



A Path To Wholebeing

Holistic Healing Through Energy Healing & Mindfulness



Energy Hygiene and Strengthening



physical, mental
and spiritual
happiness

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Energy Hygiene and Strengthening

Maintaining energy hygiene is crucial for overall well-being and spiritual balance.

Cord-cutting, a practice that involves severing energetic ties with individuals or situations that drain one's energy, is essential for preserving personal vitality and emotional health. Grounding techniques, such as connecting with the Earth's energy, help individuals stay rooted and centred amidst life's challenges, fostering a sense of stability. Taking salt baths or showers can help cleanse energy chakras and auras. Smudging, commonly done with sage or other cleansing herbs, serves as a powerful method to purify and clear the energy in one's surroundings, releasing any negative or stagnant energy. Additionally, engaging in the White Light Shield meditation can provide a protective barrier against external influences, promoting a sense of inner peace and safeguarding against energetic intrusions.

By incorporating these practices into daily life, individuals can cultivate a healthier and more balanced energetic state, ultimately enhancing their physical, mental, and spiritual well-being.

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Cord-Cutting

Cord-cutting is a powerful energetic practice that can help you release attachments and negative connections to people, situations, or emotions. Here's a simple guide on how to perform cord-cutting.

1. Set the Intention

Start by setting a clear intention for the cord-cutting. Identify the specific attachments or relationships you want to release – or make the intention to cord-cut all the energetic attachments at that moment.

2. Find a Quiet Space

Choose a quiet and comfortable space where you won't be disturbed. I do this in the shower! But it can be done anywhere.

3. Deep Breathing

Take a couple of deep breaths to centre yourself.

4. Visualization

You can close your eyes (I leave them open) and visualize the energetic cords connecting you to the person you want to release. Imagine these cords as tangible connections, whether they appear as ropes, chains, energy lines or any other form. These cords are often from your Solar Plexus chakra to theirs.

5. Symbolic Tools

With one hand, create a gesture such as scissors, a knife, or any other instrument that represents cutting. With the other hand gather the cords from your Solar Plexus into a fist and pull gently.

6. Cutting the Cords

With focused intention, use your scissors/knife hand to simulate cutting the cords that are connected to your SP chakra. What's left in your hand is what you throw down a drain, flush down the toilet, or throw into the air and say the word "disintegrate". Imagine a surge of positive energy flowing back into you, filling the space left by the severed cords.

7. Affirmations

Speak affirmations aloud or in your mind, reinforcing your decision to release and let go. Affirmations could include statements like "I release all negative attachments" or "I am free from the energetic ties that no longer serve me".

8. Grounding

After cutting the cords, take a few moments to ground yourself. Imagine roots extending from your feet into the earth, anchoring you in the present moment.

9. Gratitude

Express gratitude for the lessons learned and the opportunity for growth. This step helps shift your focus from attachment to appreciation.

10. Closing

Slowly open your eyes (if they are closed) and take a few more deep breaths. Acknowledge the shift in energy and the sense of release.

Remember that cord cutting is a personal and symbolic energetic process. It's not about severing positive connections but releasing those that no longer serve your wellbeing. Over time you will find that it takes you less than 30 seconds to do the above process. I do this twice a day in the shower. But, you can do this whenever you like, wherever you like.

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Grounding

Grounding techniques are excellent for reconnecting with the present moment and stabilizing your energy.

Here are a few simple grounding exercises you can try.

1. Mindful Breathing

Focus on your breath. Inhale slowly through your nose, feel the breath filling your lungs, and exhale through your mouth. Pay attention to each breath, bringing your awareness to the sensation of breathing.

2. Body Scan

Sit or lie down comfortably. Close your eyes and bring your attention to different parts of your body, starting from your toes and gradually moving up to your head. Notice any sensations or tension, allowing yourself to release any tension as you exhale.

3. Nature Connection

If possible, go outside and connect with nature. Feel the ground beneath your feet, whether it's grass, sand, or soil. Take a moment to appreciate the textures, smells, and sounds around you.

4. Visualization

Imagine roots extending from the soles of your feet into the earth, anchoring you securely. Picture these roots absorbing any excess energy or stress and sending it deep into the earth for transformation.

5. Five Senses Check-In

Engage your five senses to bring yourself into the present. Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

6. Use Stones or Crystals

Hold a grounding stone like black tourmaline or hematite in your hand. Feel its texture, weight, and energy. Imagine it grounding and balancing your energy.

7. Walking Meditation

Take a slow, mindful walk. Pay attention to each step, the sensation of your feet connecting with the ground, and the movement of your body. It's a great way to combine physical activity with grounding.

8. Affirmations

Repeat grounding affirmations such as "I am grounded and centred", "I am rooted like a tree", or any affirmation that resonates with you.

9. Earthing (Barefoot on Earth)

If it's safe and feasible, take off your shoes and walk or stand barefoot on natural surfaces like grass, sand, or soil. This practice is believed to allow the exchange of energy between your body and the Earth.

10. Self-Massage

Gently massage your hands, arms, feet or any part of your body. Focus on the sensation of touch, promoting a connection between your body and mind.

Remember, experiment with these grounding techniques and find the ones that work best for you. They can be particularly helpful during moments of stress, anxiety, or when you feel disconnected from the present.

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Salt Bath or Shower

To take a salt bath or shower using a mixture of rock salt, baby oil, and lavender oil with the intention of cleansing your energy and promoting wellbeing for the mind and body, follow these steps.

Salt Bath

1. Prepare the Bath

Fill your bathtub with warm water. As the water is running, add about a cup of rock salt to the bath. Allow the salt to dissolve as the tub fills.

