

ANXIETY RELIEF

FIVE EASY TECHNIQUES



www.StacieOverman.com

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ANXIETY RELIEF



After going through a very traumatic experience one can begin to sense things that can cause fear and anxiety. For myself, I began seeing loved ones that were in heaven, angelic beings as well as sensing the presence of Jesus.

In the beginning I did not realize these were my gifts or superpowers that were waking back up. This is why it is called Spiritual Awakening or a “Remembrance” of who you really are.

*I am sharing with you **FIVE EASY TECHNIQUES** to relieve anxiety.*

MEET STACIE OVERMAN



Seen on Syfy's TV Show, Ghost Mine

I know you will find relief using these tips and techniques. I work with awakened souls that are experiencing things that are hard to explain. Like premonitions or being able to feel other peoples emotions or now can feel spirits around them. Which can create a lot of confusion and anxiety. I show them how to be able to understand what they are experiencing as well as give them the tools to be able to turn these experiences up or down so they can live empowered and have a greater impact on this world.

*Just starting out navigating your new journey? You can listen to my latest videos on how to protect yourself and the importance of having spiritual boundaries in my **FREE Facebook Group**.*

If you are ready to dive deep into understanding your newly awakened gifts and change how your second chance on life will look, meet me at www.stacieoverman.com or find me on [Facebook](#) so we can connect.



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Visualize yourself inside a beautiful bubble of white light. Know you are safe inside this bubble. Say to yourself, ***“only love and light are allowed inside.”*** See God’s white light shining down on the top of your head and touching every cell in your body all the way down to the tips of you toes. You can do this each morning before you begin your day.

WHITE LIGHTING!
Do as many times you need.





#2



Breathe in through your nose, hold and then out through your mouth. As you breathe out imagine all the anxiety, yuck and anything that does not serve your highest and best good, being released into the light to be healed with love. With your next inhale imagine your bubble, your aura and your body being filled with the beautiful, calming, healing white light.

FEELING CALMER!
Repeat 3 or 4 times.



