



Energy Hygiene MEDITATION

1. Remember your energetic field is the size of your widely spread arms. You can 'tickle' the edges of it with your fingertips; to the sides, above, in front of, in back of and below you.
2. Come deeply into yourself by doing a full relaxation body scan.
3. Come into your head and imagine a very comfortable room in your head. You will remain here for the duration of the meditation.
From the room in your head create a colored cord that you send into the ground. This is your grounding cord. You always have it... now you are intentional with it. Some people like to make the color of the grounding cord browns, yellows or oranges...some prefer having it be metallic (I like mine to be colored copper).
4. From the room in your head imagine your energy field (or aura) to be filled with a bright color.
5. Note any discrepancies in your field. Optimally your aura is a clean color throughout. It is the same distance in all directions and it is free of tears, blisters and holes.
6. From the room in your head sit and create a cleansing cord. This cord same circumference as your aura. Send it to the earth.
7. Remember to stay in the room in your head.
8. Send everything that is colored out of the aura so your field is close against your skin. All the energy debris you are cleaning is in the color you send down the cleansing cord.
9. From the room in your head, fill out your aura with a color wash. It can pop it out or you can slowly blow it up like a balloon.
10. From the room in your head, revel in your clean aura for 30 seconds.
11. Release the cleansing cord and keep the grounding cord.
12. Pay attention to color of the grounding cord and stay in room in your head.
From the room in your head, check out the quality of your aura.
Trust that you are the wisest about yourself by first asking yourself what the discrepancies mean.
13. If your aura is too big- you may be a person who has a pattern of trying too hard.
If your field is too small- you may be a person who has a pattern feeling threatened or out of place.
If there are holes or a missing piece or many you may be a person who has a pattern of losing your boundaries or handing them over to others.
14. From the room in your head, move about practicing being aware of your energy field.
15. Come back to the room in your head; bless yourself and come back to 'real' time....eyes open....here....NOW!
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