

Clearing & Cleansing

from daily.life.com

A Cleansing Shower to Help You Feel Clean & Bright

1. Ground Yourself

First, focus on your feet and feel them connect to the bottom of the shower. Then, feel the water hitting your skin and watch it fall to the ground. Notice the temperature and how it helps relax your body. This will help bring you into the present moment.

Once you [feel grounded](#), turn so the water can run down your back and take five deep breaths in and out of your nose.

2. Visualize

Breathe in and out.

On each exhale, release the negative energy and imagine the water washing it down the drain. Then turn and let the water run on your heart to remind you to live with an open heart. (Don't inhale the water, though!)

Next, run the water over your head to remind you to live with an open mind.

Visualize the water cleansing all the negative thoughts and energy that you're holding in your energetic field.

3. Cleanse Negativity

As you wash your body with soap, imagine you're also clearing the remaining negative energy from your body.

As you lather each part of your body, visualize this area filling with positive energy. You will probably feel a little buzz in each area as you focus on it because your mind actually sends energy.

Focusing on this action also keeps your mind from going outside to what you're planning for the day or things that happened in the past. It will replace worry with something that feeds you in a positive way and creates a [positive pattern of thinking](#).

4. Set Your Intention

Finally, to seal the meditation and set your intention for the day, use this [positive affirmation](#) and feel it set the energy in every molecule in your body. Say it mentally or out loud three times: *"I am charged with positive energy."*

Notice how you feel and make it feel like you're stepping into a positive day as you step out of the shower.

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from Yoga Journal

Practice No. 1: Bubble of Light

This is a common practice because it is both simple and effective, and you can do this technique seated, standing, or lying down.

Close your eyes and focus on your inner core. Imagine a flame igniting and burning white, bright, and strong. Charge this flame with the task of protecting your energy body. Determine that nothing will permeate or attach itself to you unless you permit it. Encourage its light to expand until it fills your body. Once your body is filled with this light, push it through your skin in all directions, infusing your energy body. You can start each day with this practice or simply employ it whenever necessary.

It is especially effective in situations where there is a lot of energy flying around. For example, heated meetings, fraught social or family gatherings, or unpleasant social media interactions are excellent times to cloak yourself in light. You'll feel more like your true self and be able to share your light and help others.

Practice No. 2: Cording

Perhaps a better name for this exercise is de-cording, because that is what this shamanic-inspired technique feels like. It is technically both a cleansing act (as it removes something unwanted) as well as a method of containment. A cord is an energetic connection between two people, a person and a place, a person and a thing, a person and a group, or a person and an idea. The cord is not only a connection but a conduit that allows energy to pass back and forth between the two ends of the cord. The energetic give and take is not always equal. Someone can attach a cord to you that siphons your energy or infuses energy to your energy body.

There are a few ways that we develop cords. First, when we have a relationship with someone, something, some place, a habit, an emotional wound, or an idea, we develop a cord with it. A second way that cords develop is when someone attaches one to you, even if you aren't in a relationship. As an author and teacher, this happens to me frequently. The people sending the cords aren't necessarily doing it with malicious intent. Admiration, gratitude, and respect can form cords as well as jealousy, annoyance, and disgust. Whether well-intended or not, we operate best when we are conscious and in charge of our own energy, so even these kindly-meant attentions can have unwanted effects. A third way cords are formed between you and something else is when you are reaching out energetically and attaching to someone or something else, usually unintentionally, although sometimes we do it on purpose. A version of this is when a relationship ends and one person isn't willing to let go. They keep trying to re-

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establish a cord with their ex. Removing cords has been such a useful practice in my life, and I hope it helps you, too.

This technique is best done while standing. You are going to remove the cords and let them dissipate, with the energy within them being absorbed back into the earth to be redistributed as needed. When I do this, I usually feel and hear a soft sucking noise, as if a suction cup is being removed. You will do three rounds. The first round of cords includes the ones that represent mutual relationship. The second round focuses on cords others have sent to you. The final round is for ones that you've sent out. Here are the basic steps, which you will repeat three times:

1. Stand in [Mountain Pose](#) and close your eyes.
2. Imagine your energy body, in your mind's eye seeing it and all the cords that are attached to it.
3. Starting from the top of your head and moving toward your feet, mentally pluck the cords and drop them.

