

Practicing Good Energetic Hygiene

As a spiritual being having human life experiences, the residue from these experiences can remain in our energetic body. Whether you consciously realize it or not, many times these experiences can affect you physically long after the actual experience occurred. Practice good energetic hygiene by clearing your chakras and aura regularly as well as keeping your energy centered and grounded. Visualize your legs as tree roots growing deep into the earth to ground your energy and a ball of white light at your core (solar plexus chakra) with this light shifting to yellow to center your energy.

Grounding

- ♥ Keeps you present and in the moment
- ♥ Completes the energy circuit
- ♥ Anchors your energy to the earth below
- ♥ Be a tree
- ♥ Stay hydrated
- ♥ Work with crystals

Centering

- ♥ Visualize a white ball of light at your core
- ♥ Breathe and bring awareness inward to the central essence
- ♥ When centered, you can affect the energy that is around you rather than allowing the energy around you to affect you.

Clear and Balance Chakras

- ♥ Clears the energetic clutter and revitalizes your energy
- ♥ Using the respective color for each chakra, set the intention to first clear, balance and then strengthen each one.
- ♥ Visualize breathing in the respective chakra color and then exhaling the respective chakra color.

Clear Your Aura

- ♥ Epsom or sea salt bath
- ♥ Dry wash
- ♥ Purification bath comprised of 1 lb. Epsom salt and 1-16 oz. bottle of hydrogen peroxide
- ♥ Sage or incense your aura

Cutting Energetic Cords

- ♥ Cutting, chopping or swiping motion over solar plexus
- ♥ Clearing 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

Clear Your Home’s Energy

- ♥ Discard or donate unused items
- ♥ Choose personal décor that fits your personality, which will lighten and brighten your space.
- ♥ Light a candle, burn incense and sage your space.

Protect Your Energy

- ♥ Visualize a white or colored light or a bubble surrounding you
- ♥ Wrapped in a cloak, wearing a cape or carrying a shield