



THE NEW EARTH

WHERE ALL THE STARS ALIGN

The Cleanse Journal: Days 1–3 of Reflection & Release

SEASON 1

3-DAY DEEP LIVER
& PARASITE CLEANSE



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SEASON 1

Content

This journal guide supports you across the 3-day cleanse with intentional reflection points after key milestones — such as enemas, midday transitions, and evening integration. Each prompt is designed to bring awareness to the physical, emotional, and energetic shifts as your body releases.

You don't have to write perfectly. Just honestly. Let the words guide what the body is already releasing.

Day 1

- Post-Enema Journal Prompts
- Evening Reflection & Integration

Day 2

- Midday Journal Prompts
- Evening Reflection & Integration

Day 3

- Morning/General Journal Prompts

Post Enema Journal Prompts

Use these prompts to deepen your reflection and integration.
There's no pressure to answer them all. Let your truth lead.

What did I notice in my body after the first enema?

What emotions surfaced — even subtly?

What felt hard? What felt nourishing?

Where did I experience resistance today?

What do I want to remember from this first day?

With love and honour,
The New Earth Team

Evening Reflection & Integration

You've reached the close of Day One.

Whether it felt emotional, light, intense, or quiet, trust that your body has begun to shift. Cleansing is not always dramatic. Sometimes the most profound releases happen silently.

This evening is not about doing more.
It's about being with what is.

- 💧 Drink herbal tea if needed (lemon balm, chamomile, or ginger).
- 🌀 Lie down early, disconnect, and let stillness do its work.
- 🕯️ Journal, reflect, or simply close your eyes and feel your breath.

Here are a few optional prompts if you feel called to write:

What moved through me today — physically or emotionally?

What did I feel resistant to, and why?

What surprised me? What softened me?

What does my body need from me tonight?

What part of myself do I feel more connected to now?

 **And remember:**

This is not about purging everything in one day.
It's about meeting yourself **honestly**, one layer at a time.

There is no perfect cleanse.
There is only your truth in each moment.

Tonight, let it all settle.
Let the organs rest.
Let the nervous system recalibrate.

Tomorrow will come with new energy.
But for now... **be still.**

You are held.
You are healing.
You are home.

With love and honour,
The New Earth Team

Midday Journal Prompts

Use these prompts to deepen your reflection and integration.
There's no pressure to answer them all. Let your truth lead.

What has this flush brought to the surface — physically, emotionally, or spiritually?

What am I beginning to let go of — even if just a layer?

How did it feel to be in silence and stillness during the dry fast?

What was most intense about today? What surprised me?

What would I say to the part of me that has just released so much?

With love and honour,
The New Earth Team

Evening Reflection

As your body settles and your day comes to a close, you may wish to reflect on the journey so far. Use the questions below to meet yourself gently — no need to write, just witness.

What am I no longer holding — physically or emotionally?

What stirred in me today that surprised me?

Did I feel any release during the aloe flush? What did I notice?

What would I like to give thanks for — in my body, my process, or my truth?

What does surrender mean to me in this moment?

Tonight is not about doing more. It's about surrender.

Thank yourself for showing up.
For trusting.
For allowing.
Let this be a night of reverence.

With love and honour,
The New Earth Team

Midday Integration

Use these prompts to deepen your reflection and integration.
There's no pressure to answer them all. Let your truth lead.

How do I feel waking up today, physically and emotionally?

What has changed in my body since Day 1?

What am I hungry for, beyond food?

What am I no longer willing to carry forward?

What truth has risen in me during these 3 days?

With love and honour,
The New Earth Team