:
  - To accept behavior and beliefs that are different from your own, although you may not agree with or approve of them.
- 1) Do a brain dump and make a list of everything you are tolerating in each of the following areas of your life.
    - Home
    - Work / Business
    - Relationships
    - Health
  - 2) Keep the list with you and over the next week keep adding to each category of the list as you notice things you are tolerating.

Stay tuned for the next step...