



You Are a Gardener®

Top 5 Ways to Shift Your Energy to a Positive Frequency



1. Take a Nature Breath

Step outside, close your eyes, and take one deep breath in... and one long breath out. Feel the air move through you like a breeze through the garden. Even one mindful breath can reset your energy and bring in calm.

2. Play a Favorite Song

Music is a powerful gardening tool. Whether you dance, hum, or just listen, music can help lift heavy feelings and shift your emotional rhythm. Choose a song that helps your petals perk up!



3. Write or Draw It Out

Grab a notebook or scrap of paper and let your thoughts flow out—no rules, no judgment. Journaling or doodling gives our feelings a place to land and often makes room for new seeds of clarity and peace.

4. Move Your Body with Intention

Take a short walk, stretch your arms, or shake it out! Movement helps energy move too. Think of it as giving your inner garden a little sunlight and space to grow.



5. Connect with Gratitude

Pause and name things you're thankful for. Big or small, gratitude acts like a beam of light—it lifts your energy and brings more calm and clarity to your garden.

