

# HOW TO CLEAR NEGATIVE ENERGY

## Tips for Success



### A bundle of dried natural herbs **Smudging**

Dried natural herbs that can include white sage, lavender, and cedar, tied with cotton string. Hold bundle over an abalone shell and light. Gently blow out the flame until you have a trail of smoke. Let the smoke from the smudge stick drift from the top of the body to the bottom of the feet. Can also be used to cleanse a home. Simply let the smoke drift into all the corners, doorways, and windows of each room.

### Visualization exercise **Rainbow Shower**

When in the shower imagine that you are standing under a waterfall. As the water is streaming over your head imagine that it is turning each color of the rainbow starting with purple, blue, green, yellow, orange, and then red. You can enhance the experience by using Dr. Teal's lavender infused Epsom salt bubble bath.

### Singing or Chanting **SOUND VIBRATION**

Your favorite song is on the radio and you sing along. You feel your energy getting lighter as your vibration is elevated. By singing or chanting a mantra, (i.e. OM) you are releasing sound waves into the air that begin to raise your vibration. Raising your vibration expels any negative parasites from your aura promoting a feeling of relaxation, calm, and peace.

### ● **Selenite** A crystal that absorbs negative energy

Simply wave a selenite wand in a sweeping motion away from the body to remove any negative energy in your aura. Begin at the top of the head and go all the way down the front and back of the body to the feet.

### ● **White light** equal amts all colors in visible spectrum

Set your intention by closing your eyes and taking in a deep cleansing breath. Slowly release the breath and visualize a beam of white light coming down from above into the top of your head all the way down through your feet into the earth. As the light passes through your body imagine that it is pulling with it any negative energy down into the earth to be recycled.

### ● **CARRY CRYSTALS** Hematite, Jet, or Black Tourmaline

You can carry any of these crystal in a pocket or somewhere on your body (i.e. necklace or earrings) to ward off or reflect potential negative energy of those around you. Other crystals that assist with repelling negative energy are: amethyst, Citrine, and Smoky Quartz.

### ● **Nature Walk**

A walk outside in nature will cure most anything that is bothering you. Walking with intention, paying attention to your breathing and your body movement can help alleviate negativity. A sure fired way to release any negative energy you may be harboring, walk barefoot across a nice patch of grass.

Go to [kathleenscoleman.com](http://kathleenscoleman.com) for more tips on cleansing negative energy

## Additional Cleansing Resources

- Burning Palo Santo
- Incense
- Lighting white candles
- Tibetan Singing Bowl

## Website Resources

- [ReikiRays.com](http://ReikiRays.com)
- [sojournersojourns.com](http://sojournersojourns.com)
- [thesoulfrequency.com/blog/](http://thesoulfrequency.com/blog/)
- [energymuse.com](http://energymuse.com)