

# ENERGY CLEARING & PROTECTION

## *Guide*



## The Energy Clearing & Protection Guide

### Introduction

Your energy field interacts with everything around you, making it essential to clear negative energy and protect your vibration. This guide provides tools and techniques to cleanse, ground, and shield your energy, helping you stay balanced and protected in any environment.

### Step 1: Recognizing Energetic Imbalances

Signs of energetic imbalances include fatigue, mood swings, or feeling drained. Reflect on: - Do I feel overwhelmed after being around certain people or places? - Am I experiencing frequent negative thoughts or emotions? - How often do I take time to reset my energy?

### Step 2: Energy Clearing Techniques

Regular energy clearing helps remove stagnant or negative energy. Try: - Smudging with sage, palo santo, or incense to cleanse your aura and space. - Taking a salt bath to absorb and release energetic blockages. - Visualizing white light washing over you, clearing away negativity.

### Step 3: Grounding for Stability & Balance

Grounding connects you to the earth and stabilizes your energy. Practice: - Walking barefoot on grass, sand, or soil. - Engaging in breathwork to bring awareness back into the body. - Holding grounding crystals like black tourmaline or hematite.

#### **Step 4: Creating an Energy Protection Shield**

Protecting your energy prevents external negativity from affecting you.

Try: - Visualizing a golden or white protective shield around your body. -

Setting energetic boundaries by affirming, 'I am protected and safe.' -

Wearing protective jewelry or carrying crystals like obsidian.

#### **Step 5: Maintaining High Vibrational Energy**

Keeping your vibration high naturally repels lower energies. Reflect

on:

- What activities bring me joy and lift my spirit? - How can I

surround myself with positivity and uplifting people? - What

affirmations can I use to reinforce my energetic protection?