

9 Tips to Clear your Energy **by Shelly Wilson**

As a spiritual being having human life experiences, the residue from these experiences can remain in your energetic body. Whether you consciously realize it or not, many times these experiences can affect you physically long after the actual experience occurred.

Here are 9 specific tips to assist you with clearing your energy:

Tip #1 - Assess Relationships

Clearing the energetic clutter within relationships is healthy. Take a moment to reflect and assess those relationships that you perceive to be healthy and balanced while also acknowledging those relationships that you may deem unhealthy or imbalanced. Making the conscious decision to cultivate the healthy relationships as well as establish boundaries within those relationships that are perceived to be unhealthy and imbalanced is essential for your personal well-being. As you grow spiritually and change, your relationships with others will change as well.

Tip #2 - Center Your Energy

Centering your energy involves finding that calm spot deep inside yourself that is eternal being-ness. Take a few deep breaths and bring awareness inward to the central essence - that place that is peaceful and serene no matter what the external circumstance. Think of the phrase, "Calm, cool and collected" as you exhale.

Tip #3 - Clear and Balance Chakras

Clearing and balancing your chakras (energy centers) is an easy task to accomplish. Doing so clears the energetic clutter and revitalizes your energy. As you become more adept at visualizing the chakras and their associated colors, you can do this very quickly. Begin with the red Root Chakra, move upwards to the orange Sacral Chakra, up to the yellow Solar Plexus Chakra, then to the green Heart chakra. Continuing upwards to the blue Throat Chakra, up to the indigo Third Eye Chakra and finally at the white Crown Chakra; each of these chakras are their respective vibrant color, cleared and balanced.

Tip #4 - Clear Your Aura

Taking an Epsom or sea salt bath will assist with clearing your energy field. A purification bath comprised of 1 lb. Epsom salt and 1-16 oz. bottle of hydrogen peroxide is soothing. You may be guided to add some drops of your favorite essential oil as well. Lighting dried sage and outlining your body with the smoke of the burning sage is another technique. You can also do this with incense. Another suggestion is doing a dry wash. Hold your hands 3-5 inches above your physical body. As you move your hands in a washing motion, visualize yourself clearing the stagnant energy from your auric field. By setting the intention to clear your aura, the manner that resonates with you will be the most effective for you personally.

Tip #5 - Clear Your Home

Clearing physical clutter from your home is important. Discarding or donating unused items will instantaneously shift the energy. Choosing personal décor that fits your personality will lighten and brighten your space. In addition to clearing the physical clutter, setting the intention to clear your space energetically can be achieved by lighting a candle or burning incense as well as saging your space. Recognizing that emotions can linger in your home, this type of clearing will shift the energy in your space very quickly.

Tip #6 - Cut Cords

Every person you have had a relationship or even simply an encounter with, you have a “cord” between you. This is an energetic cord. It’s healthy to cut these cords periodically saying, “I cut cords to anyone and anything that no longer serves me or my Higher purpose” while either doing a cutting or chopping motion in front of your solar plexus/belly button area. The cords you are cutting are lower vibration cords associated with fear, worry, doubt, guilt, shame, frustration, regret, etc. Cords associated with love will “grow” back instantaneously, so there is no reason to fear cutting cords.

Tip #7 - Ground Your Energy

Grounding your energy keeps you present and in the moment. It completes the energy circuit and anchors your energy to the earth below. Keeping firmly planted energetically helps prevent feelings of fuzziness or spaceyness that can often disperse your personal energy.

Visualize energy passing from the Root Chakra to the center of the Earth, or tree roots sprouting from the bottom of the feet. Going barefoot indoors, gently stomping your feet a few times, and walking outside in the grass or on the pavement are ways to ground your energy as well. Crystals, such as hematite, tourmaline and smoky quartz, work well, too. Not only do these crystals assist in grounding and protecting one’s energy, but they also dissolve negativity and harmonize mind, body and spirit.

Tip #8 - Practice Forgiveness

Forgive yourself just as you would forgive another individual. Do not admonish yourself for the previous decisions you made and now regret. Every choice you made was absolutely the right choice at the time you made it with the information you had available to you at the time.

Learning from our experiences and not repeating them is a benefit to having them to begin with. Do not allow those experiences to define you. Release yourself from the pain, heartache and frustration you have been holding on to. The past is in the past. It cannot be changed. Allow yourself to let go, so that you can begin anew! New beginnings start with the release of old thoughts. Choose to believe there are no mistakes – *only opportunities for learning and growth.*

Tip #9 - Protect Your Energy

Protecting, also known as shielding, is important to keep yourself protected from another’s “junk” and helps keep personal energy separated. Visualizing a white light or a bubble surrounding you will help protect and shield you. Some people prefer to envision themselves wrapped in a cloak, wearing a cape or carrying a shield. Use what feels most comfortable and resonates best with your energy at the time. Only love can penetrate this protective shield - everything else will be dispelled and fall away.

Shelly Wilson is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. Shelly’s books, *28 Days to a New YOU*, *Connect to the YOU Within*, *Journey into Consciousness* and *Embracing the Magic Within* are available in paperback and eBook. She is also the creator of *Cards of Empowerment* and *Clarity Cards*.