

CLEARING, GROUNDING & PROTECTING

By Helen Mawson ©

Sometimes we feel out of sorts and are not sure why, we feel overwhelmed by crowds and pick up on other peoples feelings, thoughts and energy for some people this can be extremely depleating and can have an impact on health. The following techniques are a way of clearing, grounding and protecting our energies that can be used every day in order to feel balanced and healthy.

CLEARING TECHNIQUE

If you get into the habit of clearing, grounding and protecting yourself every day you should not need to clear anything that you picked up the day before because you were adequately protected and so didn't pick anything up anyway!

One of the simplest ways to clear your energy at the beginning of the day is to intend that while you shower you are washing away any negativity picked up while you were asleep the night before. Imagine any negativity washed away down the plug - hole where it is transmuted into light.

If you do not shower on a morning then you may wish to try the following exercise:

1. Imagine there is a stream or column of white light or cobalt blue light flowing over you from your head down through your body to your feet and out into the earth
2. Intend that any negativity you have in your body or energy system anywhere is washed away by the light and transmuted into light as it enters the earth
3. See or feel any negativity in your body or energy system flushed away and transmuted into light as it enters the earth

Repeat steps 1- 3 three times over

- Allow yourself a moment to feel cleansed and free from any negativity

GROUNDING TECHNIQUE

For us to be completely balanced we must be connected to both the earth energy and the universal or heaven energy. The perfect natural example of this balance can be found in the tree kingdom, trees have their roots firmly grounded into the earth while their branches reach towards the sky.

Sometimes when we are not properly grounded we can feel ill or out of sorts usually people are not sure why they feel this way. Individuals may feel disconnected or unable to concentrate or motivate themselves to get on with anything.

In order to manifest and bring all of our “gifts” into their full potential it is important that we are properly grounded.

People who work very much with their intellect can often become ungrounded and therefore the following technique can be very helpful. Similarly when we do a lot of “energy work” either as a therapist or for our own self-development such as meditation, or Reiki we need to ground ourselves regularly.

Connecting to the earth energy:

- Bring your awareness to your feet, plant them firmly on the floor / ground

- Attached to your feet there is a rope

- The rope extends down
 - through the foundations of your house
 - through the floor boards
 - through the earth
 - through the rock
 - through the granite
 - through the mineral
 - through the oil
 - through to the centre of the earth

- Now focus your intention to bring the blue electromagnetic earth energy up through the rope
 - through the centre of the earth
 - through the oil
 - through the mineral
 - through the granite
 - through the rock
 - through the earth
 - through the foundation of your house
 - through the floor boards
 - Into your feet (feel the energy buzzing in your feet)
 - Into your lower legs
 - Into your upper legs
 - Into your thighs
 - Into your Base Chakra
 - Into your Sacral Chakra
 - Into your Solar Plexus Chakra - feel the energy settle in your Solar Plexus Chakra

Intend – I am now connected to the earth energy and thank the energy

Connecting to the heaven energy:

- Bring your awareness to your Crown Chakra located in the top of your head intend it to be open

- Attached to your Crown and extending upwards there is a golden / white energy line

- Now focus your energy in order to bring the golden / white energy into
 - The Crown Chakra
 - The 3rd Eye Chakra – Located between your physical eyes
 - The Heart Chakra – Located over your heart area
 - The Solar Plexus Chakra – Located over your stomach area
 - The heaven energy in the SP meets and mingles with the blue electromagnetic earth energy.

Intend – I am now connected to the universal / heaven energy and thank the energy

Intend – I am now perfectly connected and balanced between heaven and earth

PROTECTING TECHNIQUES

Protecting your energy is vital when working with energy and as a therapist. Many therapists neglect to do this and the consequences can be extremely detrimental both to our health and our general balance.

When you are experiencing higher awareness and when you have had reiki training or other similar energy training your energetic vibration has become higher and lighter. As a result we "feel" things more acutely and can absorb negativity more easily so some form of protection technique should really be carried out daily.

Some of the following are suggestions but it is by no means an exhaustive list there are several books concerning this and a bibliography is listed at the end of this document:

Archangel Michael's Blue Cloak

Imagine you are putting on a big blue cloak of protection literally pretend your putting this on so pull it up from the floor and fasten it round your neck then pull the hood up and then imagine your fastening a big zip up the front of it. Start under your feet and pull the etheric zip up to your chin, then pull your hand to the side of your chin and move it away. Intend I am now wearing the protective cloak of Archangel Michael, if any negativity comes my way it will bounce off my cloak and be sent to the sender with love so they know what they have done is wrong. Affirm only positive wonderful loving energy can come through this cloak and get to me.

Central Meridian Zip Up

The central meridian runs from your perineum (pubic bone) to the bottom of your chin. Its function is about balance and is very much concerned with brain body function. It is a good thing to zip this meridian up at the beginning of the day or when you are going into a crowded room or a situation you don't feel comfortable with.

Basically bunch your fingers of one hand together so the tips are all pressing against each other

Either 2 " Off the body or on the body trace a line from your pubic bone up the middle of your body to your chin just below your bottom lip.

Once your hand is on your chin move it out to the side before moving it down, if you immediately zip up by tracing up your body then moved your hand down you would have also unzipped the meridian by the action of moving your hand down!

As with the previous technique you can add an affirmation a good one would be I am protected and my central meridian is zipped up!

Colour Bubble

The colours of gold and silver have very good protective qualities. You can imagine your in a bubble of gold or silver and as you breathe out the bubble expands further and further till eventually the bubble is protecting your whole aura. Again it is a good idea to affirm that if any negativity comes my way it will bounce off my bubble and be sent to the sender with love so they know what they have done is wrong. Affirm only positive wonderful loving energy can come through this bubble and get to me.