2. Add Oils

Once the tub is filled, add a few drops of lavender oil and a small amount of baby oil to the water. These oils will enhance the soothing and moisturizing effects of the bath. (This is optional)

3. Set the Mood

Dim the lights, light some candles, and play soft music if desired. Creating a calming atmosphere can enhance the overall experience.

4. Soak and Relax

Immerse yourself in the bath and soak for at least 20-30 minutes. Take slow, deep breaths and focus on releasing tension. Visualize the water and the ingredients cleansing not only your physical body but also your energetic chakras and auras and your mind.

5. Intention Setting

While in the bath, set positive intentions for cleansing and renewal. Imagine negative energy being washed away, leaving you refreshed and revitalized.

6. Complete the Ritual

Once you finish soaking, pat yourself dry and take a moment to appreciate the experience. Dispose of any residual salt in the bathtub by rinsing it with clean water.

Remember, this ritual can be done as often as you like, but once a week is highly recommended.

Salt Shower

1. Mix the Scrub

In a bowl, combine rock salt with a small amount of baby oil and a few drops of lavender oil. Keep this in an air-tight, non-glass container to use daily in the shower.

2. Shower as Usual

Begin your shower routine as usual, washing with soap and shampoo. When ready to exfoliate, turn off the water.

3. Apply the Scrub

Gently massage the salt mixture onto damp skin in circular motions. Focus on areas where you hold tension or feel energetically congested.

4. Set Intentions

As you exfoliate, set intentions for cleansing and releasing any negative energy. Envision the salt scrub purifying both your physical and energetic bodies.



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5. Rinse Off

Once you've massaged the scrub, turn the water back on and rinse off thoroughly. Feel the water washing away any residue along with negative energy.

6. Final Thoughts

After your shower, take a moment to appreciate the ritual. Consider incorporating mindfulness or meditation to further enhance the benefits of the cleansing process.

Remember, that you can do this daily when you shower. Whether in a salt bath or shower, the key is to approach the experience with mindfulness, intention, and a focus on the purification of both your physical and energetic selves.

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Smudging

Smudging is a traditional practice used by various cultures to cleanse and purify a space, object, or person. It often involves the burning of sacred herbs, most commonly white sage, but other herbs like cedar, sweetgrass, and palo santo are also used. The smoke is believed to carry away negative energy and purify the surroundings.

Here's a basic guide on how to perform smudging.

1. Select Your Smudging Material

Choose a smudging material such as a bundle of dried white sage, cedar, sweetgrass, or palo santo. Make sure it's ethically sourced and obtained.

2. Prepare Your Space

Open windows or doors to allow negative energy to escape. If you're smudging a specific object, have it in the centre of the space.

3. Light the Smudging Material

Use a lighter or a candle (preferable) to ignite one end of the smudging bundle. Allow it to smoulder and produce smoke.

4. Fan the Smoke

Gently fan the smoke with a feather or your hand, directing it around the space or over the object you're smudging. Focus on corners, doorways, and areas where energy may feel stagnant.

5. Set Intentions

As you smudge, set positive intentions for cleansing and purifying the space. You can speak words of affirmation or prayers if you wish.

6. Extinguish Safely

When you've completed the smudging, carefully extinguish the smudging material by pressing it into a heat-resistant container like a ceramic dish.

7. Dispose of Ashes

Dispose of the ashes respectfully. Some traditions recommend burying them in the earth.

Remember that while smudging is a meaningful practice for many, it's essential to approach it with respect and cultural sensitivity. If you're unsure or uncomfortable with cultural appropriation, consider alternative methods like using essential oils, diffusers, or other energy-clearing techniques that resonate with you.

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White Light Shield Meditation

The White Light Shield meditation is a visualization technique used to create a protective energetic barrier around yourself. It's a way to shield yourself from negative energies and maintain a sense of peace and balance.

Here's a simple guide to the White Light Shield meditation.

1. Find a Quiet Space

Choose a quiet and comfortable space where you won't be disturbed. Sit or lie down in a relaxed position.

2. Deep Breathing

Begin with a few deep breaths to centre yourself. Inhale slowly through your nose, hold for a moment, and exhale through your mouth. Release any tension with each exhale.

3. Grounding

Visualize roots extending from the soles of your feet into the earth, anchoring you securely. Feel a connection between your energy and the grounding energy of the earth.

4. Surround Yourself with White Light

Imagine a brilliant white light above you, representing pure, positive energy. Visualize this light descending and surrounding you in a protective sphere. See it enveloping your entire body, creating a radiant shield.

5. Setting Intentions

As you visualize the white light, set the intention for it to act as a shield, protecting you from negative energies, thoughts, and emotions. Affirm that only positive and loving energy can enter your space.

6. Expand the Shield

Picture the white light expanding beyond your physical body, creating a shield that extends a few feet in all directions. Envision this shield as impenetrable and filled with love and positivity.

7. Energetic Cleansing

Allow the white light to cleanse and purify your energy. Imagine any negativity being absorbed by the shield and transformed into positive energy.

8. Affirmations

Repeat positive affirmations that resonate with you. For example, you can say, "I am surrounded by divine light and protected from all negativity".

9. Maintain Awareness

Throughout your day, periodically bring your awareness back to the white light shield. If you encounter challenging situations, visualize the shield becoming stronger and more resilient.

10. Express Gratitude

Before concluding the meditation, express gratitude for the protection and positive energy surrounding you. Feel a sense of peace and security.

Remember, this meditation can be adapted to suit your preferences and beliefs. It's a personal practice, so feel free to modify it in a way that resonates with you. Regularly practicing the White Light Shield meditation can help you maintain a positive and balanced energy field.