After your third round, finish either by imagining the points of connection healing over or with the bubble of light practice.

from goop.com

Get Grounded

Step 1: Establish a grounding cord from the first chakra.

Sit upright with your legs and arms uncrossed. Firmly place your feet flat on the floor. Visualize a cord or beam of light traveling from your first chakra—located at the base of the tailbone—directly down to the center of the earth.

Step 2: Open your seventh chakra.

Visualize a beam of light traveling from the seventh chakra—at the crown of your head—directly up, connecting with divine or cosmic energy.

Step 3: Call your spirit home.

Repeat your full name out loud three times. Your name is unique to you. By repeating your name, you call yourself into the present moment.

Step 4: Establish grounding cords from the feet chakras.

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Wake up the chakras on the bottom of your feet. With your feet still firmly planted, visualize beams of light traveling from their center down to the earth's core.

Step 5: Run earth energy.

Now that you have established cords from the first chakra and feet chakras, along with a cosmic cord from the seventh, you are ready to pull earth energy up. Earth energy is forest green. Call this energy up from the center of the earth and allow it to travel into the feet, up through the legs and torso and out the crown of your head, filling the outer layers of your energy body as far as the aura's edge. The [aura](#) is the layers of energy that surround the physical body with an expanse as far as our arms stretched wide. Once the body and aura fill with this earth energy, allow it to flush down the grounding cord at the first chakra into the center of the earth.

Step 6: Run forgiveness.

Forgiveness energy, also referred to as Christ-force energy, is a translucent gold color with a blue hue. Just as you did with the earth energy, pull forgiveness energy up through your feet, legs, and torso. Allow it to flow out the seventh, filling the aura. As it travels through, it pushes away energy that doesn't serve our highest and best good, making room for our spirit. After you have filled the body and aura, once again let that energy release down the grounding cord into the center of the earth. Repeat this step four times.

Now: You're grounded and ready for what's next.

Run Your Energy

Once you're grounded, you can pull energy through your chakras, cleansing them by running loops and removing blockages. You know better than anyone what it is that you need. Bring that healing energy in and allow it to wash through your mind, body, spirit, and emotions so that you have the vitality necessary to radiate that same high-vibration energy outward.

Step 7: Run cosmic energies.

Grounding energies travel upward from the center of the earth to fill us and wash down the grounding cord. In contrast, cosmic energies come in through the seventh chakra at the crown of the head and travel downward through the chakras. They go into the grounding cord and end their journey at the center of the earth. I recommend running these energies four times each, and imagine the colors running through your body as you do.

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Deprogramming energy: a deep royal-blue color that washes out dense vibrational energies from our system.

Clarity energy: a neon-electric-blue color that enhances clarity and expands knowingness.

Healing energy: a green color that heals wounds.

Love and truth energy: a golden color that revitalizes us with light, reminding us of who we truly are.

Step 8: Replace the grounding cord.

An important final step in the energy-healing process is to replace your old grounding cord with a fresh one, realigning and anchoring you into present time. Let all the residual energy run through you and release it down your existing cord. Then remove that cord by envisioning a rose rooted to the earth through its stem. The rose is symbolic of forgiveness and transmutes dense energy into light. Place your old grounding cord into the center of that rose and allow it to explode over a vast ocean, sending the rose petals down to be rinsed and renewed. Follow steps one through four, and off you go—present and in harmony.

SELF PROTECTION / ARMORING

From beliefnet.com

The Bubble

A favorite psychic shield is imagining a bubble of white light around you. Imagine this bubble of light extending about six inches above your head, around your body and descending about six inches below your feet. To reinforce this imagine, picture someone running at you and bouncing off the bubble. You can also draw the bubble with your hand and walk through it. If you're attuned to Reiki II, draw the empowerment symbol as tall as you are and walk through it. A Bubble Shield is a wonderful way to keep negativity bouncing off you and returning to the sender.