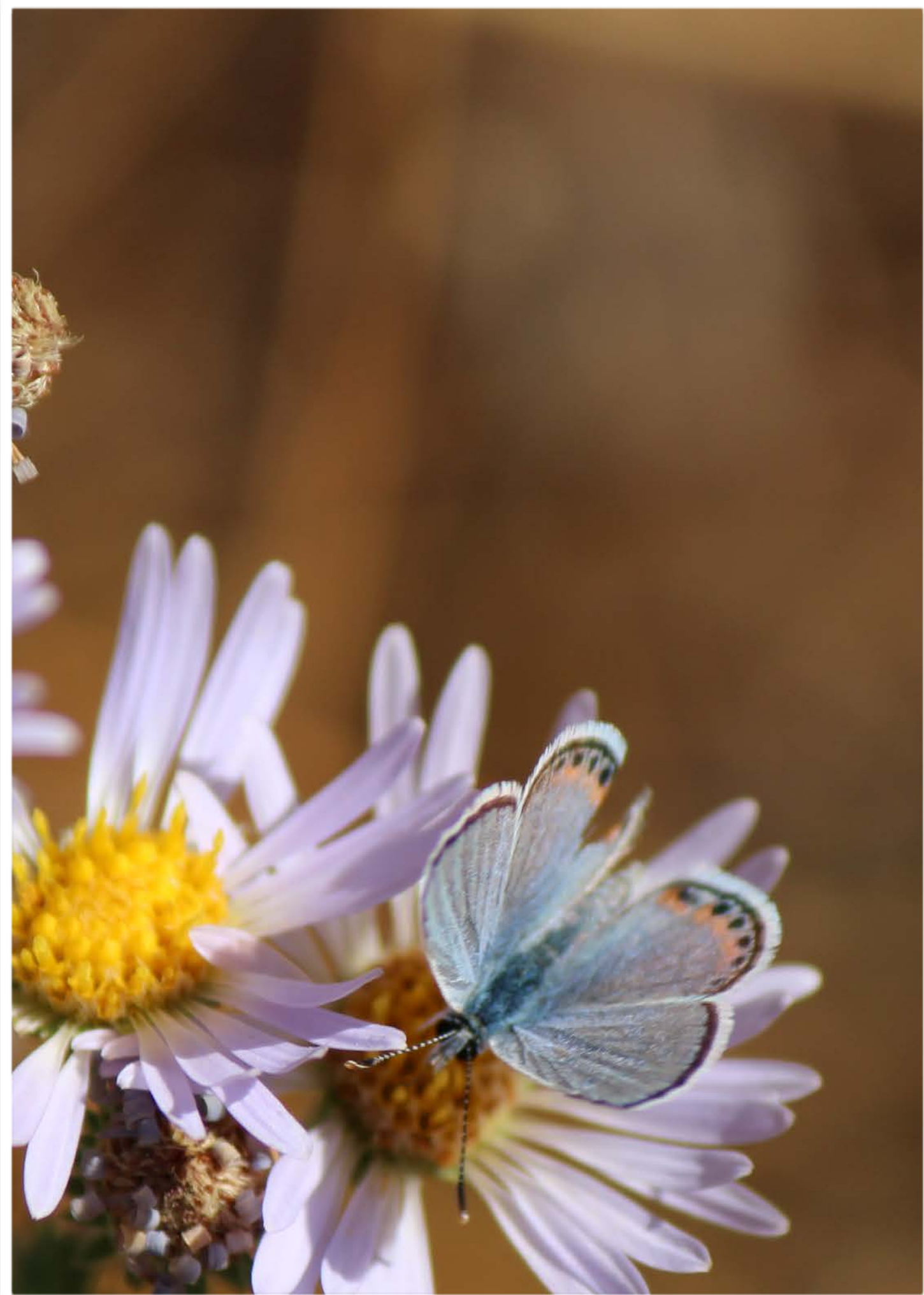


Call out to Angels to help you. Archangel Micheal is great for protection. You can say out loud or in your mind, ***“Archangel Micheal, please be with me and protect me.”*** You can imagine his presence near you, you may even feel a warmth or your entire body temperature raise. This is all normal and safe. Angels can only help you if you ask and allow them. Try calling in your angel at the beginning of each day.

FEELING PROTECTED!
Feel the love.



#4



Take off your shoes and walk barefooted on the grass. Sit up next to a tree or enjoy some gardening. Or simply get outside in nature. When you can connect to the earth and nature it will help bring you back into your physical body. It will help you feel back in touch with you physically so you are not spacey, forgetful and or disconnected. Grounding will cleanse the negative energy and replace it with positive light energy.

FEELING CENTERED!
Do a few times each day.

