

Clearing Your Energy Field

Clearing your energy field whenever you feel anxious, stressed, overwhelmed, or not yourself is very important. There are many fear based energies swirling around in the world especially from the media. Empathic people are especially vulnerable to picking up energies that are not theirs. There is no time and space in the spiritual world so you can pick up energies from anyone anywhere in the Universe!! You can do this exercise to clear yourself as long as your feet are firmly planted on the ground. It doesn't matter what floor level you are on or if you are in an airplane.

STEPS

Open your Crown Chakra which is at the top of your head. Your intention is to remove everything that is not yours and that is unlike love. You may also use words to remove what you are feeling, such as anger, resentment, pain, fears of poverty, whatever else you do not wish to carry!

Imagine a beautiful golden white light coming from our Divine Creator through your Crown Chakra, your head and cleansing your entire body. Imagine little scrubbing bubbles cleansing every cell and molecule. Take it through your arms and down your legs exiting through your feet. Plunge this energy into the core of our Mother Earth asking her to transmute all energies into love and light. Make sure you do the outside of your body cleansing your aura which is your energy field. Keep doing this until you feel "clean".

Now bring in the golden white light filled with pink speckles of unconditional love from our Divine Creator through your Crown Chakra. Your intention is to fill your body with love, light, joy, peace, happiness, wealth and awesome health, or whatever else you desire. Continue to bring in this amazing light from our Divine Creator filling every cell until they and you are completely filled with love and light. Bring this all the way down to your feet, but this time you keep the energy. You do not plunge it into Mother Earth. Be sure to bathe your aura as well which is your energy field outside your body. When you feel that you are filled with love, light and safe in the loving arms of our Creator, you may stop. Close your Crown Chakra.

It is beneficial to do this before going to bed and as many times in the day that you feel is necessary. You cannot clear too much as the energies will be getting more and more intense as time goes on.