

Energy Cleansing Toolkit

**A TOOLKIT FOR CLEARING & MANAGING
YOUR ENERGY BODY**

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Living in big cities, and our day to day life can impact on our spirit, soul and energy body. The same way our body would become polluted, our pores congested if we would not have a shower every day, our energy body can become stuck and dull.

Regular cleansing and clearing of our chakras and spirit helps us to stay grounded and keeps our energetic architecture healthy, so we can maintain a healthy fluid inner state.

The exercises and visualisations below can help us to keep your energy body pure, clean and healthy, so we can feel expanded, connected and free.

SHAKING THE QI

The ancient Qi Gong masters developed a method called "shaking the Qi" that helps to clear our own energy field. This exercise is best done first thing in the morning when you get up and at the end of the day to 'shake off your day' or if you experienced certain circumstances in your day that might lie a bit heavy on your shoulders.

Stand up, feet hip width apart. Ground into your feet and take a few breaths in and out. Then start with the below (20 seconds each step):

hands 'chopping onions'

hands 'pushing together' (almost like clapping your hands but hands not touching)

hands 'pushing walls' (pushing hands away from your body)

hands 'pushing ears'

hands 'pushing sky'

hands pushing to earth (palms down pushing towards the ground)

hands 'pushing back to earth' (palms up pushing towards ground)

shake the body, shake it shake it.

When you are finished be still and feel.



CLEARING OTHER ENERGY OUT

With eyes gently closed, imagine a bubble out the front of your body with a magnet inside facing towards you. Ask this magnetic bubble to move around your body sucking other people's stuck energy out & safely into the bubble itself. Once complete allow this bubble to be taken into the earth for transmuting & returning to its original source.

CALLING IT HOME

With eyes closed call all of your own energy back: energy that you may have dispersed and left with others, worrying events and situations throughout your day. Call these fragments of Self home into your own energy system. Imagine them returning, like a flock of birds into your 3rd eye or wherever you notice it travels in. Integrate Wholeness with a full and replenishing breath.

RE-CHARGE & REPLENISH

Imagine a white beam of light coming down from space beyond the Milky Way, in through your Crown Chakra, showering this beaming light down through your 3rd eye, throat, arms to fingers, heart, solar plexus, legs to toes, sacral & root chakra, down into the Earth & back up into your feet, sacral and solar plexus. Once at your solar plexus imagine this light beaming out the front and back of this chakra re-charging your personal power centre.



Keep these simple tips in your back pocket and use them when needed. They should help you feel clearer, more grounded and connected to life.

Your biggest cheer squad.

Wiebke and team