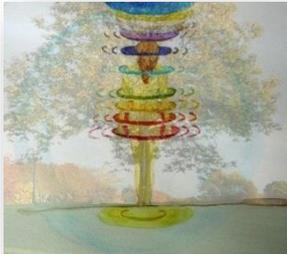


As you are looking after your physical body in many different ways, you must learn how to optimise your energy settings with energy processes. The below procedures can be done in many different ways. These are some simple, but powerful methods to start with.



Grounding

Helps to get out of your mind, stabilises your emotions and become more fully yourself. Grounding is about feeling consciously connected to the Earth. Imagine there are light roots growing from the bottom of your feet, down to the Earth, going through the soil, the rocks, until they reach the centre of the Earth. There is a grid made of crystal energy. Anchor your roots to that and pull on your roots a little to feel they are safely engaged. Bring your awareness from there to your feet, let the warm, fiery energies of the Earth stream up your legs and flow into your root chakra to feel connected to the Earth, safe and secure.



Energy Protection

As you don't go out in winter without a coat that protects your body from losing heat, you shouldn't be without energy protection. It is a layer of light around your energy field, charged with your intention of not soaking up others' energies. Imagine a bubble of Golden light around you. It is a mesh of light, that only allows love to flow in and out and keeps all the negativity getting held up outside and dissolve into the Earth.

Energy Cleansing

It is inevitable to pick up some energy from others and from the environment. Carrying them around isn't healthy though, as they can tune you out from your alignment with your Higher self and the Universe.

Smudging with sage can remove energies which are clinging to surfaces. It is also cleansing your auric field.

Water helps cleansing your emotions. Epsom salt bath is especially good to calm you down and let go of what do not serve you anymore. Setting your intention to wash away negative emotions, having a shower can work, as an amazing cleansing tool.

Cord Cutting

The energetic communication between people is happening by invisible energy cords being formed between the chakras. Cord cutting can remove connections between people's energy fields, which are no longer needed. Please be aware love cords are never severed during this process.

Imagine a ball of White light around you to protect you. Invite in the person, who you wish to cut energetic cords with. Imagine this person appearing in front of you energetically. There is a Golden light cylinder coming up from the Earth surrounding your body, and another light cylinder is coming down from the Universe, which is wider, so it can fit around the bottom one. As they slide into each other they become sharp as crystal knives and cut all unwanted cords between the person and you. Send them love and let this picture fade away and get on with your day.