The Disco Ball

If you're going to be in large crowds or traveling, imagine a mirrored disco ball and see yourself walking into it. The mirrors will deflect any negative energy back to its sender. Mirrors have long been a symbol of protection. Imagine yourself standing in a mirrored ball and visualize any negativity heading your way being deflected back to the sender.

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This shield is best used when you're going to be in a crowded concert arena, airport, shopping mall or any area where you'll be bombarded by energy from a crowded group.

The Purple Flame

If your negativity tends to stem from your own inner worry and anxiety, try the Purple Flame Technique. First, ground yourself by imagining tree roots coming out the base of your feet and traveling into the ground. Take several deep breaths and focus on your solar plexus chakra located above your navel. Picture a yellow flame glowing here. See it growing and expanding until it fills up your entire body with its warm, glowing light. Visualize the yellow light turning bluish purple and then blending into a beautiful purple flame. This spiritual fire will burn away any and all negativity within your energy.

The Tornado Technique

Try the Tornado Shield when you're going to be around negative people and energy vampires. Before you walk into a contentious situation, imagine a swirling white light starting around your feet. Visualize it churning around your body in a clockwise direction 12 times until the swirling energy reaches above your head. Continue swirling this tornado around your aura. Any chaotic negativity sent your way will be swept up in your very own tornado to be broken up and dissolved. See your Tornado Shield pushing out until you're protected for at least three feet in all directions around you.

The Cloak of Invisibility

If you need to keep a low profile at a family reunion, in the classroom or a business meeting, here's how to do it. Imagine putting on a clear, see through cloak.

Pull the hood over your head and zip up the front of the cloak. Imagine people walking right passed you and not see you. Don't use this shield if you want to be noticed at work or out and about. The Cloak of Invisibility should only be used when you want to go about your day under the radar.

Knight in Shining Armor

If you're facing a situation where you need to be extra strong, imagine yourself putting on a suit of armor. Pull on the metal legs, the steel plate, the arm sleeves, the helmet and put the face shield down. Now pick up your shield. You can imagine any important symbols on it that resonate for you. You can even create a coat of shields to further strengthen the energy of your shield. Wearing this type of psychic protection reminds you that you're in charge of your energy. This is a great technique to use when you need to feel empowered, bold and strong.

Clearing Spaces

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SMUDGING

from MindBodygreen.com

How to smudge your house to clear negative energy

1. Gather a vessel for burning sage, sage or a sage spray, a fire source (such as a long match or candle), a fanning tool.
2. First and foremost, ensure you have all the above-mentioned tools handy and that you've opened a door or window before lighting up. After all, that [negativity](#) (not to mention smoke) needs to have a pathway to get out.

3. Set your intention and say a mantra

[Intentions](#) are central to the practice of smudging, so take a moment before you light the sage to determine what exactly it is that you're trying to purify or release from your space. Then, [decide on a mantra or prayer to repeat while saging](#) that encapsulates this intention.

It can be something you come up with on your own, or for a little guidance, Wasfie, suggests, "I let go and release what no longer serves me."

4. Light up

Once you're ready, hold the sage at a 45-degree angle, light it using your match or candle, and let it burn for about 20 seconds. After that, gently blow out the flame so you see orange embers on one end. The smoke should now billow up.

5. Slowly walk around your space

Slowly walk around your space and allow the smoke to waft around. Guide the smoke—and the negative energy—toward the open windows or a door, so it can escape.

"Give special attention to areas in front of mirrors, in corners, and in spaces like foyers, hallways, and doorways," Wasfie recommends. "I'm also a big fan of saging technology like our phones or laptops. I usually hold the sage wand underneath them and then wave it around them."

6. Be safe

Sage burning 101: Always stay present! If you see little embers fall on the ground, tamp them out immediately. Never let the burning sage stay unattended for any reason. Also, take care not to inhale too much of the smoke.

