

Excavation Exercise

I believe our pain, feelings and thoughts take up physical and mental space in our bodies. Depending on the depth and age, this energy can become toxic. Let's be clear, this exercise doesn't magically erase everything but it can be a powerful process of awareness, acknowledgment and release.

You can use this as journaling, meditation or mirror work. Whatever best allows you to go deep and return refreshed.

First create time and space to be alone and reflective. Take several deep breaths. Answer these questions honestly and gently. When finished, I encourage you to give your self what it needs (more deep breathing, a good cry or yell, shake out your body, water, prayer, etc) and then immediately read the Declaration of Elevation. Let's begin:

Ask yourself:

What am I angry about?

What am I sick of?

For who/what am I grieving?

Who have I been unkind to?

What promises did I break?

What do I need to forgive?

In all of this, what am I grateful for?

Kysha Mitchell

Elevate your
Purpose, Passion, Joy
NOW

A Declaration of Elevation

I declare grace in your life:

that the words from your mouth land softly
and your thoughts are loving and gentle
that your strides are long and sure
while your stumbles are quickly righted and learned from
that your way is safe and protected

I declare ease in your life:

that your best path is brightly lit
and courage meets you at every step forward
that you are supported with helping hands and fast feet
that resources show up before stress
that if you fall there are shoulders to cry on
and encouragers to lift you up

I declare prosperity for you:

that your needs are met and your desires are provided for
that you give from your own overflow
and it is easily replenished
that you know your worth and others see your value
that you manage your wealth from a sense of abundance rather than lack

I declare health in your body:

that you look in a mirror and celebrate your body temple AS IS
that you move with ease and strength
that your healing is swift and constant
that your being renews itself healthier than before

I declare love:

that thrive instead of survive love
that Agape/Oneness love
that intimate feel-good love
that laugh-until-you-cry-with-friends love
that self-first, I AM love
that deep connection with a being larger than you love

I declare a blessing over your life

one that goes before you
enfolds you
and is there in your wake

~And so it is

~Ase

Listen to the
Declaration Here

