
ENERGY ACTIVATIONS

Energy activations are designed to enliven (activate) an aspect of your energy field. The words communicate directly with the field, guiding it to a new formation as needed.

Relaxation

Relax for more energy
<https://youtu.be/D1om9UNDH78>

Relax and breathe
<https://youtu.be/R73W0dqHDpY>

Relax into natural enjoyment
https://youtu.be/kd6_5LcY8i4

Deeper relaxation
https://youtu.be/_pazF5ZMyjM

Relaxation for your mind
<https://youtu.be/45MjifRAn51o>

Relax and enjoy
https://youtu.be/Hte_9bZ_Cys

Easy relaxation
https://youtu.be/3L40_wmt-Mc

Working light
<https://youtu.be/ImNK-OBE19w>

Let go and let flow
<https://youtu.be/DTlKnyZyJYc>

Well-being

Great spreading peace
<https://youtu.be/6TAw6VxMu7o>

Putting yourself first
https://youtu.be/lm3KIU_gZB0

Tune into the energy of abundance and generosity
<https://youtu.be/3YNVO0lyxgA>

Good health is every day
<https://youtu.be/JHDaEiEM4yE>

Your body is your friend
<https://youtu.be/G68gFykCeqs>

Let go of blame
https://youtu.be/uGKJ8Ueki_w

The roots of Karma
<https://youtu.be/75WdX1RsNk4>

Letting go of self judgement
<https://youtu.be/ZLuBqo2V9Ro>

Relating to Money

Relax with the energy of money
<https://youtu.be/to4M7BmswYI>

Face your pain about money
<https://youtu.be/rDkEkjasFYk>

Connect with the energy of money
<https://youtu.be/X1uSyAn8rIY>

Release old financial energy
https://youtu.be/76_ahtR_41A

Open to Life

Open your heart to the beauty of life
<https://youtu.be/0W8c5KEyuh0>

Open to living simply
<https://youtu.be/mh-7jM4Hh8E>

Open to a life of love
<https://youtu.be/gZu0kt2zCsk>

Appreciate life
<https://youtu.be/522k1Yf9F8M>

A gift from life to you
<https://youtu.be/2FUovqW4Uw4>

A day of gratitude
<https://youtu.be/1X4dMibKdPA>

Circulating gratitude
<https://youtu.be/YBesOkS6Kjc>

In the light
<https://youtu.be/ciEZ0dqmBB0>

Open to new energy
<https://youtu.be/7ib38n-MAxU>

It's up to you
<https://youtu.be/-blBp5DUP5U>

The courage to dream
https://youtu.be/I6QO_z9i5w

This list is a compilation of energy activations from [Sarah McCrum's YouTube channel](#). For courses and activations for purchase, visit [Sarah's website](#).

Change

Getting back on track
https://youtu.be/Og9a3k1xT_w

Facing the unknown
<https://youtu.be/wV1vRBlaWIM>

Relax when things are changing
<https://youtu.be/B3n0jHbW-B4>

Release deep tiredness
<https://youtu.be/PBVojCpyVrk>

Relax. It's all right
<https://youtu.be/qdqM7Xkrnqc>

When you don't know what to do
<https://youtu.be/uKdblW4jCNE>

The green shoots of transformation
<https://youtu.be/XzP-Gg0m7vw>

TRANSFORMANCES

Transformances are short activations set to music.

Gaia speaks
<https://youtu.be/dmfAPOi5fyc>

Change the game
<https://youtu.be/5IU3EgWLVBw>

On the edge of the unknown
<https://youtu.be/8d44cbZ1H38>

Money speaks
<https://youtu.be/8d44cbZ1H38>

Towards 2030
<https://youtu.be/2w-J47BNS4E>