"Although saging is a great way to clear your apartment or office of stagnant and possibly negative energy, it is best not to inhale it directly," says licensed acupuncturist

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and certified herbalist [Irina Logman, L.Ac., MSTOM](#). "Lungs are a delicate organ, and any type of smoke can be drying and irritating to the mucosa."

7. Extinguish your sage

Once you're ready to extinguish a sage smudge stick, press the burning tip firmly into your fireproof vessel, dirt, or sand until the smoke no longer rises.

Pro tip: Don't get it wet! "Don't use water to extinguish the hot embers—it will ruin the tip of the stick and make it harder to light next time. When you are done using the smudge stick, you can keep it in a vessel until you are ready to use it again," says McCann.

Affirmations

What to say if you want to invite love into your home

I open this space to divine love, may all the energy that flows through here benefit the heart space. May it hold compassion, nurturance, forgiveness, and truth.

When it comes to the [law of attraction](#), there's a lot to be said about "speaking things into existence,"—aka telling the universe what it is you want out loud. This is a way to carry your intention from inside your head out into the physical world. This prayer sets the intention of welcoming love and compassion while subsequently repelling that which is not loving.

What to say if you're moving into a new home

Hello, my name is ____; I am moving into this space. I want to thank all of the land stewards and spirits of the land. I want to acknowledge the first people of the land. I want to state my intention of creating a home for myself here, living in reciprocity with the spirits that are present.

Mikaelah explains it's always a good idea to introduce yourself to the land and the first people of the land—and then the home itself. After all, the space isn't just about the walls that have been built there! Consider learning the name of the indigenous people that once inhabited your new land addressing them by name. You can also make an offering to the land such as flowers or water.

What to say if you want to sell your home

I give my gratitude to this home for creating a container that held me and watched me grow over the past ____ years. I honor the completion of our karmic cycle together and I call in the next cycle that is aligned with my highest spirit and the highest spirit of this home. May we call in the person that is in perfect alignment to tend to this space. May this next cycle be of benefit to all involved.

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When selling your home, you're not only closing out a chapter in your life but helping someone else start a new chapter in theirs. This prayer allows you to do both, thanking and honoring your home for all it's given you and inviting in the right person or family to take your place in the space.

What to say if you want to remove negativity from a home

I command any negativity, any low vibrational energy, and non-benevolent beings within this space to leave and go to the light. You are not welcome here. I command you to leave and go to the light.

"It's important that when working with clearing energy, we are first grounded within our bodies," Mikaelah says. "Then, it is important that we are stern in our request. You also definitely want to open your windows for this one, to allow the negativity and bad energy to leave."

What to say if you want to invite productivity into your home

I call in the divine abundance of creativity [or inspiration, productivity, etc.]. May the [project, artwork, contract, etc.] I feel within my heart come to fruition in a form that benefits my highest good. May it be manifested into the form that best expresses its truth.

Before performing this smudging prayer, it's a good idea to clean or arrange the space in which you'll be doing your work, Mikaelah explains. She believes "productivity first comes from the sacred container," so you could try [burning a candle](#) or incense that makes you feel inspired before stating your mantra.

Any time you smudge your home, you can, of course, say anything that comes to mind or choose to keep it silent. However, adding a verbal component can only amplify your intention further.

The takeaway

Any time you [smudge your home](#), you can, of course, say anything that comes to mind or choose to keep it silent. However, adding a verbal component can only amplify your intention further.

from Instagram

TIP ONE: Power down your devices to power up your cosmic connection.

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TIP TWO: Corners collect energy, so before you light up and smoke cleanse, "clap up" the corners of every room. if that feels too abrasive, ring a bell or shake a rattle. bottom line: loosen up the energy first, cleanse second.

Don't skip the closets, garage, storage nooks, etc. if it's part of your square footage, it's part of the home's DNA. and if this is your space's first clearing, open the cupboards and drawers, too.

TIP THREE: After you're done "clapping up" the energy, rinse your hands and arms to eliminate any clinging negativity.