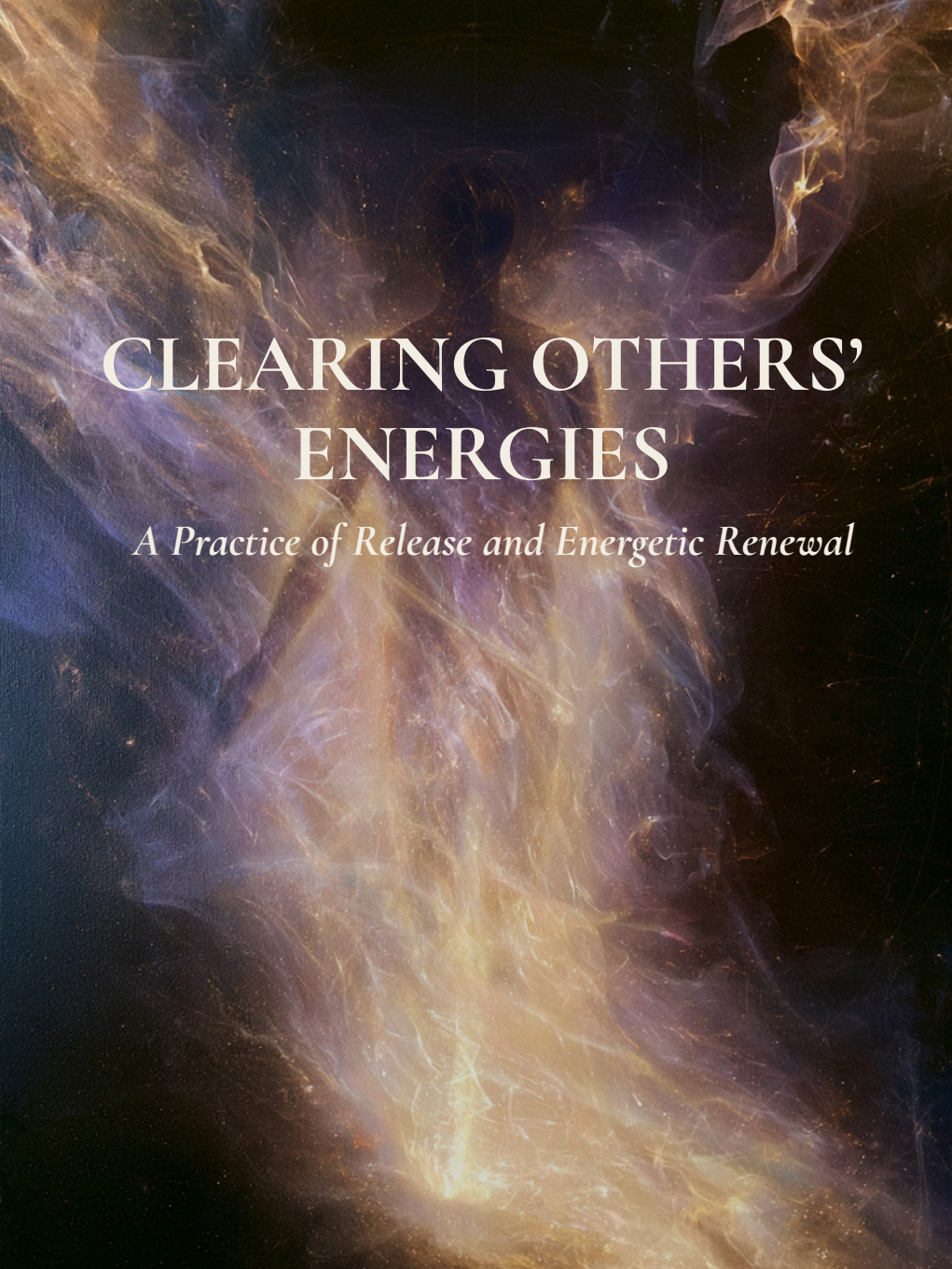


CLEARING OTHERS' ENERGIES

A Practice of Release and Energetic Renewal

CLEARING OTHERS' ENERGIES

As we grow and become more aware of ourselves and our surroundings, we may also become increasingly sensitive to the energies of others. At times, this can leave us feeling overwhelmed, unbalanced, unusually heavy or exhausted, or simply disconnected from ourselves.

