

Master Your Personal Energy

to empower your potential



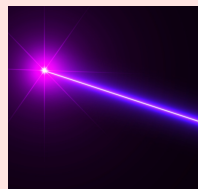
Ground your energy
walk barefoot in the grass;
do Mountain pose and feel
your connection to Earth



Protect your energy
set boundaries, limit news
and social media, visualize
energy shield around you



Nourish your energy
with sleep, fresh foods,
sunshine, deep breathing
and vigorous activity



Focus your energy
one thing at a time, and
first things first. Avoid
multi-tasking, it's draining



Free your energy
heal your wounds,
traumas, emotional
charges, limiting beliefs



Clear your energy
keep your home, vehicle
and body clean; Reiki,
crystals and cold showers



Balance your energy
masculine with feminine,
giving with receiving,
working with resting



Choose your energy
decide what energy to
bring to every word and
action - love over fear!



Connect your energy
to people, animals and
causes that light you up
and help you feel the flow



Elevate your energy
with inspiring art, nature,
literature, music, ideas
and acts of kindness



Meet Melanie Starr

Melanie is a women's empowerment coach and holistic wellness practitioner who brings body, mind, heart and soul into her healing work. She helps women protect and nurture their vital force energy, while releasing social conditioning, trauma-based patterns and limiting beliefs, so they can step into their higher potentials.