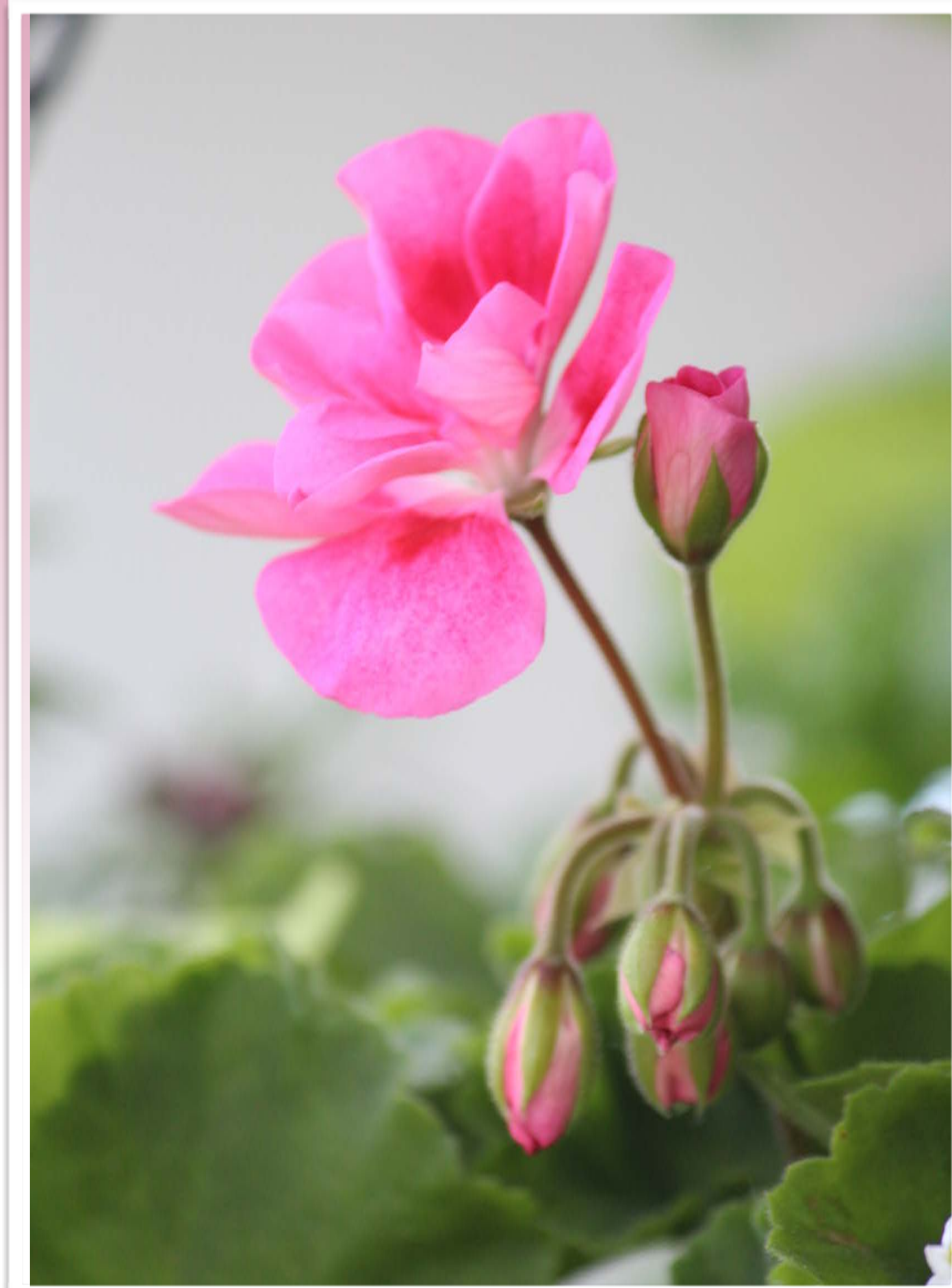


#5

You can simply cleanse lower negative energies away from you aura by cleansing with sea salt. Of course if you can play at the ocean that is best. But you can bring the ocean to you anytime you need it. Taking a relaxing bath with salts like sea salt, Himalayan pink salt or even the good 'ol standby, epsom salts. Put about a cup into the bath water. Relax and allow the salts to remove the toxins and anxiety you have been feeling.

FEELING REFRESHED!
Do this regularly.





It is important to take care of yourself. Especially when experiencing new things. Be kind to yourself. Allow yourself time to experience these new superpowers. Write down what you are experiencing so things will begin to make more sense. Use these five techniques daily to help you feel safe, calm, loved, protected and refreshed. You can do these as many times throughout the day as needed.

LAUGH EVERYDAY!
Don't forget to have fun.

FIVE EASY WAYS TO RELIEVE ANXIETY



1: Visualization

2: Breathe

3: Angels

4: Grounding

5: Cleanse

KNOW YOU ARE SAFE!

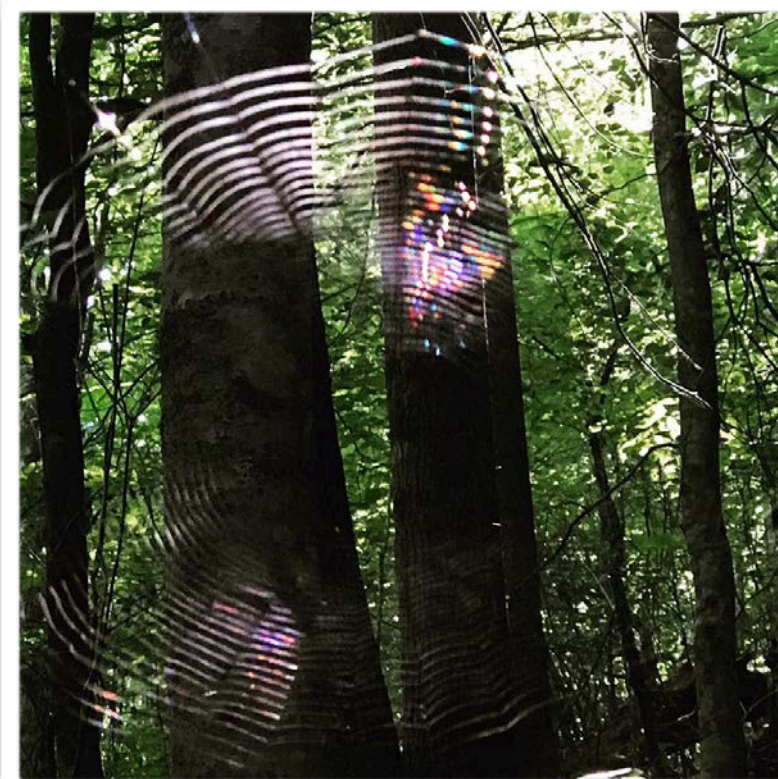
Take a break.