This process is intended to support you in releasing energies you may have absorbed from others, letting go of energetic connections that no longer serve you, and returning to your own natural balance and vitality.

It can be particularly helpful after working closely with others, such as during healing or therapeutic sessions, spending time in crowded environments, travelling, or being exposed to a great deal of information and interaction online.

The practice is inspired by Divine Healing and the principle of "Ask and you shall receive."

You may recite the prayer aloud or silently. What matters most is the intention you bring to it.

METHOD – Step 1

“Mother-Father God, please reabsorb into your light all negative imprinted messages and energies that I have taken on from ..... (state who, e.g. the internet, my client) ..... relating to:

Programmes, Beliefs, Perceptions, Judgements, Expectations, Phobias, Mind sets, Blocks, Conditioning, Limitations, Value Systems, Discord, Patterns, Fears, Addictions, Dramas, Heartbreaks, Pain, Thoughtforms, Traumas, Attachments, Death Wish, Dogmas, Opinion, Doctrines, Vows, Contracts, Agreements, Promises, Pacts, Sacrifices, Grievances, Fractures, Transference, Projections, Excuses, Avoidances, Punishments, Sabotages, Sensitivities, Allergies, Wars, Defeats, Prejudices, Standards, Sexual issues, Inhibitions, Battles, Shock, Toxicity, Defences, Depression, Dysfunction, Habits, Indoctrinations, Superstitions, Agendas, Illnesses, Diseases, Miasms, Arguments, Conflicts, Feuds, Emotion, Regulations, Rules, Criticism, Identification, Disidentification, Dis-ease, Wounds, Illness, Imprints, Imbalances, Interferences, Revulsions, Desires, Needs, Disconnections, Shadows, Control, Pathology, Behaviours and Damage.

Please clear all these energies from my Physical body, Etheric body, Mental body, Emotional body, Astral body, Etheric Template body, Celestial body, Ketheric Template body, Spiritual bodies, Aura, Chakras, Organs, Endocrine system, Muscular system, Skeletal system, Nervous system, Lymphatic system, Respiratory system, Integumentary system, Urinary system, Cardiovascular system, Reproductive system, Digestive system, Cells, DNA, Genetics, Subatomic levels, Elements, Cell membranes, Connective Tissues, Immune system, Circuits, Meridians, Cell Nuclei, Holographic Matrix, Physiology, Neurology, Universal energy field, Biochemistry, Other Incarnations, Other Realities, Higher Self, Water, Blood and Body Fluids at whatever level they reside in the highest and best good.

Thank You"

As the energies release you may feel tingling in your body, sigh, yawn or burp. Wait a moment until it feels like the energies have settled.

Then say:
"Mother-Father God, I command all aspects of my being now return to 100% full energy, health, well-being, vitality, strength, vigour and youthfulness and that all the tissues, vibrations and frequencies of my body, mind and soul renew and revive, regenerate and rejuvenate to hold and sustain higher levels of light.

Thank You."

Step 2

“Mother Father God please release and cut all the Soul Cords, Past Life Cords, Genetic Cords, Relational Cords, Karmic Cords, Psychic Cords, Physical Cords, Energetic Cords, Emotional Cords, Mental Cords, Spiritual cords, Other Relational Cords and Sexual cords and attachments that I have made, or others have made to me, that no longer serve anyone.

Please heal and repair each matrix multi-dimensionally, in all incarnations and time frames, to infinity and beyond including the Akashic records.

Please take everyone back to their centre and stabilise and strengthen the boundary of each Ketheric template body.

Thank You.”

Step 3

“Mother Father God, I give thanks that all cell and soul fragments that do not belong to me, be returned to their original owner washed and cleansed through your light.

I give thanks that all cell and soul fragments that do belong to me, be returned to me washed and cleansed through your light.

Thank You.”