SPIRITUAL CENTER VISION

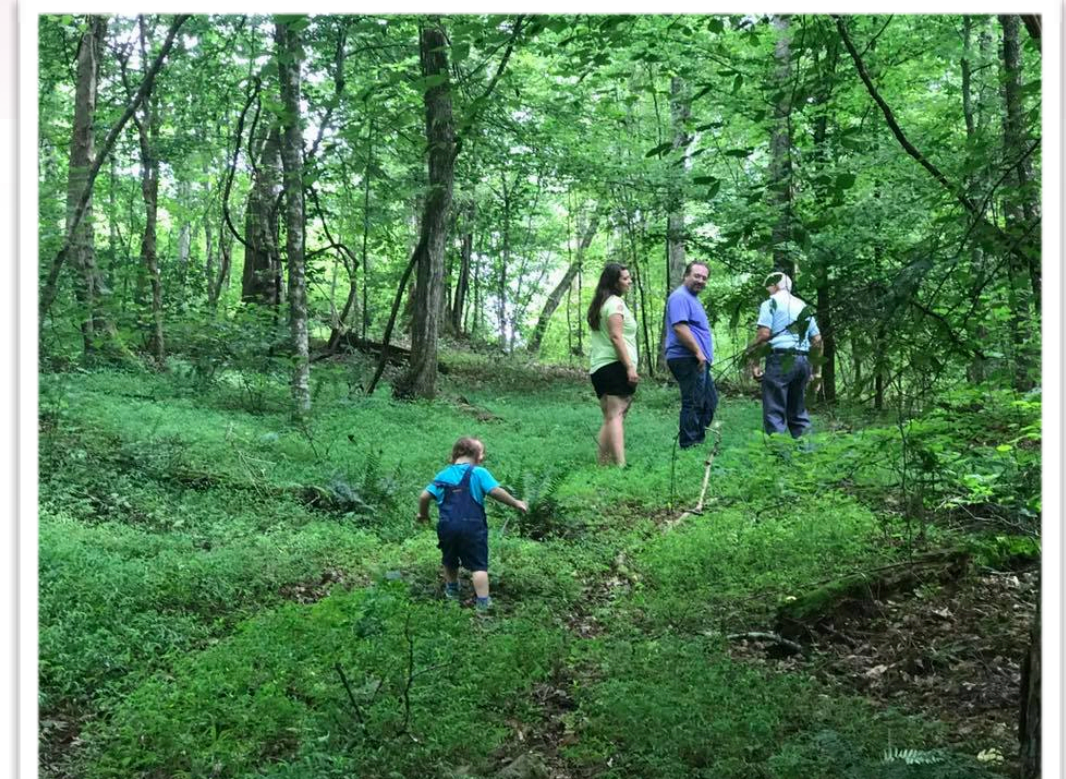


Ground Breaking Plants Planted

*I have been called to serve on a bigger scale to help raise the vibration of the world. I will be opening a physical spiritual center in New Tazewell, Tennessee! Are you are feeling called to help in any amazing way? You too can contribute to this vision! There are many roles you can play with helping us fulfill this vision concept. Like gathering donations, building, landscaping, interior decorating, marketing, raising funds, teaching and much much more. **Send me an email with the subject line saying “your are opting in for the spiritual center committee.” Provide the best email and some insight on how you would like to contribute to this vision.** stacieoverman@gmail.com We will be in contact with you about updates after we receive your email. Blessings! Stacie ****FIRST RETREAT, August 17-19, 2018** **BOOK HERE:** <https://stacieoverman.lpages.co/nourish-to-flourish-retreat/>*



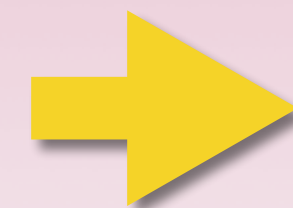
Magic On The Property!



1st Time Walking The Property

ANXIETY RELIEF FIVE EASY TIPS

I can't wait to hear how you are doing!



Be sure to share your experience

in the Facebook Group! [Understanding Divine Messages](#)

Angel Blessings, Stacie Overman

P.S. I am a Spiritual Awakening Guide and teach an amazing 9 week New You Program. Join me in the FB Group to learn more.

Congratulations on reading the entire Ebook! I am so proud of YOU!



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